# 43.5x24cm

Before using this product
Please carefully read the user manual
And please keep it properly

Model: TM-07

## Vibration plate TM-07

## Product Instruction Manual

## Product parameters

| | |
|---|---|
| Product Name | Vibration plate TM-07 |
| Model | TM-07 |
| Product item number | TM-07 |
| NG | 6.5kg |
| WG | 7.5kg |
| Maximum bearing capacity of the product | 300LBS |
| product size | 580*330*120mm |
| Rated voltage | 180V |
| Rated power | 120W |

## User Description

1. The maximum load-bearing capacity of this product is 300lbs.
Before starting the training program, please consult a doctor to determine your current physical condition and suitability for this exercise. Those who use medical electronic devices such as pacemakers embedded in the body are currently receiving medical treatment from doctors
People, especially those who feel abnormal physically. Patients with malignant tumor, heart disease and acute disease. Pregnant women or those undergoing menstruation. Patients with osteoporosis, spinal fracture, diabetes and hypertension. People with skin diseases or skin damage on their feet. People with a body temperature above 38, Do not allow individuals with intellectual disabilities to use it alone (under supervision), and do not allow children to use it for play. Do not allow minors to use it.

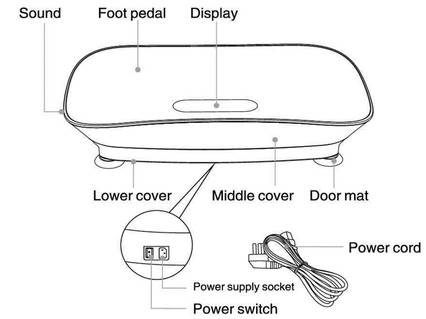
**Please keep this manual safe for others or those who are using the vibration plate for exercise training for the first time to read it.**

## Important safety instructions

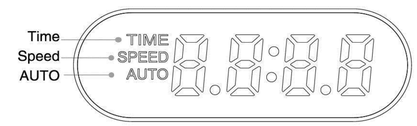
1. In order to effectively use the shaking machine for fitness activities, it is recommended to carefully read the user manual before use.
Proper installation, maintenance, and use of this product can make sports training safer and more effective.
2. When starting to use this machine, adjust the speed to the lowest gear, and then adjust the acceleration or delay according to your adaptability and needs.
3. If the product is moved from a cold place to a warm place for use, please wait for 6 hours before use to avoid water
The possibility of steam condensation on the machine, leading to the machine discovering problems.
4. Please place the product on a flat surface for use.
5. Do not operate the control panel with wet hands and do not use it in a damp environment to avoid electrical leakage and injury accidents caused by moisture.
6. This product is not recommended for outdoor use. Please do not expose the device to the sun for a long time to avoid aging or damage.
Please do not use power sources other than the rated voltage to avoid fire or damage to the product.
8. When the power cord is damaged, do not disassemble or replace it without permission. You should contact a business or qualified professional to replace and repair it.
9.Components cannot be disassembled or replaced arbitrarily, or parts from other manufacturers must be replaced with corresponding accessories provided by the designated manufacturer.
10. This product is intended for household use and cannot be used for commercial purposes, or provided as a commercial facility for hotels or fitness clubs.
11. If you feel abdominal pain, accompanied by irregular heartbeat or breathing difficulties, or feel abnormal fatigue or discomfort in the body, you need to stop training and consult a professional doctor in a timely manner.
12. When using the product, it is not allowed to immerse the product in liquid to avoid causing functional failure of the product.
13. Do not use immediately after meals to avoid discomfort.
14. Please do not use other therapeutic instruments while using this machine. Please do not use physical therapy purposes.
15. When unplugging the power plug, please unplug the power plug on the front end of the device and do not pull the power cord.
16. This product is limited to one person only and should not be used by two or more people at the same time. Do not damage, damage, excessively bend, pull, rotate, or tie the power cord
17. Do not fall asleep on the product while it is working, and do not use this product under the influence of alcohol or physical discomfort.
18. When using it, please do not wipe it with gasoline, Tena water, or spray insecticide.
19. Do not place heavy objects on the product to avoid injury or malfunction. Do not use it during sudden power outages or lightning strikes.
20. When performing maintenance, please unplug the power plug from the socket. In addition, please do not insert the plug with wet hands to avoid electric shock and injury.
When there is a power outage, please immediately cut off the power switch and unplug the power plug from the socket.
22. Due to continuous improvement and upgrading of the product, the product you purchased may differ from the illustrations in this manual. Please refer to the actual product. We apologize for any inconvenience caused.

## Operating instructions

### Product structure




Display




## Operating instructions

### Usage method

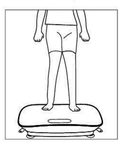
1. Place the product flat on a flat (paved) ground, connect the power cord plug to the power socket on the product, and then insert the power plug into the power socket with a voltage of 180v~.
2.Turn on the main power switch at the front and bottom of the product.
3.On the product, press the " ⏻ " button on the controller panel and press the button to select automatic or manual mode.
(Please refer to the remote control operation instructions for details).
4. After use, wait for the machine to come to a stable stop before disembarking from the product

### ⚠ Warning

- When standing on the product, it is necessary to maintain body balance to avoid accidents.
- Please keep children and other pets away.
- This product is only for manual use below 300lbs.
- For beginners, confirm the movement and start at a slow pace. Based on their own situation, choose the appropriate amount of exercise to prevent excessive use or forgetting to turn off the device. From the beginning to the end of the movement, stop without movement for 10 minutes.After use, turn off the "main power switch" and unplug the power plug.

## Exercise Usage

### Correct posture (for reference only)



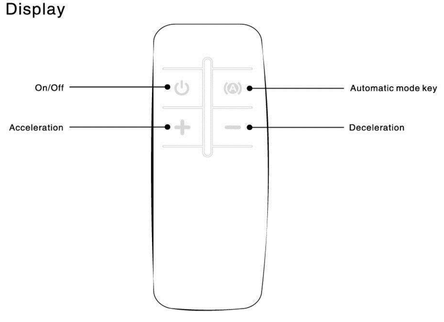
Stand with your feet slightly bent apart on the product, in an upright position. Mainly exercises the muscles throughout the body.

Stand with your feet apart on the product in a squat position. Tighten the core. Mainly exercise the waist and buttocks.

Place your hands on the product, feet on the floor, and keep your body level. Mainly exercises the arms, chest, and upper body.

## Operating instructions

### Display




## Exercise Usage

### Remote control operation instructions

### On/Off ⏻

- When the power is turned on, press this button and the machine is in operation, and the display screen lights up; Press again
This key stops. (The product is set to work for 10 minutes)

### Automatic mode key

- In standby mode, press this button to activate the automatic sequence. Within 10 minutes, the first 1 minute will shift from 1 to 3, and the second 10 minutes will shift from 1 to 10.

### Speed adjustment key

- In manual mode, every time the " — " button is pressed, the speed decreases by one gear,Up to the lowest gear (1st gear), with each press of the " + " button, the speed increases by 1st gear until the highest gear (1st to 10th gear) is reached.

## 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.