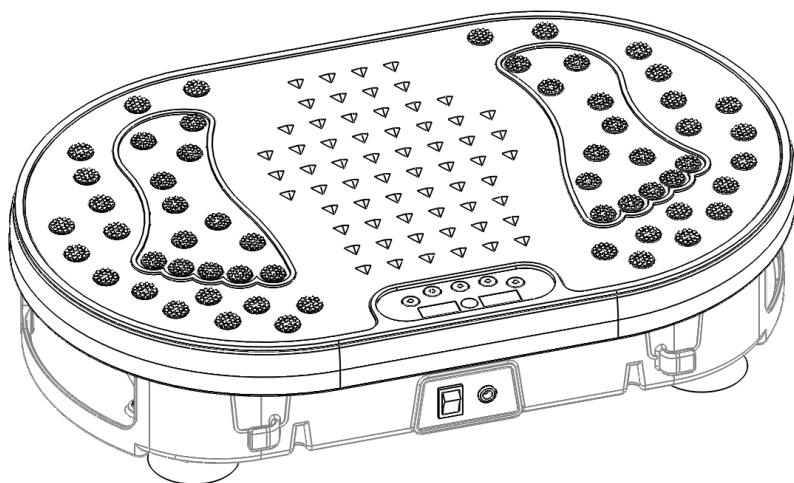


HTM[®]



User Manual

VIBRATION PLATE

FFR1801

Safety Instructions

Before using the vibration plate exercise machine, read this manual thoroughly and keep it for future reference.

Important Safety Warnings

Ensure all users are familiar with all warnings and precautions.

Usage Environment

Please use this product in a dry and dust-free environment to avoid electric shock or machine malfunction.

Do not use this product in environments where the temperature exceeds 40°C.

Do not place the product in direct sunlight or near heat sources.

Place the product on a flat and stable surface.

 **Note:** If the product is moved from a cold location to a warmer one, please wait at least one hour before use to prevent condensation from damaging internal components and causing malfunctions.

People Who Should Not Use This Product

If you have any of the following conditions, please consult a doctor before using this product:

1. Those undergoing medical treatment or in poor health.
2. Patients with malignant tumors.
3. Pregnant women or those on their menstrual cycle.
4. Individuals with heart disease.
5. Patients with osteoporosis.
6. Individuals with pacemakers or other implanted medical devices.
7. Children under 10 years old and elderly individuals over 60 years old should reduce vibration intensity.
8. Individuals with injuries or difficulty moving should not use this product for intense vibration exercises.

Precautions Before Use

Remove rings, watches, mobile phones, valuables, and sharp objects to prevent damage to the product or injury.

Do not use this product while under the influence of alcohol or medication.

Only use this product for its intended fitness purposes.

Do not use this product after consuming alcohol or drugs.

Do not insert fingers or foreign objects into gaps in the machine.

This product is for personal use only. Not suitable for children or individuals under 18.

 **Prohibited:** Disassembling, modifying, or tampering with this product, as it may cause electrical hazards.
Contact customer service for assistance if needed.

Stop Using Immediately if the Following Situations Occur

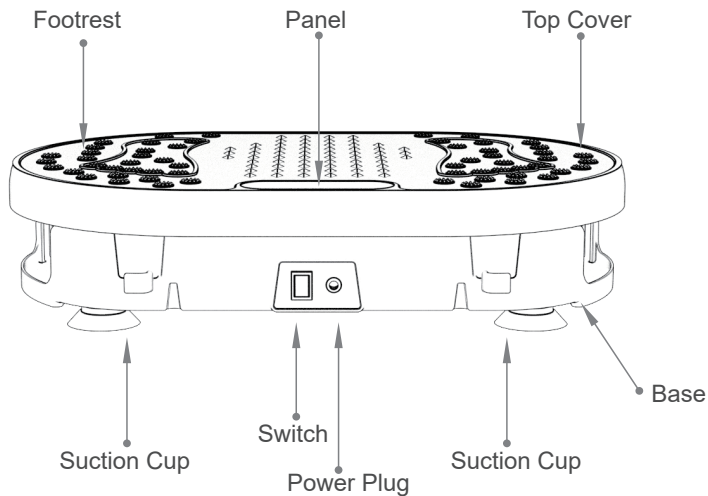
If any of the following situations arise, immediately stop using the product, turn off the power, and unplug the power cord:

1. Accidental water or other liquid splashes onto the product or the control panel.
2. Relevant accessories are damaged, or internal abnormalities occur.
3. You feel unusual physical discomfort or pain in certain areas during use.
4. Sudden power failure.
5. Lightning strikes.

About the Power Plug and Power Cord

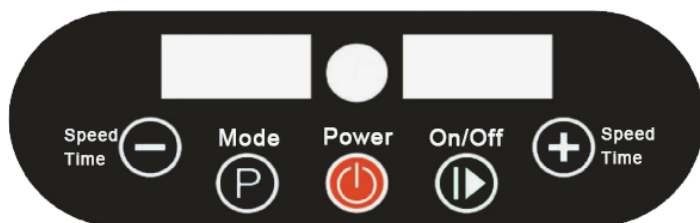
1. Before use, check whether the voltage meets the product requirements.
2. Do not touch the power plug with wet hands to avoid electric shock.
3. When unplugging the power plug, hold the plug tightly—do not pull, bend, or twist the power cord.
4. If the product will not be used for a long time, turn off the power switch and unplug the power plug.
5. If the power cord is damaged, stop using it immediately, turn off the power, unplug the power cord, and contact a professional repair technician.

Operating Steps



1. Insert the power plug into the socket and turn on the power switch.
2. Press the “” button to start the machine. Press the same button again during operation to stop the machine.
3. Use the function buttons on the control panel to adjust the working state of the machine.
4. After use, press the power button to turn off the machine, then turn off the power switch and unplug the power plug.

Control Panel Functions



1.Power Button

Short press to power on, short press again to enter standby mode.

2.On/Off

Short press to begin operation, short press again to pause operation.

3.Speed & Time Adjustment

During operation:

- Adjust vibration speed (1-120 levels)
- Set workout duration (up to 15 minutes)

4.Program Mode Selection

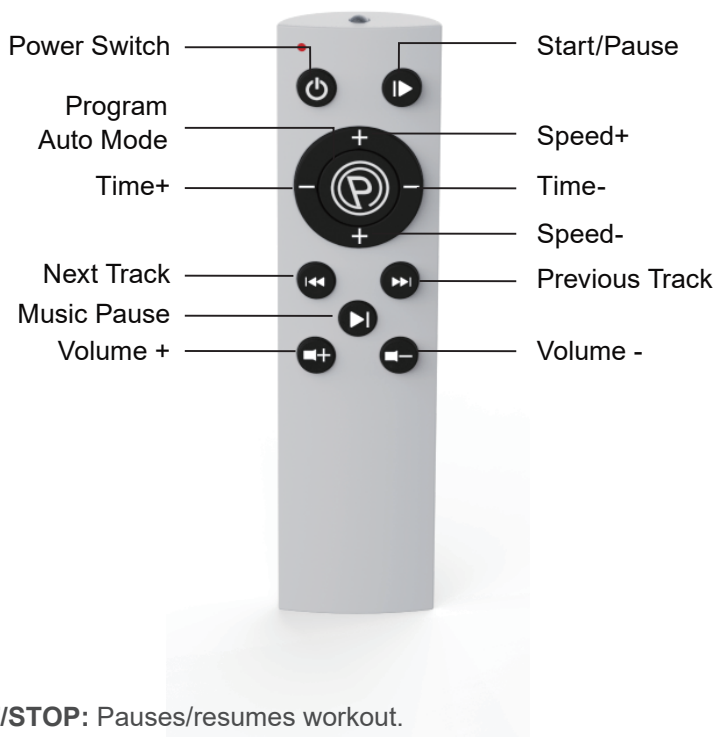
Short press to cycle through 9 preset programs

Each program:

- 10-minute automatic workout
- Speed changes every minute (right-to-left display)
- 10-minute countdown timer
- Speed levels automatically adjust (see program chart below)

Mode	Min 1	Min 2	Min 3	Min 4	Min 5	Min 6	Min 7	Min 8	Min 9	Min 10
P1	2	4	12	15	18	9	9	12	15	14
P2	9	16	9	24	9	16	16	9	24	16
P3	14	27	35	67	82	35	46	59	67	92
P4	10	15	19	42	81	36	25	29	42	60
P5	27	66	27	66	27	66	66	27	42	66
P6	13	13	30	46	58	30	30	46	46	58
P7	36	36	60	84	48	72	60	84	84	48
P8	66	48	66	93	96	120	48	60	93	78
P9	48	103	90	116	94	96	78	30	116	72

Remote Control Instructions



START/STOP: Pauses/resumes workout.

P BUTTON: Program auto mode.

SPEED+ / SPEED-: Increases/decreases speed (1–120 levels).

TIME+ / TIME-: Increases/decreases time (1–15 minutes).

POWER: Turns on/off the machine.

Remote Control Guide

Installation

Remove the battery cover.

Insert 2 AAA batteries (not included), matching polarity markings.

Close the cover.

Note: This is an infrared remote with a 6.56 ft (2 m) range.

Bluetooth Function

1.The Bluetooth player allows audio to be played through the vibration plate's speakers, supporting both Bluetooth-enabled smartphones and computers.

2.Pairing Instructions:

Turn on the Bluetooth function on your smartphone (or computer) and search for nearby Bluetooth devices. In the search results, locate a device named "Bluetooth" and pair with it.

3.Once paired successfully, you can play music from your smartphone or computer, and the sound will be output through the vibration plate's speakers.

4.Use the vibration plate's remote control or your smartphone to pause, skip to the previous/next track, or adjust the volume (increase/decrease)

Usage Methods

1. Stand with feet shoulder-width apart and maintain an upright posture to enhance waist and hip movements.
2. Stand with knees slightly bent on the product to effectively work on the thighs.
3. Sit on a chair or sofa with both feet placed on either side of the product to focus on vibrating the thighs and calves.
4. Sit on the floor with calves placed on the product, lean back slightly, and support with both hands to target calf massage.
5. Stand with legs apart, hold the product, and slightly bend your knees to allow body weight to assist in vibration massage.



Product Benefits

Body Sculpting

Through high-frequency balance vibrations, combined with various body postures, the machine deeply stimulates muscle tissue, reduces fat accumulation, enhances muscle elasticity, and helps sculpt the body. It creates a well-defined physique, restoring vitality and confidence.

Health Benefits

Inspired by traditional Chinese health practices such as Tai Chi, Buddhist meditation, and Daoist breathing exercises, this product uses advanced dynamic exercise concepts. It allows users to experience deep relaxation, relieve soreness, eliminate fatigue, promote blood circulation, and improve metabolism, ultimately achieving fitness and health benefits.

Environmental Compliance

1. This product complies with the requirements of the Regulations on the Restricted Use of Hazardous Substances in Electronic and Electrical Products.

2. Within the environmental protection period, consumers will not experience hazardous substance leakage, disassembly, or other issues affecting health during normal use. It is safe to use.

Component Name	Names and Content of Hazardous Substances in the Product					
	Lead Pb	Mercury Hg	Cadmium Cd	Hexavalent Chromium Cr(VI)	Polybrominated Biphenyls PBB	Polybrominated Diphenyl Ethers PBDE
Electronic Components	×	○	×	○	○	○
Hardware Components	×	○	○	○	○	○
Plastic Components	○	○	○	○	○	○
Packaging Components	○	○	○	○	○	○
Other Components	○	○	○	○	○	○
O: Indicates that the hazardous substance in all homogeneous materials of the component is within the limit requirements specified by GB/T26572-2011 X: Indicates that the hazardous substance exceeds the limit in at least one of the homogeneous materials of the component, as specified by GB/T26572-2011						
 Under the normal usage conditions described in this manual, the environmental protection usage period of this product is 10 years. Within this period, the product can be safely used. After exceeding the environmental protection usage period, it should be entered into the recycling system.						

Product Specifications

Product Name	Vibration Plate Exercise Machine
Product Dimensions	480 (L) × 300 (W) × 110 (H) mm
Net Weight	5.2 kg
Rated Voltage	AC110V
Rated Power	150 W
Material	ABS+PP engineering plastic
Control Method	Remote and touch control

Product Cleaning & Maintenance

Surface Cleaning

Before cleaning, ensure the power is turned off and unplugged.
Use a damp cloth with a mild detergent or alcohol for cleaning.

Warning

Do not use corrosive or volatile cleaning agents such as gasoline, alcohol, or strong detergents, as they may damage the product's appearance.
Do not immerse the remote control in water.

Product Storage

After use, unplug the machine and store it in a dry, ventilated place.
Avoid direct sunlight and moisture.
Keep it away from fire and corrosive substances.

Remote Control

Cleaning the remote control with a damp cloth may cause malfunctions; therefore, only use a dry cloth to clean the remote control.

Product Maintenance & Care

Ensure the power switch is turned off, and the power plug is unplugged from the socket. Wipe off dust and dirt from the product to keep it clean and avoid placing it in high-temperature or humid environments. If the product will not be used for a long time, please cover it with a dust cover (to be purchased separately) to prevent dust accumulation.

Common Issues & Troubleshooting

	Issue	Possible Cause	Solution
1	Cannot power on	Power plug is not properly inserted	Insert the power plug properly
		The product power switch is not turned on	Turn on the power switch
		Fuse blown due to power instability	Replace with the same fuse
2	Machine makes "crackling" or "clicking" sounds during operation	Sound caused by material expansion, not a malfunction	No need for action
3	Remote control does not respond	Remote control battery is exhausted	Replace the battery
		Remote control is too far from the machine	Ensure the effective range of the infrared sensor is within 2.5m
4	Stops working during use	Working time is too long	Turn off, wait 10 minutes, then restart
5	Cannot operate properly	Possible execution of the wrong commandsequence	Turn off and restart the machine

For any product issues, please contact htmglobalservice@gmail.com

FCC Warning

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE 1: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

NOTE 2: Any changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

This device complies with Industry Canada's license-exempt RSSs. Operation is subject to the following two conditions:

- (1) This device may not cause interference; and
- (2) This device must accept any interference, including interference that may cause undesired operation of the device."

« Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes :

- (1) l'appareil ne doit pas produire de brouillage, et
- (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement. »

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

L'appareil a été évalué pour répondre aux exigences générales en matière d'exposition aux RF. L'appareil peut être utilisé en condition d'exposition portable sans restriction.