



IN230900129V01_UK

A90-175_A90-175V01



**UK
CA
CE**

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

INSTRUCTION MANUAL

Introduction

Vibration Plate Machine can not only quickly reduce excess body fat, but also achieve the effect of strengthening the body. It uses the smooth side motion in the sports science, the principle of amplitude superposition, so that the body fat can move, consume calories, eliminate excess body fat accumulated in the body. You only need to use 5-10 minutes a day, which is equivalent to the calories you burn for 1 hour, which is equivalent to burning calories 30 times faster than running. It makes it easy for you to sculpture and perfect body, and the design of the product is very user-friendly. Its vibration speed can be adjusted by itself (this product is divided into different files, generally choose the middle file, no need to be too high), both men and women can choose The vibration frequency suitable for white is convenient to use and the effect is obvious. Moreover, it utilizes this high-frequency and low-amplitude vibration mode, and can also improve the inflexibility of the legs and feet caused by rheumatism and the imbalance of walking legs caused by the elderly for a long time without walking. The therapeutic effect has been affirmed by all walks of life. Asian TV has reports on health sports products that can be used by the whole family. It helps you to lose excess fat during exercise, instead of letting you go on a diet or diarrhea. So it won't bounce, and it takes only 5-10 minutes per day to use the body shaping machine, which is equivalent to the calories you consume for an hour of jogging. You can definitely vacate it in 5 minutes, and you use this 5 minutes, not only Help you (men): Have a strong, fit body; (Women) help you have a fascinating figure, but also accelerate your metabolism and delay aging. You can definitely use it with confidence. Having it is equivalent to having health, beauty and confidence.

Thank you for purchasing this product!

Please read this manual carefully before use and pay special attention to safety precautions to ensure proper operation and use of this product.

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

Catalogue

Safety Cautions.....	3
Product Description.....	4
Panel Description.....	5
Remote Control Description.....	5
Operation Steps.....	6
Exercise Methods.....	6
Cleaning And Maintenance Of The Machine.....	7
Common Problems And Treatment Methods.....	8
Product Parameters.....	8
Bluetooth pairing instructions	8
Remarks: The picture of the manual is a range, not a picture of real products.	

Safety Cautions

Environment

1. Do not use this product in wet or dusty environment, to avoid the occurrence of electric shock or motor failure;
2. Do not use this product at room temperature above 40 degrees Celsius;
3. Do not place the product in a place outside or indirect sunlight;
4. Please lay the product on the flat ground.

Note: if the product is moved from the low temperature to a higher temperature, wait for an hour before use. In order to avoid condensation of water vapor on the machine parts, resulting in failure of the machine.

People who are not suitable for using this product

If you have any of the following circumstances, please consult your doctor before using this product.

1. The people who is receiving treatment or physical discomfort;
2. Malignant tumor patients;
3. A pregnant woman or a woman in the physiological period;
4. Heart patients;
5. Osteoporosis patients;
6. In vivo implantation of an electronic instrument such as a pacemaker;
7. Children under 10 years of age, 60 years of age or older. please reduce the frequency of vibration;
8. People with artificial limb or handicapped

Need to know when to use

Before using, please put your watch, bracelet, mobile phone and other valuables and keys, knives and other sharp objects, so as not to damage the goods or cause physical damage.

1. Please do not smoke in using;
2. Do not use this product with other medical equipment;
3. Do not use this product for medical purposes;
4. Do not use this product after a meal or drink;
5. When using this product, do not let children or pets near, It is strictly prohibited to insert finger or other objects into the clearance between the middle cover and a base.
6. This product bearing 120KGS, if you are more than the weight, please do not use;
7. This product is only for one person, please do not use two or more than two people at the same time.

Prohibit

It is forbidden to disassemble, disassemble or modify the products without permission, in order to avoid the electric shock or cause the malfunction of the machine.

Please stop using the following situations

1. Accidental water or other liquids splash on the product or on the remote control;
2. Related parts are damaged or internal abnormal sound;
3. Feel abnormal or local pain during use;
4. Sudden power failure;

5. Occurrence of lightning.

About power plug and power cords

1. Please check if the voltage is in conformity with the requirements of the product before use.
2. Do not pull the plug with wet hands to avoid electric shock;
3. Pull out the plug by gripping the power cord while pulling out the socket. Do not force pull, bending, twisting power cord;
4. When power cut off or long term is not used, please turn off the power switch, unplug the power plug;
5. If the power cord is damaged, please stop using it immediately, turn off the power switch, pull the power cord out of the socket and contact the professional maintenance personnel.

Product Description

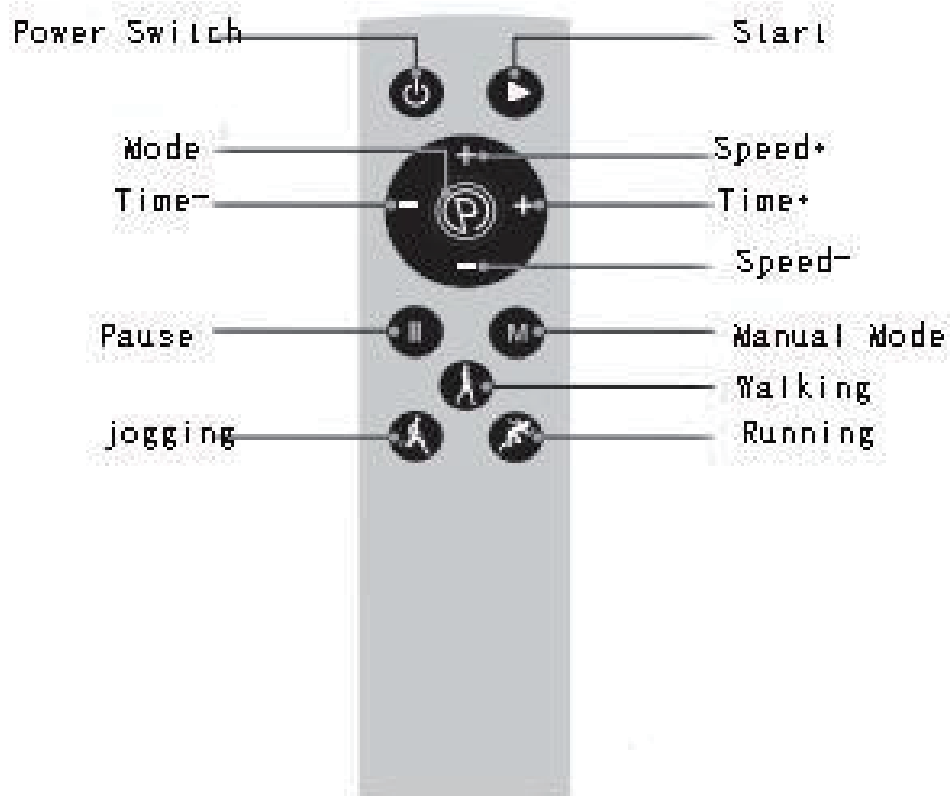
Model number	Size	Speed levels	Special function
LMS-S031	56*35*13.5CM	0-99	Magnetotherapy+Shiatsu



Panel Description



Remote Control Description



Operation Steps



1. Plug the power plug into the power supply and turn on the power switch.
2. Press the "Start / Stop" button, the machine starts, when in the working state, press "Start / Stop" button and the machine stops working.
3. In the stop situation, press "Time+" and "Time-" to adjust the exercise time.
4. In the non-automatic mode, press "Speed+" and "Speed-" to adjust the speed of the movement.
5. Press the "Program" button to cycle through them.
6. After using, press the machine switch, turn off the power switch, unplug the power.

Remark: In the state of power-on stop, no operation for 3 minutes, the machine will automatically shut down, press the machine switch

The default mode is manual mode, press the key "P" to enter the automatic mode, repeat press keys can choose "P1", "P2", "P3" and "P4". In automatic mode, speed and time can not be adjusted, In manual mode, all keys can use.

Exercise Methods

1. For the waist and hip, stand on the machine, spare apart the legs, let the same as the shoulder wide.
2. For the thigh, stand on the machine, let the knees bending.
3. For the thigh and calf, sit in the chair, put the foot on the machine, let them vibration.
4. Just for calf, sit on the floor, let the calf on the machine, also can be lean back.
5. For the shoulder joint, put the hands on the machine, let them distant, go down your knee.

These all be normal posture, you can find others posture. Each posture will be benefit different body.



Benefits

Body sculpting: Through the balanced high-frequency vibration of the machine, it can be used with various body postures to deeply stimulate muscle tissue, reduce fat accumulation, enhance muscle elasticity, and shape the body shape, thus showing the perfect body curve and rejuvenating your body. confidence

Fitness:

Using the horse steps in Chinese Kung Fu, the meditation of Buddhism, the meditation of Taoism, and the essence of traditional Chinese fitness, and advocating advanced static sports concepts, you can completely relax and relieve soreness and eliminate your pain without leaving your home. Fatigue, reconcile qi and blood, improve circulation in the body, and then achieve the effect of strengthening the body.

Cleaning And Maintenance Of The Machine

Please confirm you have cut off the power before clean. The power plug has beed pulled out the socket.Then you can use the cloth with detergent to clean foot skin and shell.Last,Use dry cloth deal with these detergent.

Caution

Do not use benzene,thinner and alcohol.gasoline and other corrosive and volatile cleaners to clean the products.

Otherwise maybe cause the product discoloration or internal structure corrosion,cracking,etc.

For the remote control,you only use the dry cloth clean,not the wet.

Please confirm you have cut off the power and the plug is pulled.Wipe off the dust and dirt,please move to the place away from the heating,another also prevent the wet.If you will not use for a long time. please use the dusty cover.

Common problems and treatment methods

case	probable cause	method
Can not start	The power plug is not plugged in.	Plug in the power plug
	Product power switch is not turned on	Turn on the power switch
	The instantaneous current is too large and the fuse is blown	Replace the fuse of the same model
"Xiuxiu"or"Dada" sounds when the machine is working	This is the sound that the machine makes when it is running, not the machine failure. It is a normal working sound.	No need to deal with
Remote control operation did not respond	The remote control battery is dead	Replacement battery
	The remote control is too far from the machine	The effective distance of infrared sensing is 2.5 meters
Stop during use	Has reached the default working time	Turn it on again after 10 minutes
Can't operate normally	May execute commands too frequently	Turn off the power and restart

If it has not been removed after the above method, please contact the manufacturer or local distributor, do not disassemble and repair it.

Product Parameterst

Product name: Vibration Platform

Voltage: AC220V-240V 50Hz

Power: 200W

Bluetooth pairing instructions

1.Turn on Bluetooth on your mobile phone or PC, then search for nearby Bluetooth devices. If you see a device named 'Bluetooth' in the search results, you can pair with it.

2.Once paired, your device can play music through the Sports Vibration Plate. You can control playback, adjust volume and manage songs using the product's remote control or your mobile phone.

NOTE: You can only use Bluetooth if no USB device is connected to the USB interface. If you connect a USB device, it will switch to USB mode automatically – the Bluetooth will not work.

UK

If you have any questions, please contact our customer care center.

Our contact details are below:



0044-800-240-4004



enquiries@mhstar.co.uk

IMPORTER ADDRESS:

MH STAR UK LTD

Unit 27, Perivale Park,

Horsenden lane South

Perivale, UB6 7RH

MADE IN CHINA

ES

Si tiene alguna pregunta, comuníquese con nuestro Centro de Atención al Cliente.

Nuestros datos de contacto son los siguientes:



0034-931294512



atencioncliente@aosom.es

IMPORTADOR:

SPANISH AOSOM, S.L.

C/ ROC GROS, N° 15. 08550, ELS HOSTALET DE BALENYÀ, SPAIN.

B66295775

WWW.AOSOM.ES

ATENCIONCLIENTE@AOSOM.ES

TEL: 931294512

HECHO EN CHINA

FR

Si vous avez la moindre question, veuillez contacter notre centre d'assistance à la clientèle.

Nos coordonnées sont les suivantes:



0033-1-84166106



aosom@mhfrance.fr

Importé par:

MH France

2, rue Maurice Hartmann

92130 Issy-les-Moulineaux

France

Fabrique en Chine

PT

Se tiver alguma dúvida, por favor contacte o nosso Centro de Atendimento ao Cliente.

Os nossos dados de contacto são os seguintes:



0034-931294512



info@aosom.pt.

IMPORTADOR:

SPANISH AOSOM, S.L

C.ROC GROS N.15, 08550. ELS HOSTALET DE BALENYÀ

TEL: 931294512 (SEG-SEX DAS 7:30H ÀS 16:30H)

INFO@AOSOM.PT

WWW.AOSOM.PT

DE

Wenn Sie Fragen haben, wenden Sie sich bitte an unser Kundendienstzentrum.

Unsere Kontaktdaten stehen unten:



0049-0(40)-88307530



service@aosom.de

ADRESSE DES IMPORTEUR:

MH Handel GmbH

Wendenstraße 309

D-20537 Hamburg

Germany

IN CHINA HERGESTELLT

IT

In caso di dubbio, si prega di contattare il nostro centro assistenza clienti.

I nostri dettagli di contatto sono di seguito:



0039-0249471447



clienti@aosom.it

IMPORTATO DA:

AOSOM Italy srl

Centro Direzionale Milanofiori

Strada 1 Palazzo F1

20057 Assago (MI)

P.I.: 08567220960

FATTO IN CINA