

USER'S MANUAL

Vibration Plate Exercise Machine
SP37623US-BL

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway



Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

Thank you for purchasing our product. To ensure proper use of the product, please read these instructions carefully before use and keep them for future reference. If the product is not used correctly in accordance with these instructions, we will not be responsible for any losses caused by improper operation.

SAFETY CAUTION

Precaution

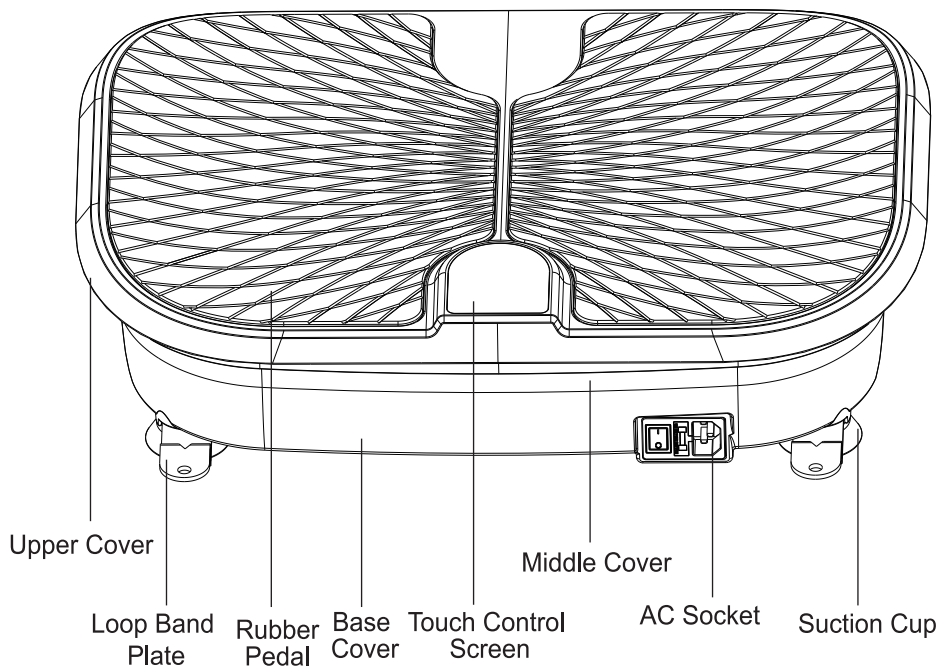
1. Please use the machine indoors. Do not place and operate the machine outside or in a humid and dusty place to avoid breakdown of mechanical parts.
2. Please place the machine indoors properly and away from children to avoid any unwanted accidents.
3. The knives, keys or other sharp objects are not allowed to be carried around and ensure there are not any irrelevant items within 2m (6.5 ft) around when using the machine so as to avoid any accidental hazards.
4. The machine is suitable for one-person only. Do not overload the machine when in use. Be sure to place the machine on a flat, hard surface when using it.
5. Do not use the machine after meals or drinking to prevent physical damage during strenuous exercise.
6. When using the machine for 10 minutes, please rest for 10-20 minutes before using it again.
7. Always unplug the power cord after use.
8. Do not use the machine if the remote control or the machine itself is damaged.
9. The remote control contains button batteries. Please take good care of it and keep away from children to avoid choke hazard and other accidents.
10. Please power the machine with the supplied original power cord. Do not use power cords of other brands in case of causing fire or other accidental hazards.
11. Stop using the machine immediately if you feel dizziness, chest tightness, nausea, shortness of breath or other discomforts during exercise.
12. For female users, do not use the machine during menstrual period.
13. Not suitable for the infants, pregnant, fractures, osteoporotics, patients with cancer and other serious diseases, as well as persons equipped with pacemaker, vibrator, or other metal medical appliances.

WARNING

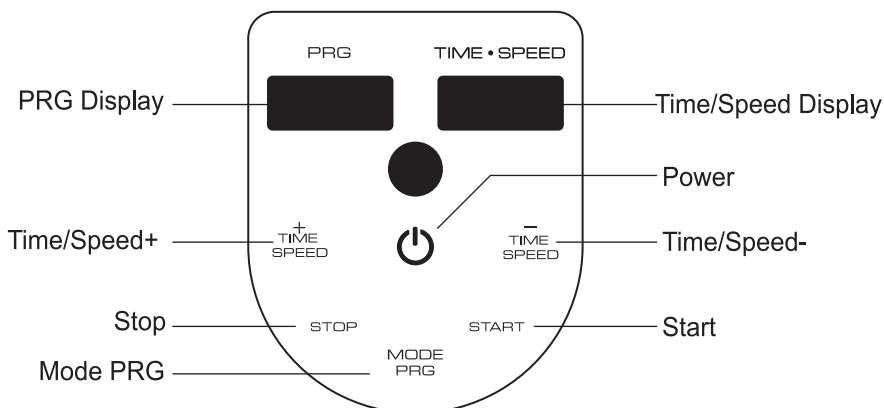
1. Never soak the machine in water or other liquids.
2. Never put fingers into the gap between the middle cover and the base cover to avoid injury.
3. Never place the machine near heat sources. Always unplug the power cord before moving or storing it.
4. Never disassemble or refit the machine without permission to avoid electric shock or any malfunctions.
5. Never use the power cord with loose plugs to avoid electric shock, leakage, short circuit, fire and other accidents.
6. Never damage, forcibly bend, twist, pull or clamp the power cord and never place the heavy objects on it to avoid above-mentioned accidents.

PRODUCT INTRODUCTION

1. Machine Parts



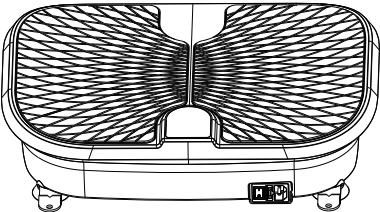
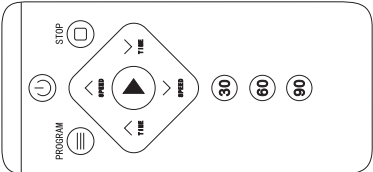


2. Button Introduction



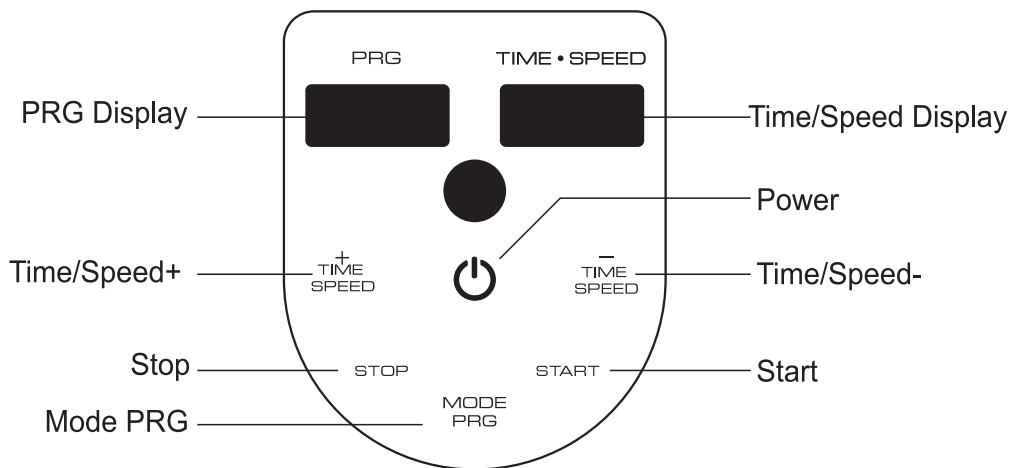
3. Specifications

Model: JF-B36/SP37623	Net weight: 22 lbs
Working voltage: AC 110V/60Hz	Gross weight: 26.5 lbs
Rated power: 200W	Size: 20" x 13.8" x 5.6"
Adjustable speed: 1-99	Maximum User Weight: 265 lbs

4. What's in the Box

 <p>1 x Vibration Plate Machine</p>	 <p>1 x Remote Control</p>
 <p>2 x Loop Band</p>	 <p>1 x Power Cord</p>

TOUCH CONTROL SCREEN



Power: Press the button to turn on the machine and it will automatically default to the manual mode 888. Press it again to turn off the machine even while running.

Mode PRG : Press the button to switch from manual 888 mode to the automatic mode. For each pressing, the screen will display 888, P01 ~ P09 in turn.

Start: Press the button and the machine will start vibrating after a 3-second countdown.

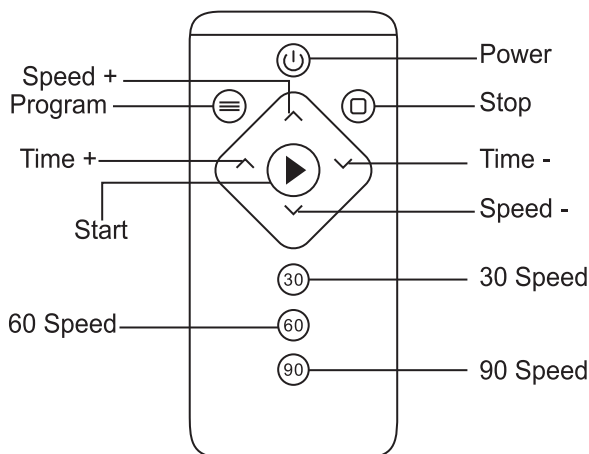
Stop: Press the button and the machine will stop vibrating immediately.

Time/Speed+: In the manual 888 mode, before pressing “Start”, the machine vibration time can be increased from 1 to 10 min by pressing the button. After pressing “Start”, press the button to increase the vibration speed from 1 to 99.

Time/Speed-: In the manual 888 mode, before pressing “Start”, the machine vibration time can be decreased from 10 to 1 min by pressing the button. After pressing “Start”, press the button to decrease the vibration speed from 99 to 1.

Note: In the automatic mode, P01 ~ P09, vibration time and speed cannot be adjusted.

REMOTE CONTROL



Power: Press the button to turn on/off the machine.

Program: Press the button to switch from manual 888 mode to the automatic mode. For each pressing, the screen will display 888,P01 ~ P09 in turn.

Start: In every mode, press the button and the machine will start vibrating after a 3-second countdown.

Stop: Press the button and the machine will stop vibrating immediately.

Speed+: In the manual 888 mode, press the button to increase the vibration speed from 1 to 99 displayed on the screen after machine starts vibrating only.

Speed-: In the manual 888 mode, press the button to decrease the vibration speed from 99 to 1 displayed on the screen after machine starts vibrating only.

Time+: In the manual 888 mode, press the button to increase the vibration time from 1 to 10 min displayed on the screen before machine starts vibrating only.

Time-: In the manual 888 mode, press the button to decrease the vibration time from 10 to 1 min displayed on the screen before machine starts vibrating only.

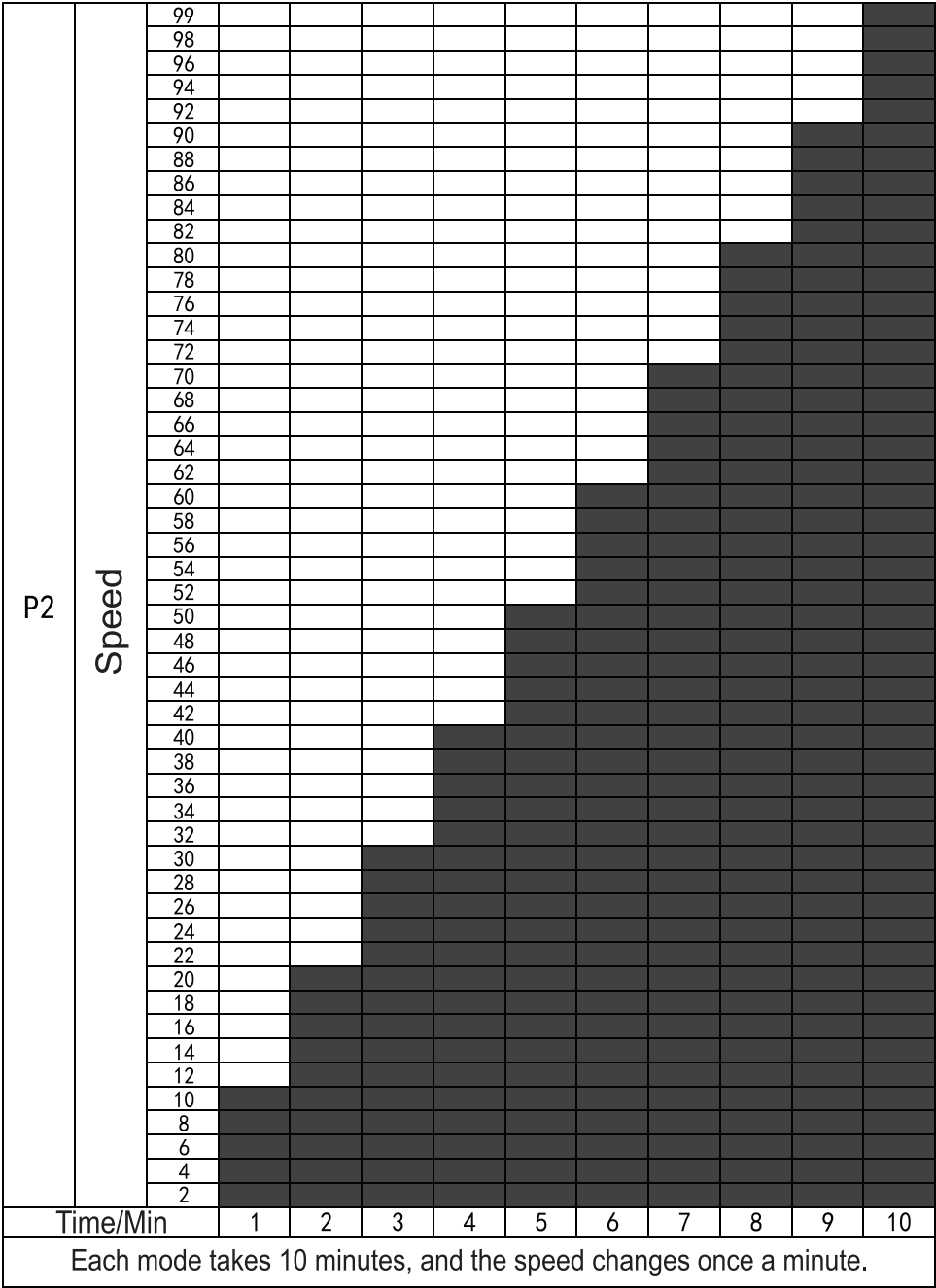
30 Speed: In the manual 888 mode, press the button to adjust the vibration speed to 30 directly.

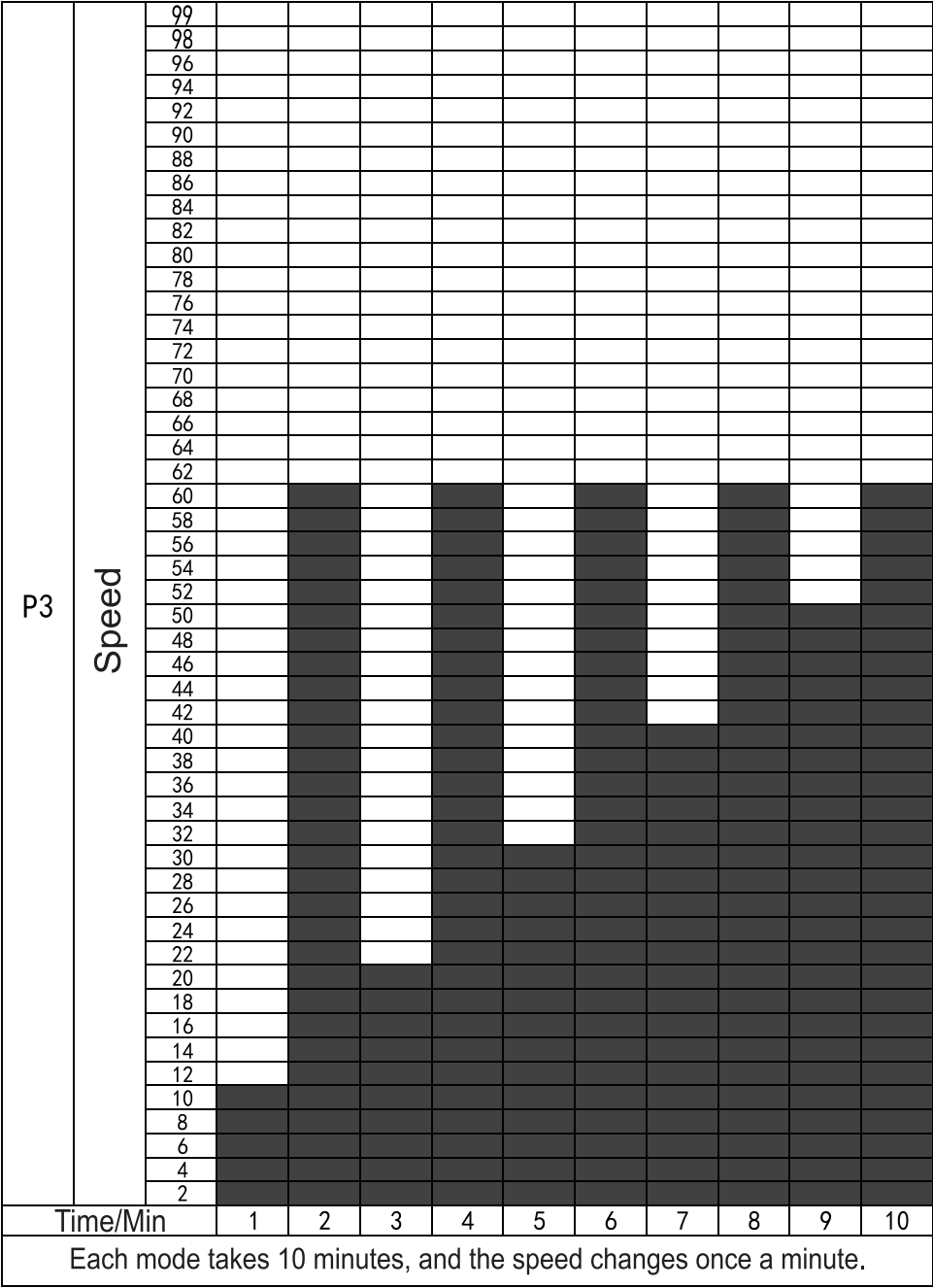
60 Speed: In the manual 888 mode, press the button to adjust the vibration speed to 60 directly.

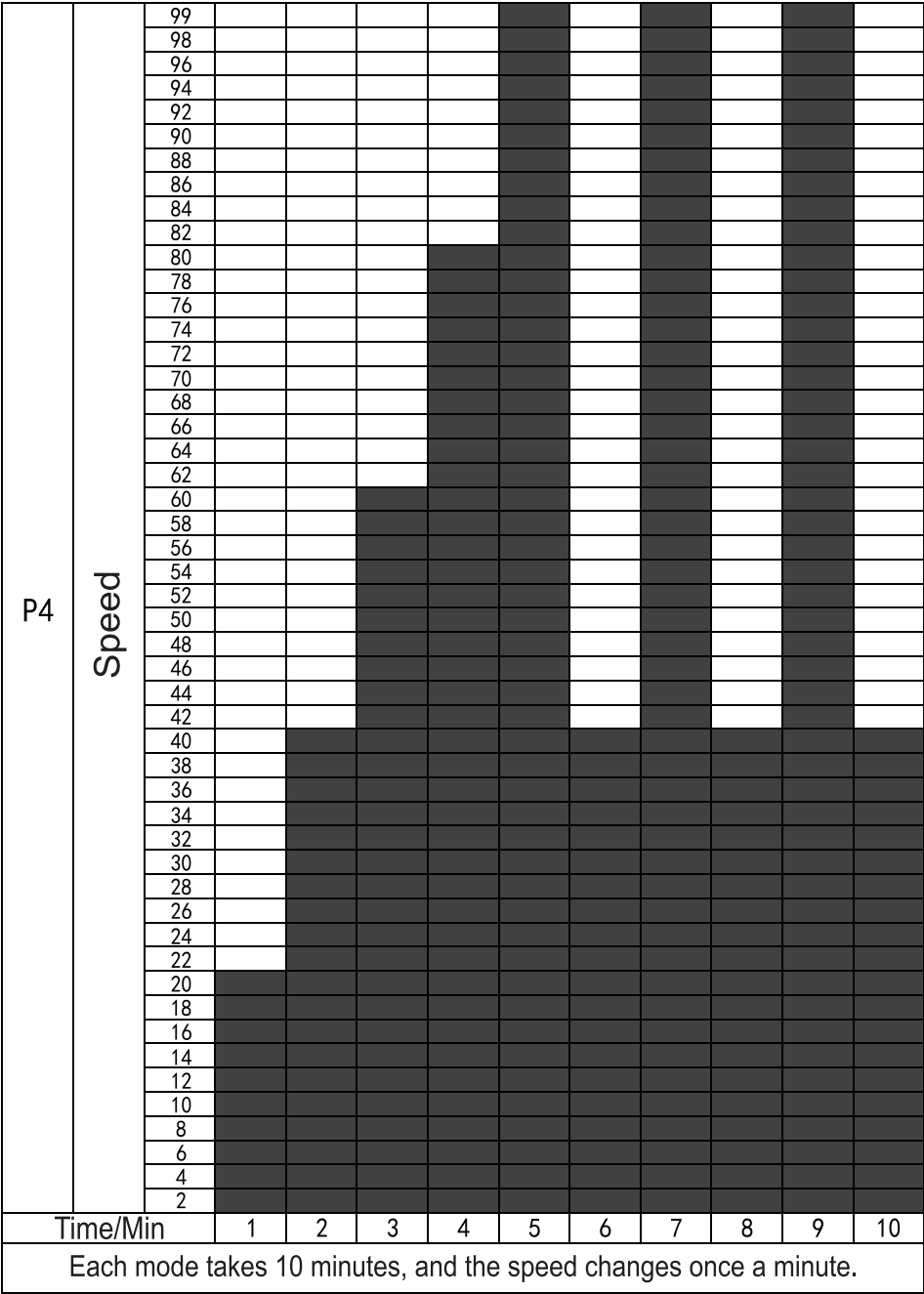
90 Speed: In the manual 888 mode, press the button to adjust the vibration speed to 90 directly.

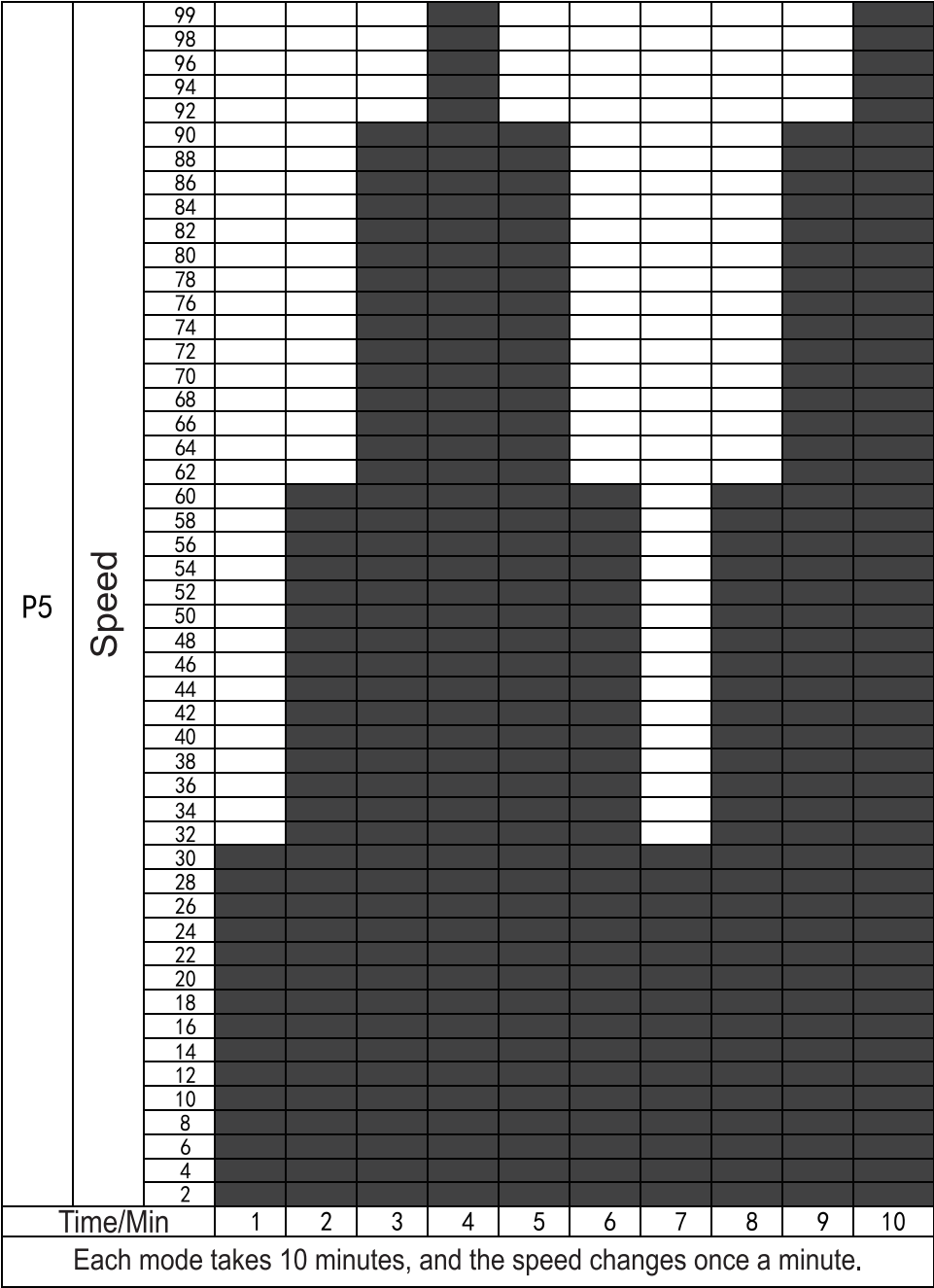
Vibration Time and Speed in Automatic Modes

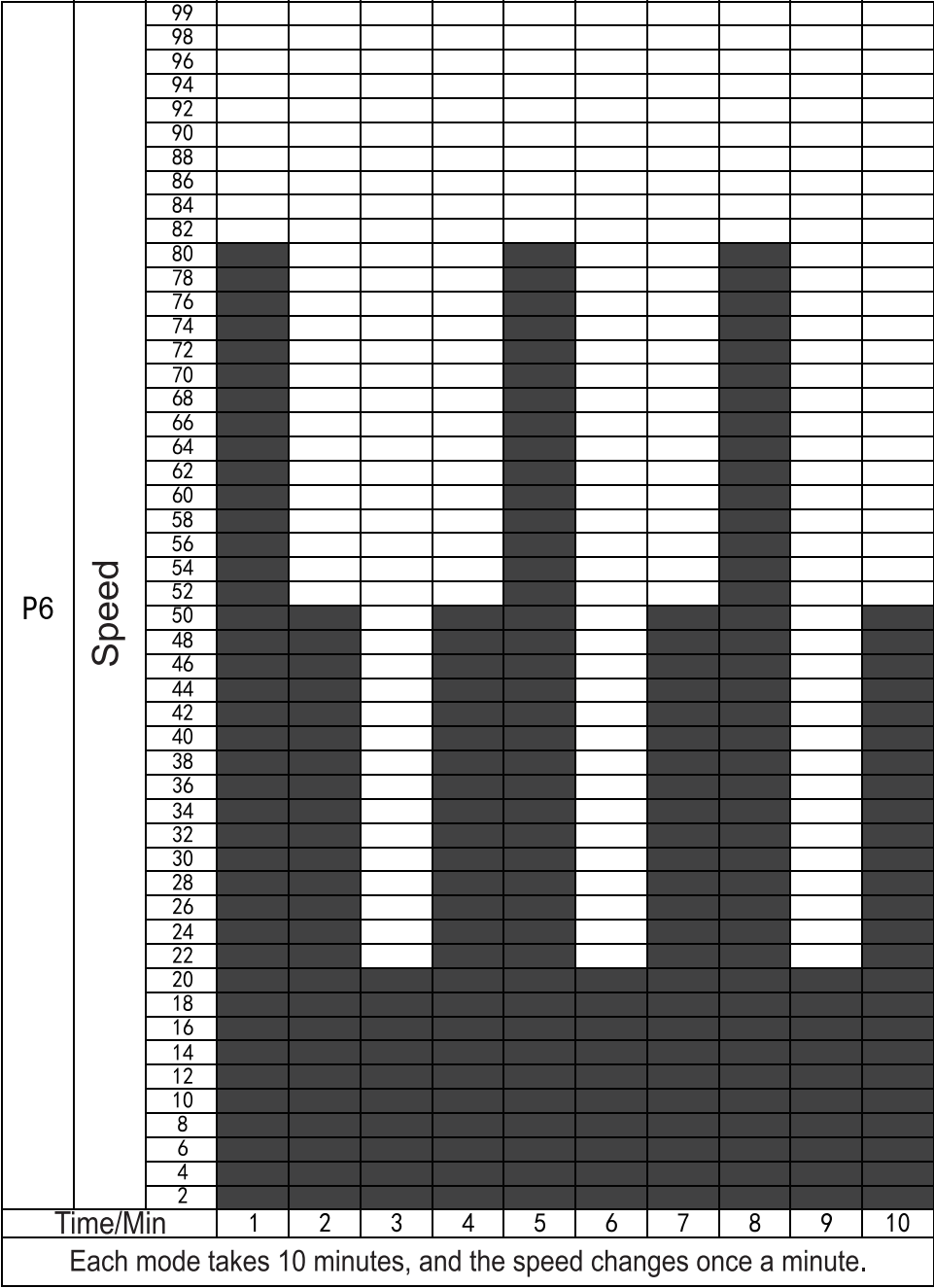
P1	Speed	99									
		98									
		96									
		94									
		92									
		90									
		88									
		86									
		84									
		82									
		80									
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20											
18											
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14											
12											
10											
8											
6											
4											
2											
Time/Min		1	2	3	4	5	6	7	8	9	10
Each mode takes 10 minutes, and the speed changes once a minute.											

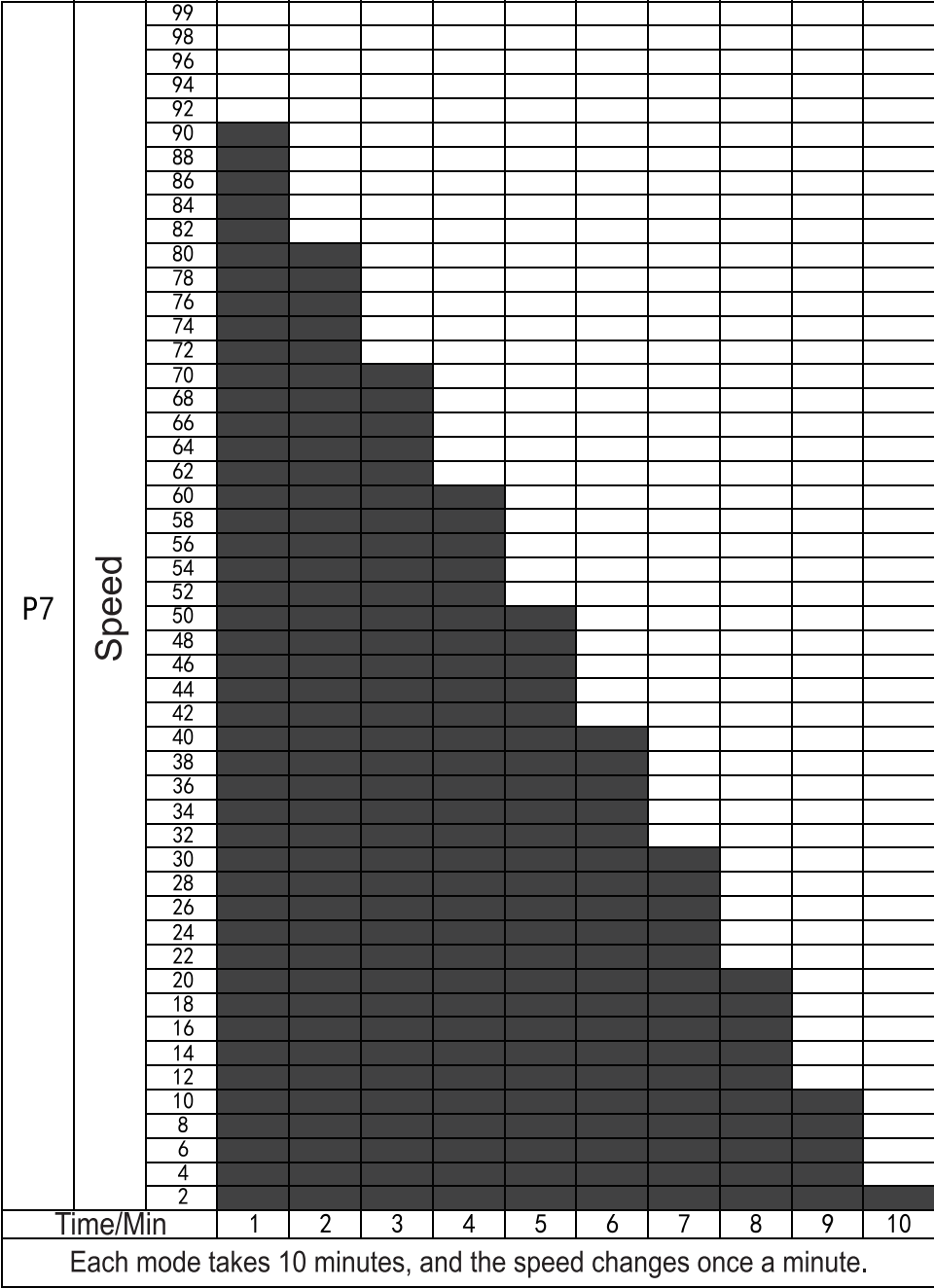


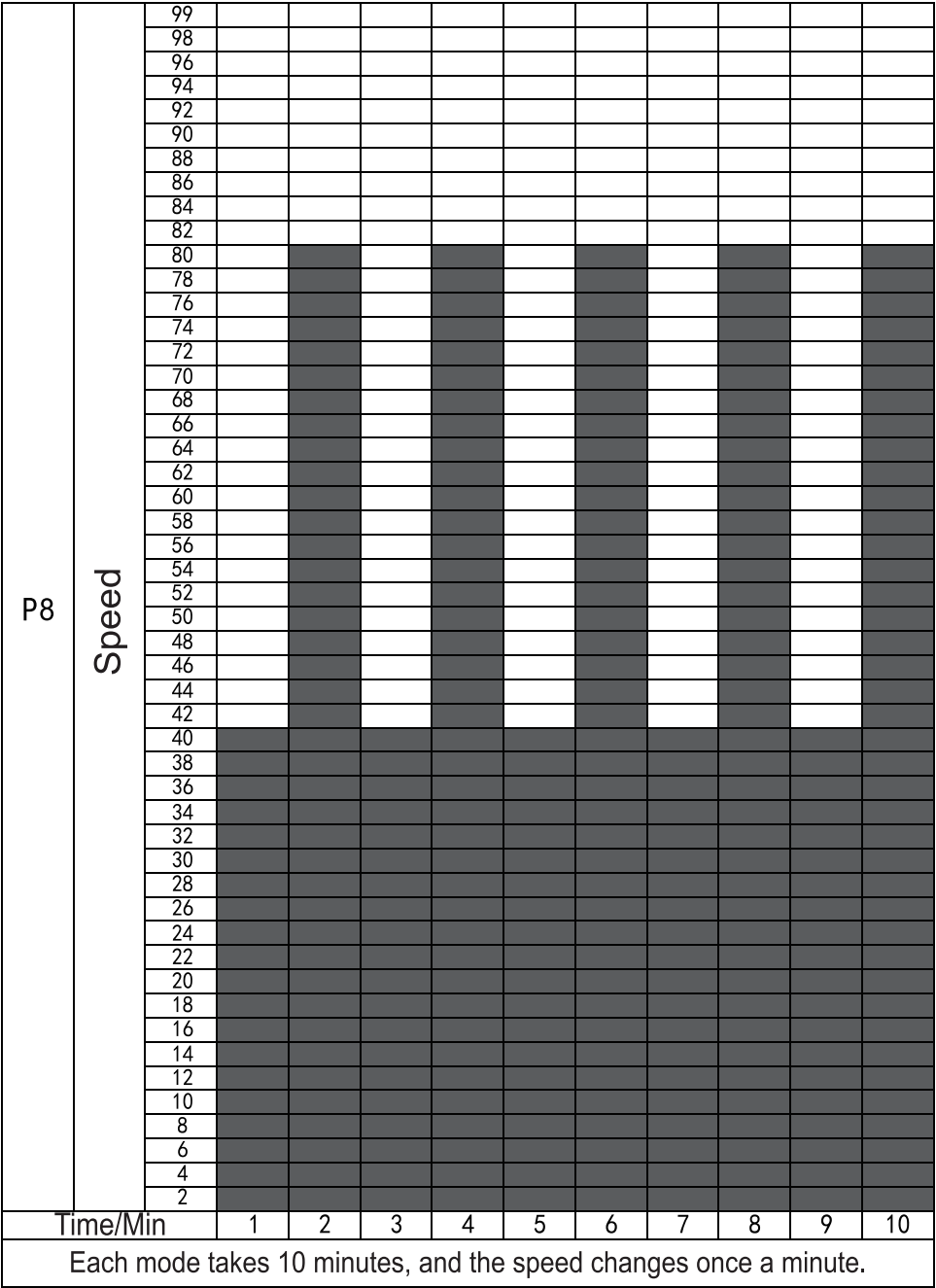


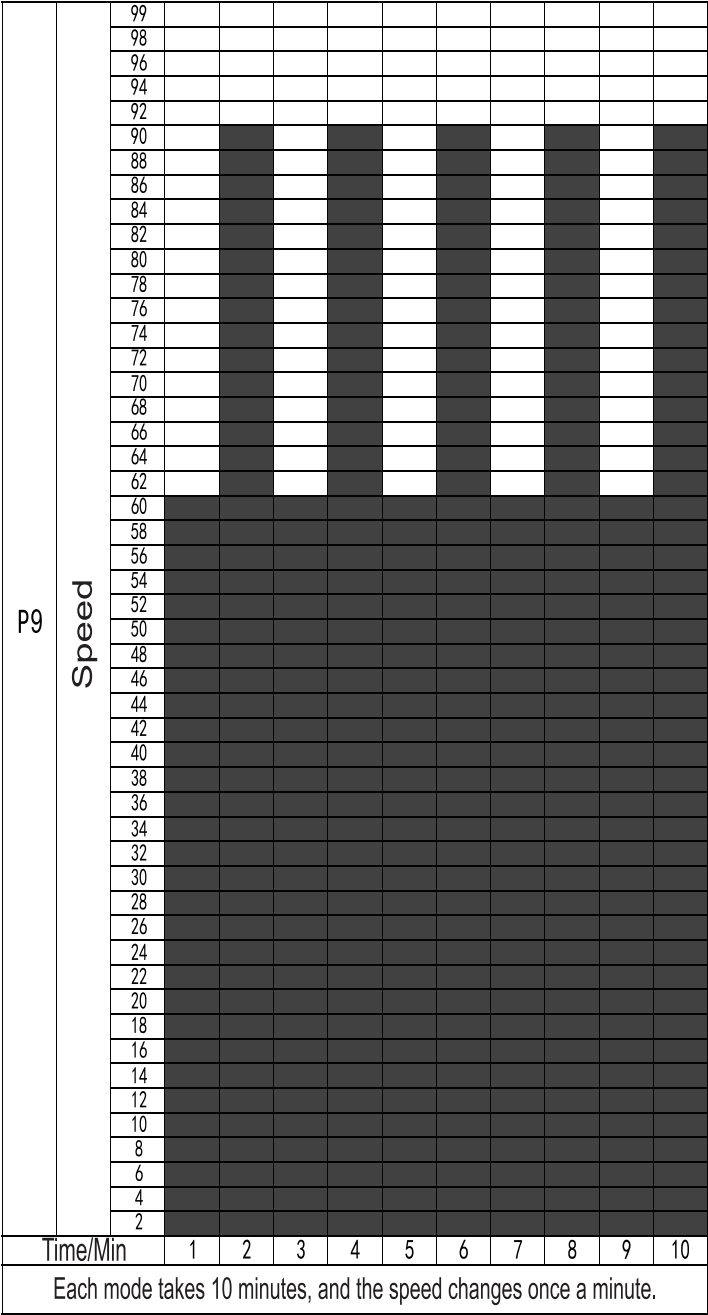












Warm Tip

Because of individuals' varied response to different vibration speeds, it is suggested that you should choose a fit speed instead of exerting yourself to a particular speed. Please stop using the product should you feel uncomfortable for a long time use.

USE INTRODUCTION

Use Machine:

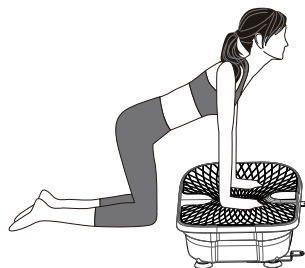
1. Sit upright on the machine. Don't bend your back or bow your head. Then rest your hands comfortably on your knees to effectively relax your hips and waist.



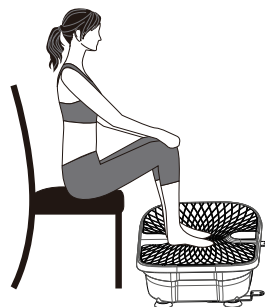
2. Put your legs on the machine with both hands supporting on the ground. Straighten your back and do not bow your head. Therefore you can effectively relax your calf and thigh muscles.



3. Kneel on the mat(not included), put your hands on the machine and support your upper body with your arms. Make sure your waist and back on the same level. Tighten your abdomen, don't bend over, and then effectively relax your shoulders.

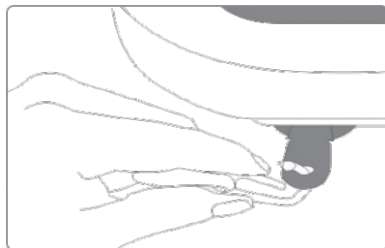


4. Sit upright on a chair, then rest your legs on the machine with hands on your knees so as to effectively relax your lower leg.



Use with Loop Bands:

Attach the hook of loop bands to the hole of loop band plate.



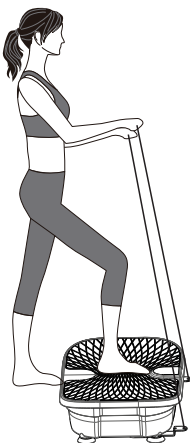
1. Attach the loop bands first, pick them up and carefully step on the machine. Slightly tilt your knees which should not exceed the tip toe (the top of big toe) while keeping the upper body upright. Then grasp and pull the loop bands upward using your arm strength as much as possible without shrugging your shoulders.



2. Step on the machine carefully with holding the loop bands in both hands. Pull the loop bands upward using your arm strength without shrugging your shoulders. Keep your body upright in the whole pulling process. In this way you can train your arms and relax yourself.



3. Pick up loop bands and step on the machine with one foot, keep upper body upright, then pull the loop bands upward using your arm strength as much as you can. Keep your body steady and do not shrug or shake your body.



MAINTENANCE

Warning: Always unplug the machine before cleaning so as to avoid fire and other unwanted hazards caused by accidental flowing of detergent into the product.

Machine:

1. The rubber pedal and covers can be cleaned with a cloth dampened with a little mild detergent solution.
2. Turn off the machine and keep it in shade if not in use for a long period of time so as to prevent accidental scratching and delay the aging of the shell.

Remote Control:

Remove the batteries from remote control before cleaning, then wipe off dirt on it with a slightly damp cloth or paper towels. After cleaning, please place it in the ventilated place (not under the direct sunlight) to dry before next use.

Note: Do not clean the machine and remote control with acid or alkaline detergent to avoid them from corrosion.

TROUBLES AND SOLUTIONS

Problem	Cause	Solution
The machine can not be started	The power plug is not in place	Replug the power cord
	The power switch is off	Turn on switch
	The blown fuse is occurred due to instantaneous high current	Check and replace the fuse at the after-sales center
Sound like phew or Da-da is heard during working	Normal sound generated by the motor or from the abrasion between mechanical units	No additional treatment is required
The remote control does not work	The electricity of batteries is worn out	Replace batteries
	The remote control is too far away from the machine	Operate remote control near the machine
Sudden stop working	Program working time is up (10min)	Restart the machine
	Overload protection is triggered in the motor	Restart the machine after a full rest



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We would like to extend our heartfelt thanks to
all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

THANK
you
😊

