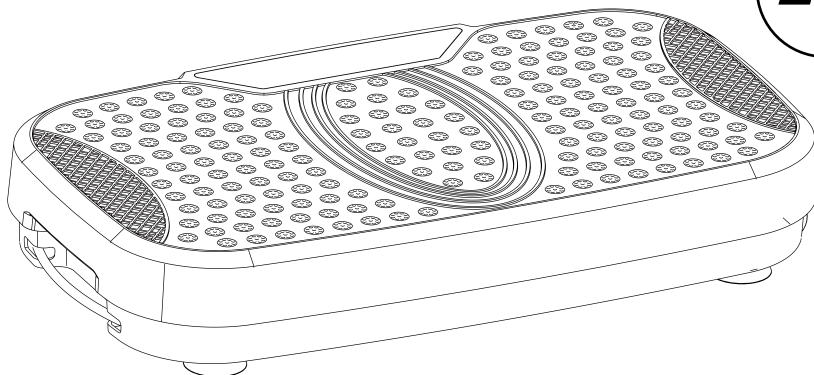




*Fitness Vibration Plate*

## **OWNER'S MANUAL**

**EN**



## **FITNESS VIBRATION PLATE**

### **ST-VP5**

[www.sporttronic.eu](http://www.sporttronic.eu)



Z-LINE

[www.zline-world.com](http://www.zline-world.com)

**TurboTronic**  
House Electronics



# Operating Manual

**Please read this Manual carefully prior to the use and properly maintain it.**



To reduce risk of injury, the user must read and understand this instruction manual before using the Vibration Plate Slim. This machine is intended for home use only in accordance with the instructions provided in this manual.

Please read these instructions carefully and retain for future use.

## **IMPORTANT SAFETY INSTRUCTIONS**

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- Not suitable for children or pregnant woman!
- Use for the intended purpose only.
- Only use inside, only use in dry environment.
- Do not use if the product is damaged.
- Do not jump on the plate or the machine.
- Place the device only on a solid, level, and moisture-resistant surface.
- After use, the machine must be switched off and unplugged.
- Do some warming-up exercises before start using the machine.
- Increase speed intensity and duration of exercises gradually.
- Only one person is allowed to use the machine at one time.
- Consult your doctor immediately when you feel: sick, experience pain in joints or other locations, aches abnormal heartbeat rate or any other abnormal symptoms.
- If you have not done any sport for a long time or if you have a heart problem, neurologic problem, circulatory disturbances or orthopedic problems, you should first consult your doctor before operate this machine.
- Stop using the machine immediately if you feel tired, uncomfortable or dizzy.
- Don't use this machine for more than 10 min at a time.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

**WARNING:** Before beginning any exercise programme, consult your physician. This is especially important for persons with pre-existing health problems. The seller assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**MEDICAL RECOMMENDATIONS:** You **MUST NOT** use the **Vibration Machine** without your doctor's consent if you:

- Are pregnant
- Have had a recent operation or surgery
- Have knee, shoulder, back or neck injuries
- Retinal condition

You are strongly recommended to consult your doctor before using the Vibration Machine if you have any of the following:

- Heart condition or cardiovascular disease
- High blood pressure
- Acute thrombosis
- Acute hernia
- Severe diabetes
- Epilepsy
- Severe migraines
- Malignant tumour
- Pacemaker, metal implant, artificial joint(s) or limb(s), stents or IUDs, metal plates or pins
- Any recent illnesses or infections
- Deep Vein Thrombosis
- Cancer

## PRODUCT SPECIFICATIONS

User Weight Capacity:	120kg
Dimensions:	680 x380 x 125mm
Shipping Weight:	14kg
Net Weight:	12kg
Power Requirements:	220-240V
Rated Frequency:	50/60Hz
Power:	300W

## ASSEMBLY INSTRUCTIONS

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### STEP 1

- Choose a suitable place for your vibration machine. Leave yourself at least 1 metre of space either side of the machine to avoid injury. Place the machine on a solid, flat level surface with a suitable cover for your floor or carpet.
- Insert 2 x AAA Alkaline batteries into the remote control unit.

### STEP 2

#### Roller

- There is a roller on the underside of the right hand edge of the machine, as you look at the display. Hold the left hand side of the machine and lift to a 45° angle. Then use the roller to position the machine into the optimal spot for your workout.

### STEP 3

#### Resistance Bands

- Attach the resistance bands by locating the metal arm underneath the machine. Move it out so the arm is pointing out from underneath the disc. Loosen the carabiner lock (if required) on the end of the resistance band, clip it through the hole at the end of the metal bar, then screw the lock on the carabiner clip in place.

Note: Make sure that the carabiner clip is fastened by screwing the lock in place, to ensure the clip does not come loose during use.

## FUNCTIONAL DESCRIPTION

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Control Panel



Remote Control



### Functional description

1. Plug the Vibration trainer into the mains power socket, open the power switch. The LED will display Program Code for a second, then the LED will fully display for a second and then beep to indicate that the panel is in the standby mode. And LED will display "----".
2. In standby mode, press the ON/OFF button, Machine begin to running, the initial is manual mode P1, operation time initial for 10 minutes, at Speed 1.
3. Under the running status, press ON/OFF button, the machine shut down, enter into the standby mode.
4. Under the Running Status, by pressing the P(PROGRAM) button, you can choose different work mode, P2, P3, P4 are the Auto Mode, different indicator light color indicate different program. When the work mode changed, the work time is redefined for 10 minutes.
5. Under the Manual mode, press the TIME button, you can adjust from 1-20 minutes. And the speed can be adjusted by pressing the "+/-" button from 1 to 99.
6. In the AUTO Mode, the Speed Button and Speed "+/-" can't be adjusted.
7. Under the Running Status, press the SCAN button, it can be switched to Calorie, Speed and Time. The button lamp is displayed only under the running status.

**AUTO Mode P2,P3,P4.**  
TIME(Minutes)

TIME(Minutes)	P2(SPEED)	P3(SPEED)	P4(SPEED)
10-9	20	30	20
9-8	40	50	60
8-7	60	70	40
7-6	80	90	80
6-5	70	30	20
5-4	50	50	60
4-3	30	70	40
3-2	10	90	80
2-1	30	30	20
1-0	50	60	30

# **WARNING**

Before cleaning or carrying out any maintenance on your vibration machine, ensure the power is turned off and the power cord removed from the plug socket.

### **Cleaning**

Clean your vibration machine with a damp cloth and mild detergent only, immediately after use. Use a weak solution of anti-bacterial washing up liquid in warm water and a microfibre cloth. Be sure to wring out the cloth so that it is just damp.

### **Storage**

Regularly check the cord/cable for damage before storing. Should the cord/cable be damaged in any way it must ONLY be replaced by an identical cable of the same type and specification. Never pull the cord/cable to disconnect from the power outlet. Always grasp the plug and pull to disconnect. Remove the plug when not in use and store on its feet at all times.

### **Troubleshooting**

- No lights; does not respond to Control Panel or Remote Control.  
Check machine is plugged in and switched on at the mains. Check socket works with an alternative electrical product. Replace fuse in plug.
- Remote Control does not operate machine, but unit does respond to Control Panel.  
Point Remote Control transmitter directly at the Control Panel's sensor.  
Replace batteries in remote control (2 x AAA alkaline batteries are required).
- Speed too fast!  
Adjust speed using the speed buttons on the Remote Control or the Control Panel.

