



## **Vibration Plate FSVIBXXPLTA User Manual**

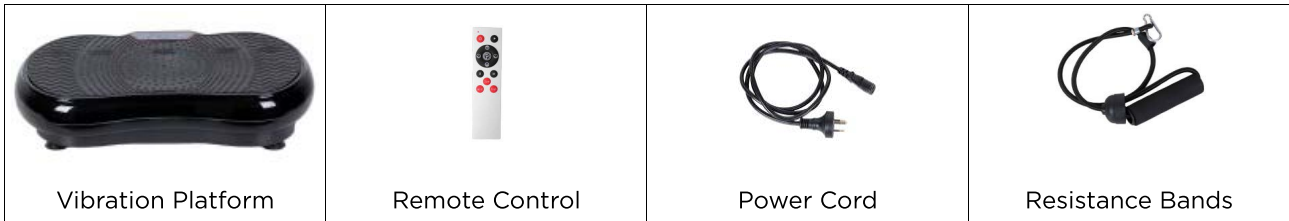
### **Important Safety**

Please keep this manual in a safe location for future reference.

**WARNING:** to reduce the risk of any form of injury to persons, please read the following important precautions and information before operating the vibration platform.

- It is the responsibility of the owner to ensure that all users of the vibration platform are adequately informed of all warnings and precautions.
- Operate the vibration platform only as described in this manual.
- Place the vibration platform on a stable, level surface. To protect the floor or carpet from damage, place a mat beneath the vibration platform.
- Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.
- Do not operate the vibration platform where aerosol products are being used, or where oxygen is being administered.
- Keep children under the age of 12 and pets away from the vibration platform at all times.
- The vibration platform should not be used by persons weighing more than 120kg.
- Never allow more than one person onto the vibration platform at a time.
- Keep the power cord and the surge suppressor away from heated surfaces.
- Never leave the vibration platform unattended while it is running. Always unplug the power cord when it is not in use.
- Inspect and tighten all parts of the vibration platform regularly.
- Incorrect usage of the vibration platform may influence the stability of the platform. For example, the post is designed to support you during exercise to keep you balanced. You should take care to NOT PUSH the post for stretching, nor should you use the post to create more tension.
- Never insert or drop an object into any opening on the vibration platform.
- Always unplug the power cord before cleaning, and before performing any adjustments of maintenance. Never remove the motor hood, as there are no user serviceable parts inside. Please contact the Kogan.com customer support team if you have any concerns or issues regarding the use of the product.
- The vibration platform is designed for in-home use only. Do not use the vibration platform in any commercial, rental or institutional setting.

## Product Description



## Display Layout



1. Power On/Off
2. Program button
3. Start
4. Stop
5. Time increase and decrease buttons
6. Speed increase and decrease buttons
7. Speed monitor
8. Time and program monitor
9. Infrared-receiver window

## Remote Control Instruction

Power button - turn machine on/off

▲ button - press to activate machine/selected program. Ensure the power is switched on.

|| button - press to stop machine/selected program.

P button - in STANDBY mode, press this to select auto program, with ten different preset speeds for choice (default time is 15 minutes). Press ▲ to start workout.

Time +/- button - adjust the timer duration while in STANDBY mode. The default time is 15 minutes. Does not work in auto mode.

Hi/Low button - adjust vibration speed in manual mode once the machine is activated.

M button - press to select the speed level from 20, 50 and 80 in manual mode, once the machine is activated.

Low/mid/high button - press to switch to speed levels 30/60/90 in manual mode once the machine is activated.



# Exercise Guide

The vibration platform utilises the body's own reflexes to exercise your muscles in a convenient manner, which will not lead to you running out of breath. The body shaping aspects achieve the best results when you are in a stress position, such as being in a squat posture, using your muscles to keep yourself in position. When the oscillating plate moves quickly, your muscles will automatically move a small amount to maintain your position, which leads to efficient muscle exercise.

You can also use the vibration platform as a general massager to ease muscle pain and improve circulation, which involves not pressing so hard onto the platform, and instead letting the platform do the work for you.

## Whole body exercise

Stand on the platform with your feet spread apart approximately as wide as your hips. This will help improve overall circulation and muscle tone.

## Squat posture

Stand on the platform with your feet spread apart as wide as your shoulders. Lower yourself in to the squatting position. This will give you a great thigh workout.

## Press-Up posture

Place both hands on the middle of the platform, shoulder width apart. If you wish to exercise your muscles more, bend your elbows to a 90 degree angle.

## Lower leg posture

Put your lower legs on the platform with your hands supporting, behind you on the ground.

## Waist bend posture

Begin the exercise by standing with your legs wider than your shoulder width, then bend at the waist and put your hands on the opposite arm's elbow to enhance your workout.

## Single foot posture

Step on the platform with your main foot and relax. To enhance the workout, lunge forward with one leg, placing more body weight onto the platform.

## Sitting posture I

Sit on the platform, then try to hold a comfortable position while keeping your back straight.

## Sitting posture II

Put your feet on the platform while sitting in a chair. This is a great method to relieve muscle tension and improve leg circulation.

# Product Specifications

Dimensions	68 x 38.5 x 13.5cm
Weight	14.1kg
Voltage	AC 220V, 50Hz
Power	200W
Speed	1-99 levels
Max Weight	120kgs
Auto Shut Off Period	15 minutes

If you have any questions or concerns regarding the use of this product, please contact the Kogan.com customer support team.