

Vibration Power Plate with bluetooth and wireless remote

USER MANUAL

Contents

Getting Started	04
Important Safety Information	05
Quick Setting Up Guide	06
Product Description	07
Display Instruction	08
Remote Control Instruction	10
Exercise Session	11
Product Specification	14
Product Warranty	15

A woman in athletic wear is standing on a vibration plate in a living room. The image is overlaid with a large, semi-transparent pink circle. The woman is wearing a black sports bra, black leggings, and white sneakers. She has her hands on her hips and is looking down at the plate. The background shows a living room with a sofa, a lamp, and a framed picture on the wall.

Get fit and Smart
with the new Vibration
Power Plate.

Getting Started

What's Included in the Box

1. RYM Vibration Power Plate
2. Power Cord
3. Remote Control
4. Resistance Bands (2)
5. User Guide

First Step

1. Remove your RYM Vibration Power Plate from the shipping box and remove all packaging from the unit and accessories.
2. Read carefully through this user manual and all safety instructions before using the Vibration Power Plate.
3. Complete the steps in the SETUP GUIDE to begin using your RYM Vibration Power Plate.

Customer Support

If you have any questions about setting up your RYM Vibration Power Plate, we're here to help. Call or email us and an experienced customer support representative will be happy to assist you: (123) 456-6063 or support@rymvibration.com

Important Safety Information

Please keep this manual in a safe place for reference.

WARNING:

To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the Vibration platform.

1. It is the responsibility of the owner to ensure that all users of this vibration Power Plate are adequately informed of all warnings and precautions
2. Use the vibration Power Plate only as instructed in this manual.
3. Place the vibration Power Plate on a level surface, with at least 8ft of clearance behind it. Do not place the vibration Power Plate on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the vibration Power Plate.
4. Keep the vibration Power Plate indoor, away from moisture and dust. Do not put the vibration Power Plate in a garage or cover patio or near water.
5. Do not operate the vibration Power Plate where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from the Power Plate at all times.
7. The vibration Power Plate should not be used by persons weighing more than 180kg.
8. Never allow more than one person on the vibration Power Plate at a time.
9. Keep the power cord and the surge suppressor away from heated surfaces.
10. Never leave the Vibration Power Plate unattended while it is running. Always unplug the power cord when the vibration Power Plate is not in use.
11. Do not attempt to move or adjust the Vibration Power Plate until it is properly assembled.
12. Inspect and tighten all parts of the Vibration Power Plate regularly. Wrong usage could influence the stability of the Vibration Power Plate. 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.

13. Inspect and tighten all parts of the Vibration Power Plate regularly.
14. Never insert or drop any object into any opening.
15. DANGER: Always unplug the power cord immediately after use, before cleaning the Vibration Power Plate, and before performing the maintenance and adjustment procedures described in this manual.
16. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
17. This Vibration Power Plate is intended for in-home use only. Do not use this Vibration Power Plate in any commercial, rental, or institutional setting

Quick Setting Up Guide

You can setup your Vibration Power Plate in just 4 easy steps:

STEP
01

Insert batteries

- Remove the back of the remote control and insert two AAA batteries into the battery compartment.

STEP
02

Attach the Resistance bands

- Locate the two short black metal bars on the underside of the unit.
- Swivel each bar so it extends out to the side of the unit.
- Loop a resistance band through the hole in each of the metal bars.

STEP
03

Connect to Power

- Insert the power cord firmly into the front of the Vibration Power Plate.
- NOTE:** Press forcefully until you feel a click, which indicates that the cord is securely connected. The power cord fits tightly so it will not loosen during use.
- Plug the power cord into an AC outlet.

STEP 04

Power ON the RYM Vibration Power Plate

- Flip the breaker switch on the front of the Vibration Power Plate to the ON position.
 - Press the power button on the Vibration Power Plate display.
 - That's it. Your Vibration Power Plate is now ready to use.
- pages
for details about how to use your Vibration Power Plate

MODES

Standby mode: The Vibration Power Plate is powered on, but no program is selected.

Program Mode: Choose from preset workout programs: P00–P09. Each program has low, medium, or high vibration speed.

Manual mode: Set your own workout duration and vibration speed.

Product Description





Display Instruction

Monitor Instruction



The SPEED Level is shown here
(1-180) Speed Level

Using the Display Panel to Operate the Vibration Power Plate

- On/Off Button:** Press the button to power the vibration Power Plate on and off.
- Prog/Mode Button:** Press the button to select a preset workout program (P00–P09) or to select manual mode (HA) to create a custom workout.
- Start Button:** Press the ON/OFF button once to start your workout session. Ensure power is turned ON. Press the button to activate the selected program or begin a custom workout in manual mode.
- Stop Button:** Press On/OFF button to stop the selected program or manual mode workout.
- Speed Increase/Decrease Buttons*:** Press the (+) plus button at the right to increase or (-) minus button at the right to decrease the speed of the vibration platform.
- Speed Display:** The display shows vibration speed for the current program or custom workout.
- Time Display:** Alternates between showing time remaining and the current mode
- Time Increase/Decrease Buttons:** Select manual mode (HA). Press the buttons to set the time duration before beginning the manual mode workout.



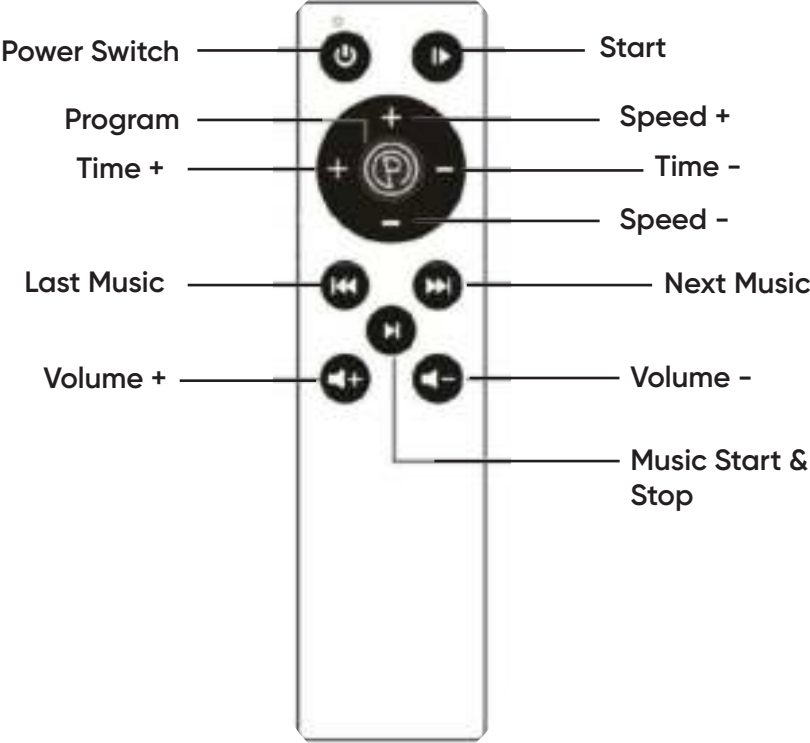
Program Speeds

The Vibration Power Plate will change speed once a minute. Speed levels will depend on the program level you've chosen (as outlined in the chart below).

5 Programs, 10 Minutes, 180 Speed Levels

	Time Remaining																				
Minute	10.0	9.5	9.0	8.5	8.0	7.5	7.0	6.5	6.0	5.5	5.0	4.5	4.0	3.5	3.0	2.5	2.0	1.5	1.0	0.5	0.0
Program	Speed Level																				
Level																					
P1	10	20	40	60	80	100	90	60	40	20	10	20	40	60	80	100	80	60	40	20	0
P2	20	120	20	120	20	120	40	120	40	120	40	120	60	120	60	120	60	120	60	20	0
P3	40	80	120	160	120	80	40	80	120	160	120	80	40	80	120	160	120	80	40	60	0
P4	5	35	55	75	95	105	135	155	175	135	95	55	75	95	105	135	105	95	55	5	0
P5	100	100	100	110	120	130	140	150	160	170	171	172	173	174	175	176	177	178	179	180	0

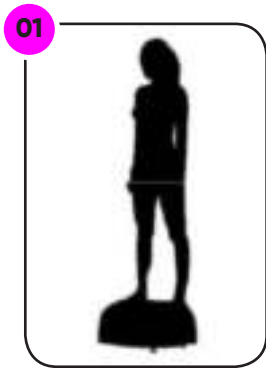
Remote Control Instruction



Exercise Session

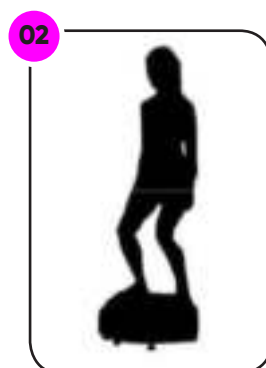
The Vibration Power Plate utilize the body's own reflexes to exercise your muscles in a convenient manner that does not require you to get out of breath, The Vibration Power Plate accomplishes the best when you are in a stress position, such as a squat posture, and your muscles are working to keep you 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 Vibration platform 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 on which is pressing on the oscillating plate) so your muscles adopt the automatic motion described.

You can also use the Vibration Power Plate 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.



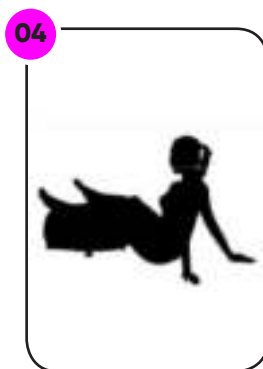
Squat Posture

Stretch your legs as wide as your shoulders when squatting and bend your knees down to 90 degrees if you can and hold the position, this is great for 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.

07



Sitting Posture I

Sit with your buttocks on the oscillating plate. Sit comfortably, Keeping your back straight.

08



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.

Product Specification



Units Specification

Size:	23.6"l x 13.8"w x 4.7"h
Net Weight:	22 lbs
Power:	200W
Voltage:	110V, 60 Hz
Amplitude:	0-8mm
Max User Weight:	180 lbs
Frequency:	4-12 Hz
Speed Levels:	180
Auto Programs:	P00-P09
Batteries Required:	2 AAA Batteries (not included)

Product Warranty

RYM creates quality, durable exercise products and we stand by that quality with a lifetime warranty on all of our products. If your RYM Vibration Power Plate ever breaks (and we doubt it will), we'll send you replacement parts and show you how to repair it. If your RYM Vibration Platform cannot be repaired, we'll replace it— free of charge. Register your vibration Power Plate to activate your warranty within 14 days of purchase.

**YOU'VE
GOT THIS**