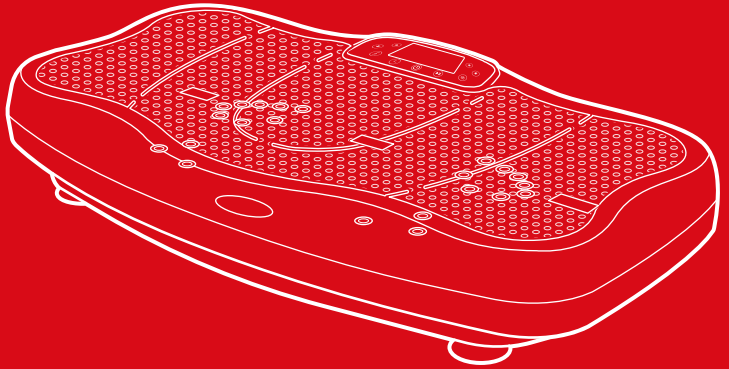




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INSTRUCTION MANUAL

Vibration Platform
with Bluetooth

NOTICE

To reduce the risk personal injury, read the following safety notices before operating this item.

- This device is intended for indoor, home use only.
- Use this device only on a stable, level surface.
- Allow at least 8 feet of clearance around device.
- To protect the floor from damage, place a mat under this device.
- Always keep children under the age of 12 away from this device.
- Children under the age of 12 or adults over 60 will require supervision.
- Always keep pets away from this device.
- This device is intended for use by one person at a time.
- Keep the power cord and surge suppressor away from heated surfaces.
- Never leave this device unattended when in use.
- Always unplug the power cord when this device is not in use.
- Inspect and tighten all parts of this device regularly.
- Always unplug the power cord immediately after use, before cleaning, and before performing maintenance/adjustment.
- Servicing other than the procedures in this manual should be performed by an authorized service representative only.
- 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 device in a way inconsistent with the manufacturer's instructions as this could void the product warranty.

WEIGHT CAPACITY: 330 lbs

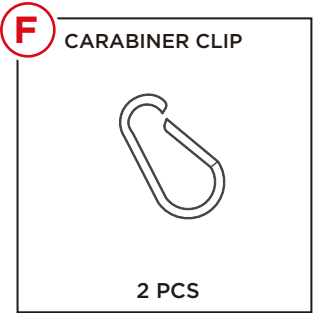
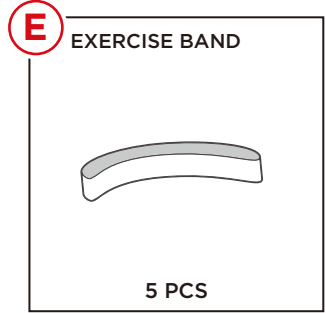
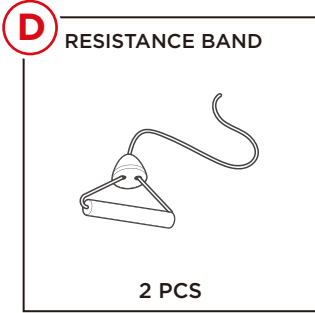
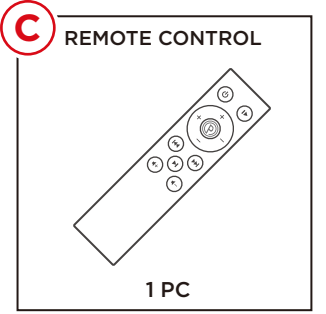
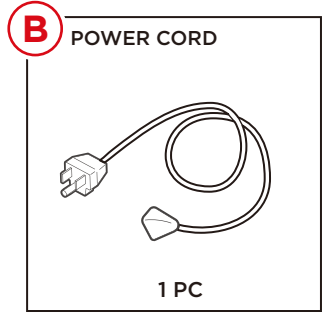
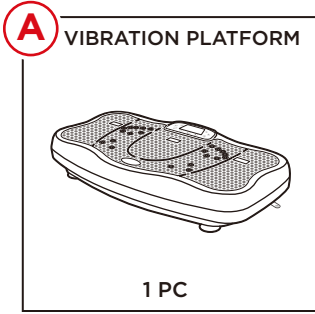
WARNING

- Do not cover this device.
- Do not insert or drop any objects into any openings.
- Do not remove the motor hood.
- Do not use this device immediately after eating or drinking.
- Do not use this device after consuming alcohol.
- Do not smoke cigarettes while this device is in use.
- Do not attempt to move or adjust any part of this device unless it is properly assembled.
- Do not use this unit while wearing loose clothing or jewelry
- Do not leave unattended near children or individuals with impairments that may prevent them from safely operating this device should not use this appliance.

MEDICAL WARNINGS

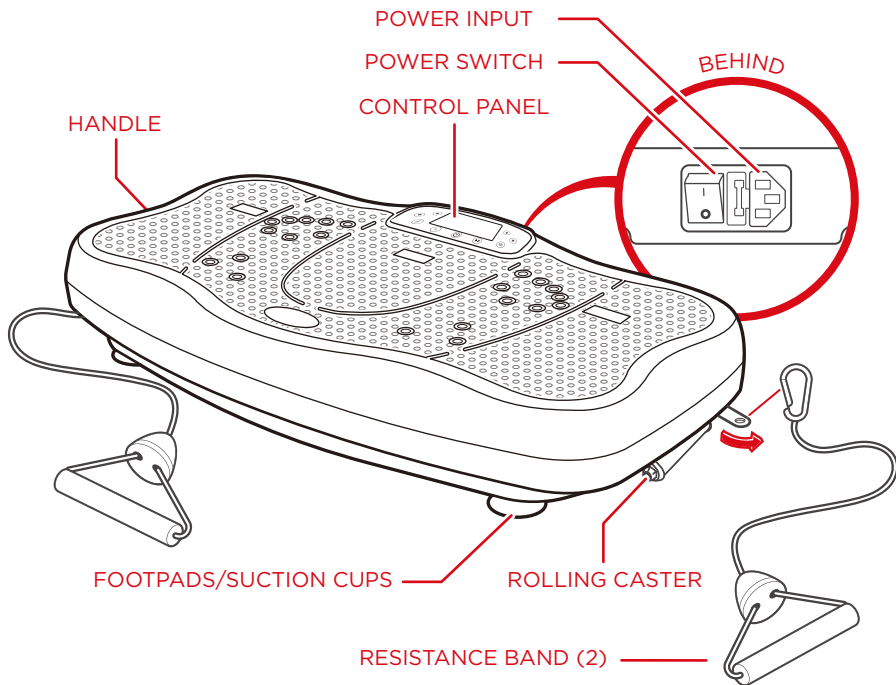
- Before use of this device or any exercise program, consult your physician.
- Do not use this device in conjunction with other medical equipment.
- Do not use this device as a substitute for medical treatment.
- Do not use if you are experiencing lightheadedness or nausea.
- Do not use if you have been diagnosed with a malignant tumor.
- Do not use if you are pregnant, planning to become pregnant, or menstruating.
- Do not use if you have heart-disease.
- Do not use if you have a pacemaker or other medical electronic implants.
- Do not use if you suffer from osteoporosis.
- Do not use if you have an artificial limb.

PARTS



MAIN DIAGRAM

NOTE: Flip power switch on before pressing power button.



OPERATING INSTRUCTIONS

1. Place your vibration platform on a flat surface and plug into a wall outlet.
2. Press the Program button to select a program. There are 4 programs: P1, P2, P3, and P4.
3. Press the Start/Stop button to start the program.
4. To manually control, set desired session time, then press the Start/Stop button to start.
5. During session, adjust the speed with the Speed + or Speed - buttons.

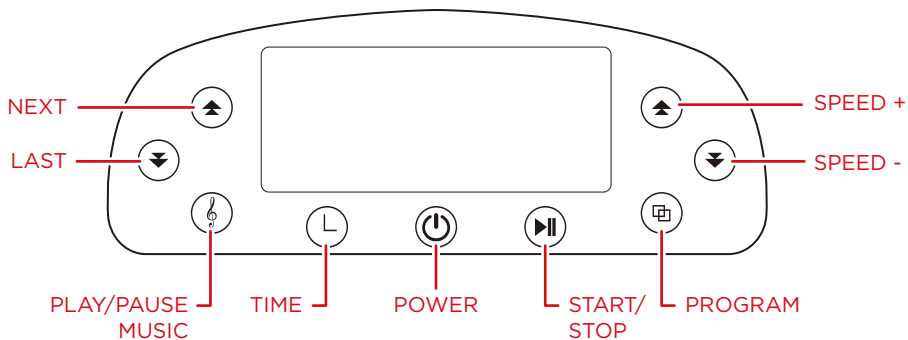
PAIRING BLUETOOTH

1. Turn on vibration platform and speakers will automatically be ready to pair.
2. Pair music player with the Bluetooth network named "Bluetooth".
3. Play music through the built-in speakers.

USING HANDLE

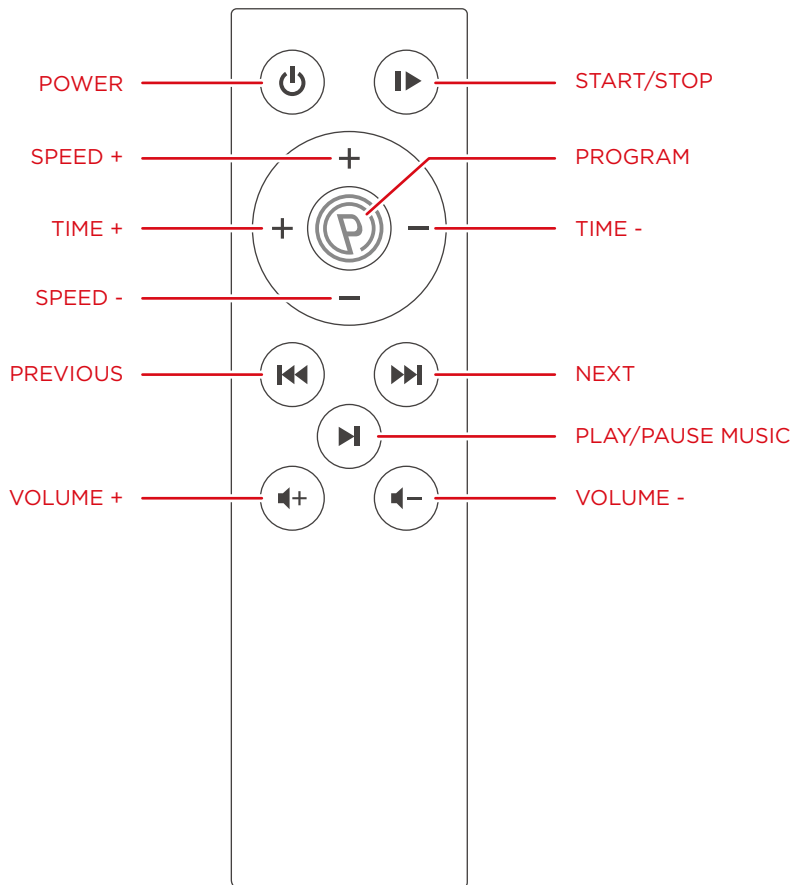
1. To move device, grasp the handle and lift until the rolling caster contacts the ground.
2. Roll vibration platform to your desired location.

CONTROL PANEL



- **NEXT**: Plays next music track
- **LAST**: Plays previous music track
- **PLAY/PAUSE MUSIC**: Start/stop music from connected Bluetooth device
- **TIME**: Increase session time from 1 and 20 minutes
NOTE: Time will increase 1 minute every press of the button. If you press button while the time is set to 20 minutes, it will cycle back to 1 minute
- **POWER**: Turn platform on; press again to initiate standby mode
- **START/STOP**: Initiates or cancels the session
- **PROGRAM**: Select one of four Programs:
 - **PROGRAM 1**: (LED will show "p1") Runs at a set rhythm; time and speed cannot be adjusted
 - **PROGRAM 2**: (LED will show "p2") Runs at a set rhythm; time and speed cannot be adjusted
 - **PROGRAM 3**: (LED will show "p3") Runs at a set rhythm; time and speed cannot be adjusted
 - **PROGRAM 4**: (LED will show "p4") Runs at a set rhythm; time and speed cannot be adjusted
- **SPEED -**: Increase vibration speed; ranges from 1 to 120
- **SPEED +**: Decrease vibration speed; ranges from 1 to 120

REMOTE DIAGRAM



- **TIME +** : Increase session time; ranges from 1 to 20 minutes
- **TIME -** : Press to decrease session time; ranges from 1 to 20 minutes
- **VOLUME +** : Increase volume of Bluetooth speakers
- **VOLUME -** : Decrease volume of Bluetooth speakers

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. This position exercises your waist and buttocks.



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. This position exercises your thighs and buttocks.



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. This position exercises your arms, shoulders, and chest.



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. This position exercises the muscles and ligaments of the 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

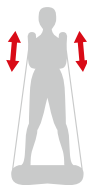
Sit on the platform with feet on the ground. Keep your back straight. Hold the position as the platform vibrates.



SITTING POSTURE 2

While sitting on a chair, place feet on the platform. This helps ease tension and improve circulation. This position exercises both thighs and calves.

RESISTANCE BAND EXERCISES



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.



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.

CLEANING

- Switch-off and unplug the unit.
- Use light detergent and water to clean the rubber food pads.
- Use a damp cloth to clean surfaces of debris.
- Use a dry cloth to clean the remote control.

STORAGE

- Switch-off and unplug the unit.
- Use a dry cloth to remove dust and debris.
- Store in a cool, dry place.
- For extended periods of storage, place the unit inside a dust-proof cover.

TROUBLESHOOTING

PROBLEM	REASON	SOLUTION
Product will not start	Device is not plugged in	Plug the device in
	The power switch is off	Turn the power switch to the on position
	The power fuse is burned-out	Replace the damaged fuse
Grinding or skipping sounds during operation	This is a normal sound caused by interaction or abrasion between mechanical parts	-
Controller is unresponsive	The batteries are damaged or uncharged	Replace the batteries
	The controller is too far from the unit	The effective range of the controller is 2.5M
Sudden stop	Default timer has expired	Restart timer
Cannot operate	Too many commands have been sent to the unit at once	Power off and restart

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Product Assembly



Returns & Refunds

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.

WARNING

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