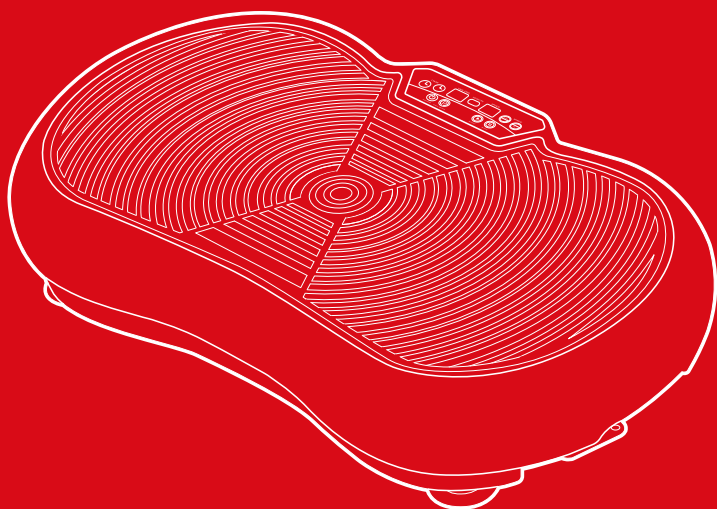




bestchoiceproducts



INSTRUCTION MANUAL

Full Body Vibration Platform

SAFETY

Please retain these instructions for future reference.

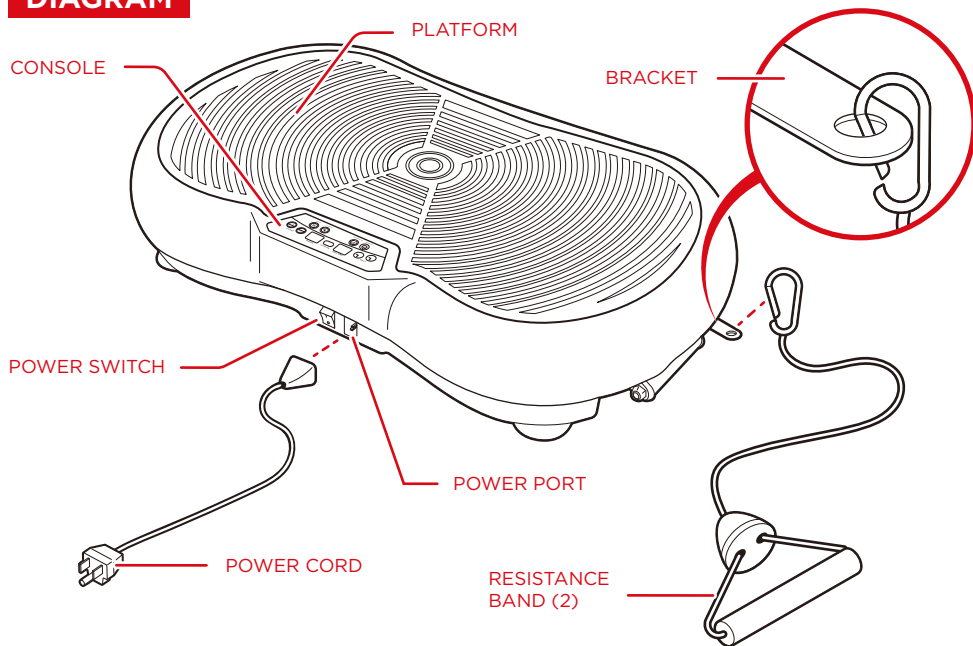
To reduce the risk of burns, fires, electric shock, or injury, read the following precautions before operating the vibrating platform.

- It is the responsibility of the owner to ensure that all users of this device are adequately informed of all warnings and precautions.
- Use this device only as instructed in this manual.
- Do not use device on carpet. Place device on a hard, level surface.
- Do not place this device on any surface that will block air openings.
- Allow at least 8 feet of clearance around device.
- To protect the floor from damage, place a mat under this device.
- Keep this device indoors, away from moisture and dust. Do not place in a garage, covered patio, or near water.
- Do not operate this device where aerosol products are used or where oxygen is being administered.
- Always keep children under the age of 12 away from this device.
- Always keep pets away from this device.
- This device should not be used by persons weighing more than 300lbs.
- Never allow more than one person to be on this device.
- Keep the power cord and surge suppressor away from heated surfaces.
- Never leave this device unattended while it is running. Always unplug the power cord when this device is not in use.
- Do not attempt to move or adjust it unless it is properly assembled.
- Inspect and tighten all parts of this device regularly. Wrong usage could affect its stability.
- Never insert or drop any objects into any openings.
- Always unplug the power cord immediately after use, before cleaning, and before performing maintenance/adjustment. Never remove the motor hood. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- Intended for in-home use only. Do not use this device in any commercial, rental, or institutional setting.

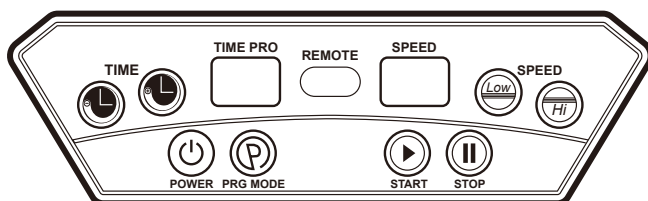
NOTICE

- Unattended children and individuals with impairments that may prevent them from safely operating this device should not use this appliance.
- **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using.
- If any parts are missing, broken, damaged, or worn, stop using this product until repairs are made and/or factory replacement parts are installed.
- Do not use this item in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

DIAGRAM

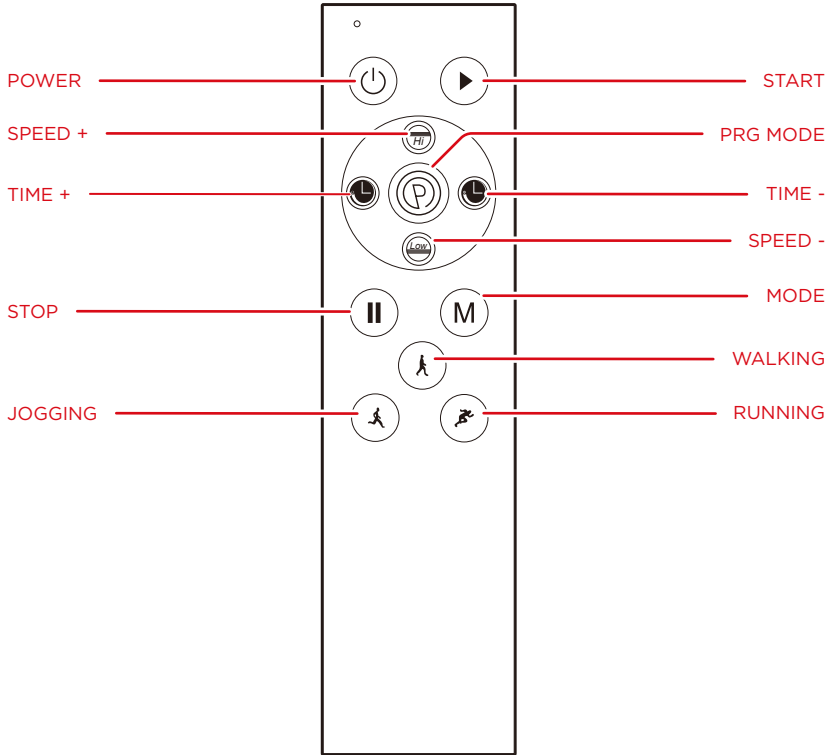


CONSOLE DIAGRAM



- **POWER:** Turns on the platform. (Will go into standby if left alone for 3 minutes.)
- **PRG MODE:** Press this to choose between the four modes below:
 - **Manual:** (LED will show "HA.00") Set time between 0 and 20 minutes. When you press start button, you can adjust the speed. Time cannot be adjusted once it starts.
 - **Automatic P1:** (LED will show "P1.01") Runs at a certain rhythm. Time and speed cannot be adjusted.
 - **Automatic P2:** (LED will show "P2.03") Runs at a certain rhythm. Time and speed cannot be adjusted.
 - **Automatic P3:** (LED will show "P2.05") Runs at a certain rhythm. Time and speed cannot be adjusted.
- **START:** Press this button to begin the set mode.
- **TIME:** When in Manual mode, use the + and - buttons to increase or decrease the time between 1 and 20 minutes (Default Time: 10 minutes)
- **SPEED:** When in Manual mode, use the "Hi" and "Low" buttons to increase or decrease the speed.

REMOTE CONTROL DIAGRAM



- **POWER:** Turns on the platform. (Will go into standby if left alone for 3 minutes.)
- **PRG MODE:** Press this to choose between the four modes below:
 - **Manual:** (LED will show "HA.00") Set time between 0 and 20 minutes. When you press start button, you can adjust the speed. Time cannot be adjusted once it starts.
 - **Automatic P1:** (LED will show "P1.01") Runs at a certain rhythm. Time and speed cannot be adjusted.
 - **Automatic P2:** (LED will show "P2.03") Runs at a certain rhythm. Time and speed cannot be adjusted.
 - **Automatic P3:** (LED will show "P2.05") Runs at a certain rhythm. Time and speed cannot be adjusted.
- **START:** Press this button to begin the set mode.
- **TIME:** When in Manual mode, use the + and - buttons to increase or decrease the time between 1 and 20 minutes (Default Time: 10 minutes)
- **SPEED:** When in Manual mode, use the "Hi" and "Low" buttons to increase or decrease the speed.
- **MODE:** Toggle between vibration level.
- **WALKING:** Set vibration speed level to 20.
- **JOGGING:** Set vibration speed level to 50.
- **RUNNING:** Set vibration speed level to 80.

EXERCISES

The vibration platform utilizes the body's reflexes to exercise muscles. In certain positions, your muscles work to stay in those positions. The plate moves quickly, and your muscles automatically contract to keep you in position. The platform can also be used to ease muscle pain and improve circulation. Use the following postures to properly use this platform:



Whole Body Exercise Posture

Stand on the platform and place feet shoulder-width apart. Slightly bend your knees. Hold the position as the platform vibrates. This helps improve overall circulation and muscle tone.



Squat Posture

Stand on the platform and place feet shoulder-width apart. Bend your knees at a 90° angle if possible. Hold the position as the platform vibrates.



Push-Up Posture

Place hands on the platform shoulder-width apart. Keep knees on the ground and slightly bend at the elbows. Hold the position as the platform vibrates. For increased intensity, lift knees off the ground or bend your elbows at a 90° angle.



Lower Leg Posture

Sit on the ground and place feet on the platform. Place hands behind you on the ground for support. Press feet down onto the platform as it vibrates. For increased intensity, lift body off the floor and continue to press down on the platform with legs.



Waist Bend Posture

Place hands on the platform. Keep legs and back straight while bending at the waist. Keep torso parallel to the floor. Hold the position as the platform vibrates. For increased intensity, bend at elbows.

EXERCISES



Single-Foot Posture

Place one foot on the platform while standing. Hold the position as the platform vibrates. For increased intensity, lunge forward and place more body weight onto the platform.



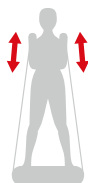
Sitting Posture

Sit on the platform with feet on the ground. Keep your back straight. Hold the position as the platform vibrates.



Sitting Posture 2

While sitting on a chair, place feet on the platform. This helps ease tension and improve circulation.



Bicep Curl

Stand on platform with feet shoulder-width apart. Keeping both elbows on the waist, bicep curl resistance bands.



Sitting Single Shoulder Lift

Sit cross-legged on the platform. With one arm, lift a resistance band over your head. Keep back straight but lean to the side to extend the range of the shoulder lift. Repeat to exercise the other arm.

EXERCISES



Sitting Lateral Raise

Sit cross-legged on the platform. With both arms, lift resistance bands over your head simultaneously. Keep back and arms straight and lift arms overhead in an arc motion.



Twisting Shoulder Lift

Stand on platform with feet shoulder-width apart. Twist at the waist while using shoulders to simultaneously lift resistance bands to approximately shoulder height. Keep arms straight and lift in a half-arc motion.



Single-Foot Bicep Curl

Place one foot on the platform while standing. With both arms, bicep curl resistance bands. End with arms crossed in an "X" position on your chest.

ERROR CODES

- Emergency Stop: LED on console shows "Er-3", LED flashes three times.
- Connection Error: LED on console shows "Er-4", LED flashes four times.
- Electron Power Tube Damage: LED on console shows "Er-5", LED flashes five times.
- Current Overload: LED on console shows "Er-6", LED flashes six times.
- Engine Abnormality: LED on console shows "Er-7", LED flashes seven times.
- Blocked Engine: LED on console shows "Er-8", LED flashes eight times.
- Low Voltage: LED on console shows "Er-9", LED flashes nine times.

SPECIFICATIONS



Overall Dimensions	25"(L) x 13.75"(W) x 5"(H)
Resistance Band Dimensions	25"(L)
Power Cord Dimensions	57.5"(L)
Weight Capacity	300 lbs.
Weight	36 lbs.
Material	Rubber/Plastic

PRODUCT WARRANTY INFORMATION

All items can be returned for any reason within 60 days of the receipt and will receive a full refund as long as the item is returned in its original product packaging and all accessories from its original shipment are included. All returned items will receive a full refund back to the original payment method. All returned items will not be charged a re-stocking fee.

All returned items require an RA (Return Authorization) number, which can only be provided by a Best Choice Products Customer Service Representative when the return request is submitted. Items received without an RA may not be accepted or may increase your return processing time. Once an item has been received by Best Choice Products, refunds or replacements will be processed within 5 business days.

All returns must be shipped back to the Best Choice Products Return Center at the customer's expense. If the reason for return is a result of an error by Best Choice Products then Best Choice Products will provide a pre-paid shipping label via email. Boxes for return shipping will not be provided by Best Choice Products, and is the customer's responsibility to either use the original shipping boxes or purchase new boxes.

Pictures may be required for some returns to ensure an item is not damaged prior to its return. Items returned are not considered undamaged until they are received by Best Choice Products and verified as such. All damages to items are the customer's responsibility until the item has been received by and acknowledge by Best Choice Products as undamaged.

CONTACT US; WE'RE HERE 7 DAYS A WEEK TO HELP YOU!



[bestchoiceproducts.com](https://www.bestchoiceproducts.com)



customerservice@bestchoiceproducts.com



844.948.8400



[LEARN MORE!](#)

WARNING

Manufacturer and seller expressly disclaim any and all liability for personal injury, property damage or loss, whether direct, indirect, or incidental, resulting from the incorrect attachment, improper use, inadequate maintenance, or neglect of this product.