

Ultra-slim Body Shaper



Totally New Ultra-Slim Body shaper

Let Sports be Easier

Instruction

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IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the fitness vibration machine.

Keep this manual in a safe place for reference and future use .

DANGER – To reduce the risk of electric shock:

- 1) Always unplug this fitness vibration machine from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1) This fitness vibration machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2) Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- 3) This fitness vibration machine 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. Keep **pets and children under the age of 12** away from this machine.
- 4) Use this fitness vibration machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 5) Never operate this fitness vibration machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the fitness vibration machine to a service center for examination and repair.
- 6) Do not carry this fitness vibration machine by supply cord or use cord as a handle.
- 7) Keep the cord away from heated surfaces.
- 8) Never operate the fitness vibration machine with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- 9) Never drop or insert any object into any opening.
- 10) Do not use outdoors.
- 11) Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- 12) To disconnect, turn all controls to the off position, then remove plug from outlet.

13)WARNING:

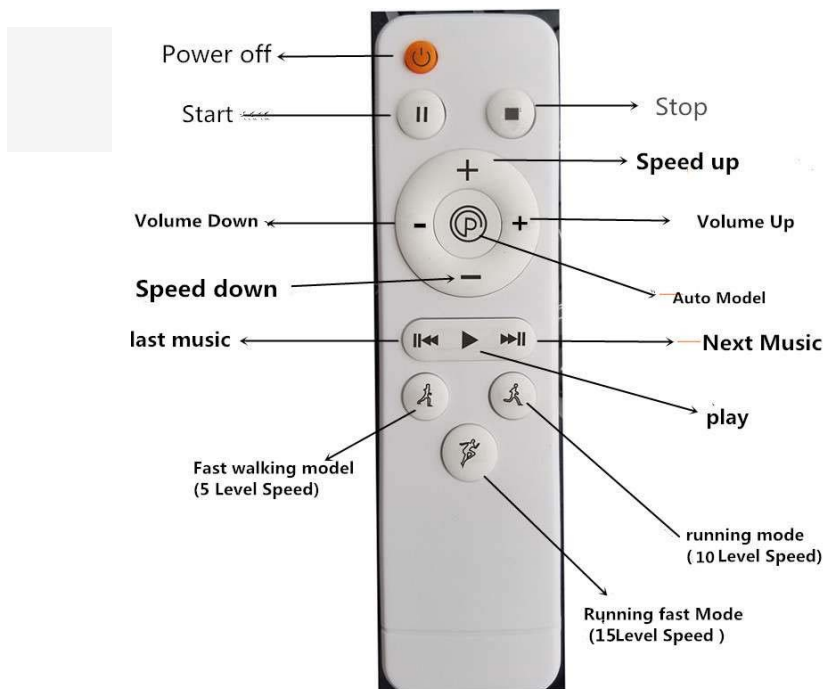
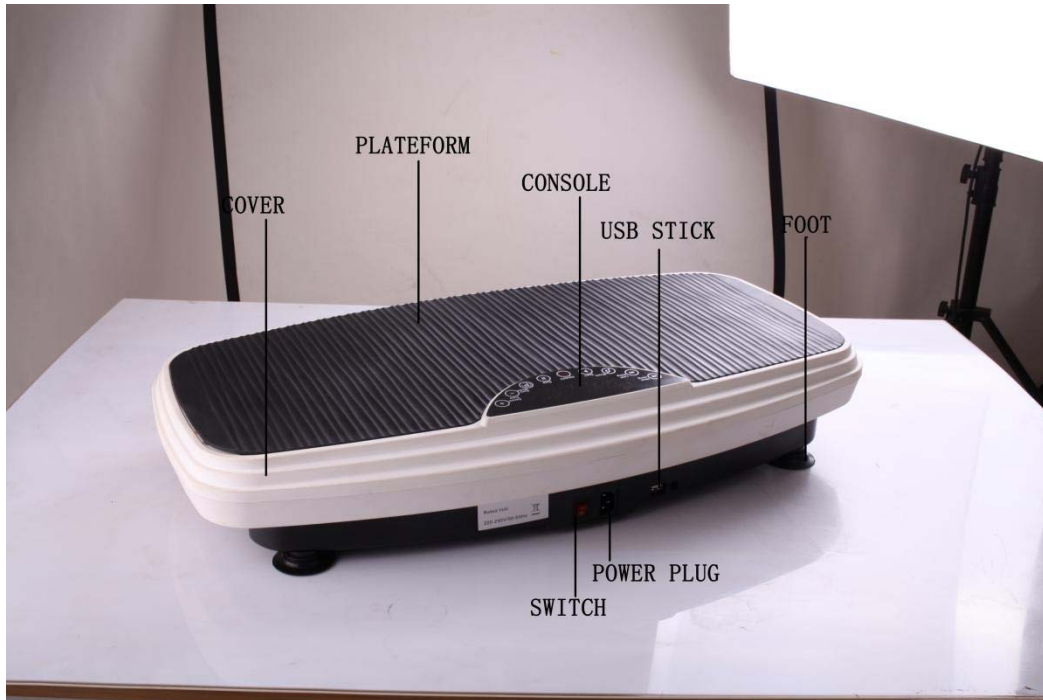
(1)Connect this fitness vibration machine to a properly grounded outlet only. **See Grounding Instructions.**

(2)Before beginning this or any exercise program,consult your physucuan or doctor.This is especially important for persons over the age of 35 or persons with pre-existing health problems.

14)This Body Shaper is intended for in-home use only.Do not use this machine in any commercial,rental,or institutional setting.

15)THE CHILDREN LESS 12 YEARS OLD, PREGNANT, THE PERSONS WITH BONE/WAIST/HEART ABNORMAL,OR REDUCED PHYSICAL/SENSORY/ MENTAL CAPABILITIES,OR LACK OF EXPERIENCE AND KNOWLEDGE CAN NOT USE THIS MACHINE.

Product Instruction



SAVE THESE INSTRUCTIONS

Operating Instruction



First, connect the machine with power plug.

After using, please take it off and keep it dry.



Start /Stop : Turn on/off the power.

On / Off : press this button to standby and again to off.

Start: Press this button to start the vibration function, timing 10 minutes, then press Speed + / - to choose the speed from 1~20. The upper screen will display Calorie / Speed / Time in turn automatically.

Auto/Mode: Before press Start button, press Auto/Mode to

choose the program between P1, P2, P3, P4. timing 10 minutes, speed between 1~20, The upper screen will display Calorie / Speed / Time in turn automatically.

Music: Copy songs into USB stick, then insert the USB stick into socket, press the music button, and use Last song / Next song to choose songs, adjust the music sound through remote.

This is a Vibrating exercise machine not for listening to music . please DO NOT turn the stereo up to maximum volume, which will effect the sound quality

Sometimes it takes a little while for the musical sound, if after a little longer while, there is still no musical sound, then try to change the songs, or adjust the volume, or re-plug the U disk, or restart the machine.

User-Maintenance Instruction

- 1..The machine should not be used by persons weighing more than 120kg.
- 2..Never allow more than one person on the machine at a time.
- 3.Should stand on the machine before start the machine, close the machine firstly before leave out.
- 4.Inspect and tighten all parts of the machine regularly.Wrong usage could influence the stability of the machine. For Example,the post is made to support you during an exercise to keep you in balance.One should NOT PUSH the post for stretching or use the post to create more tension.
- 5.Each user use this machine no more than 15 minutes each day. And the machine must rest for at least 30 minutes after every 15 minutes of work.
- 6.After use, turn off the switching power supply, unplug the power cord, keep it in a dry place where children or animals are not easily exposed, and stay away from water or fire.
- 7.This machine is much heavier, the minors or the poor health personnel should not move this machine to avoid any injury.

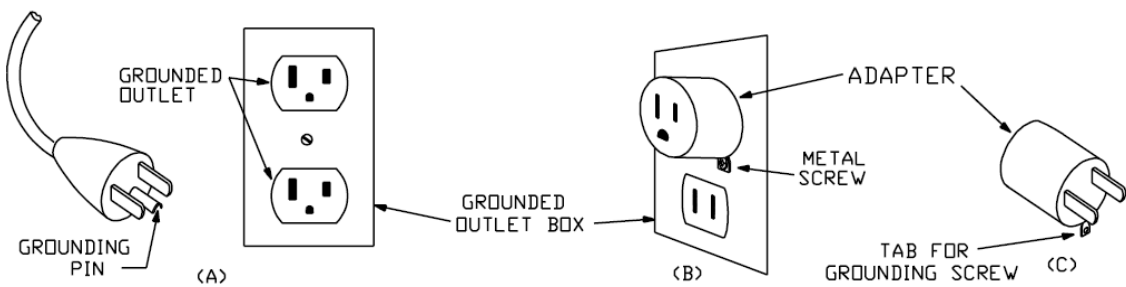
GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician. This product is for use on a nominal 120-V circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

Grounding methods




Exercise session

The Body shaper utilizes the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath. The Body shaper accomplishes this best when you are in a stress position, such as a squat posture, and your muscles are working to keep you in that position. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep you in that posture, hence exercising your muscles really efficiently. You will find the Body shaper extremely effective, but only if you use it whilst in one of the positions shown, but you will only get the best results if you bend your knees or arms (depending which is pressing on the oscillating plate) so your muscles adopt the automatic motion described. You can also use the Body shaper as a general massager to ease muscle pain and improve circulation, and here you would not press so hard on the plate, rather let the plate do the work for you. Use several different postures for a few minutes each for a complete workout.

			
Whole-body-exercise posture: Stand on the plate and stretch your feet like as wide as your shoulders. This will help improve overall circulation and muscle tone.	Squat posture: Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degree if you can and hold the position. This is great for a thigh workout.	Press-Up posture: Stretch your arms as wide as your shoulders. If you wish to exercise the muscles more, bend your elbows to 90 degrees and hold this position.	Lower legs posture: Put your lower legs as shown on the plate with your hands supporting behind you on the ground. For a deeper exercise, raise your seat off the floor and press down on your calves.
			
Waist Bend posture: Stretch your legs, bend at the waist and put your hands on the plate. Bend your elbows for a deeper exercise.	Single-foot posture: Put one foot on the pedal and relax yourself. For a deeper exercise, lunge forward, placing more body weight on the plate.	Sitting posture I: Sit with your buttocks on the oscillating plate. Sit comfortably, keeping your back straight.	Sitting posture II: Put your legs on the plate when sitting on a chair. This is a great way to ease tension and can help to improve circulation in the legs.

TROUBLE SHOOTING

1. Emergency stop: Led on console shows "Er-3", Led on PCB flashes three times
2. Connection error: Led on console shows "Er-4", Led on PCB flashes four times.
3. Electron power tube damage: Led on console shows "Er-5", Led on PCB flashes five Times.
4. Current Overload: Led on console shows "Er-6", Led on PCB flashes six times.
5. Engineer abnormality : Led on console shows "Er-7", Led on PCB flashes seven times.
6. Blocked Engineer: Led on console shows "Er-8", Led on PC  flashes eight times.
7. Low voltage: Led on console shows "Er-9", Led on PCB flashes nine times.

Refer all plumbing or electrical repair to a qualified service technician.

DO NOT ATTEMPT TO RESOLVE THE PROBLEM. This can result in danger of electrical shock or damage to the unit and will **VOID THE WARRANTY.**


Remember, when contacting your dealer or service representative, always have your proof of purchase, and model number. This will ensure a quick response on warranty items.

ALL WARRANTY REPAIRS MUST BE AUTHORIZED BY THE MANUFACTURER BEFORE WORK IS STARTED

SPECIFICATION:

PRODUCT NAME	VITAPLAY FITNESS VIBRATION MACHINE	Model	HTF-010D
INPUT	~110V OR 120V, 50Hz OR 60HZ	Power	200W
FCC ID	2APPRHOMIETECBOB888		

DISPOSAL:

	<p>This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.</p>
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FCC

Caution: The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.