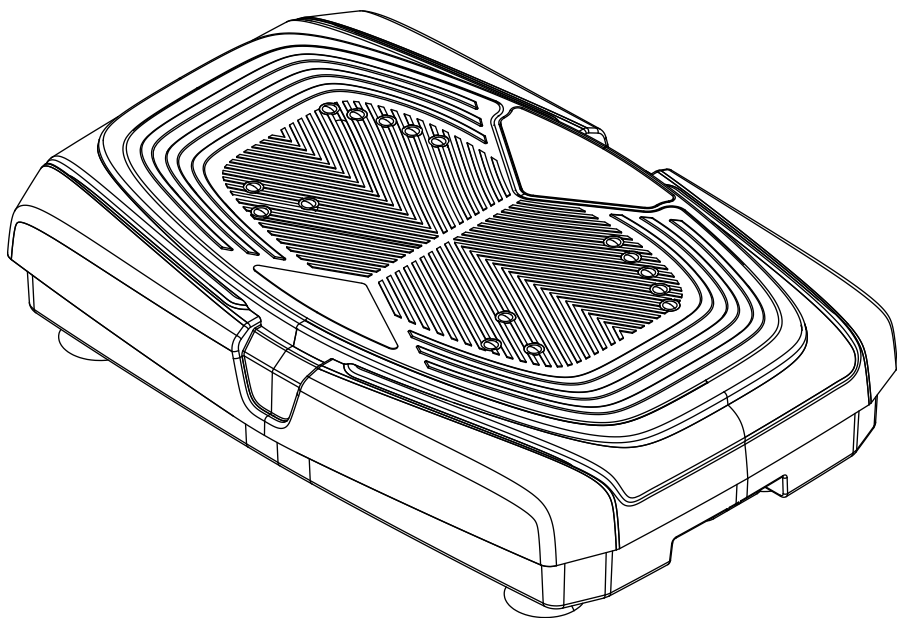


# User manual



# 1.Introduction

Thank you for purchasing this fitness vibration machine.  
Please readthe User Manual carefully to ensure safe and proper use of this machine.Please read and fully understand the Safety Precautionsbefore use.

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## **2.Product Features**

- **Variants of Speed Range and Strong body shape Massage Vibration.**  
**With speaker, enable to enjoy music and relax while taking exercise.**
- **Perfect for muscle toning, muscle building, weight loss & cellulite reduction.**
- **Fitted with yoga straps to enhance its potential for improving the upper body and arms.**
- **Small compact size - can be used anywhere at home & easy to put away.**
- **Design with big LCD display, ensure clear reading and easy adjustment.**
- **Comes with Arm cords, Remote control , Resistance Bands and Instruction manual.**

## **3.Cleaning and maintenance**

### **Attention:**

**Please make sure the machine is power off.**

**The machine can be cleaned with a warm, damp cloth with detergent.**

**Make sure the machine is completely dry before turning it on again.**

**Be sure not to use benzene, thinner, ethyl alcohol, gasoline etc.**

**which can result in hazardous fumes, fading of the paint or corroding of the inner parts. If the machine is not used for a long time, cover it to prevent dust from entering the machine.**

### **Maintenance**

- **Variants of Speed Range and Strong body shape Massage Vibration.**

**With speaker, enable to enjoy music and relax while taking exercise.**

**1:After each use, turn off the machine and make sure it's power off.**

**2:Store this machine in a dry, dust-free, and well-ventilated place. Ensure that the machine is not exposed to sunlight. Ensure that the storage and transportation environments meet the requirements**

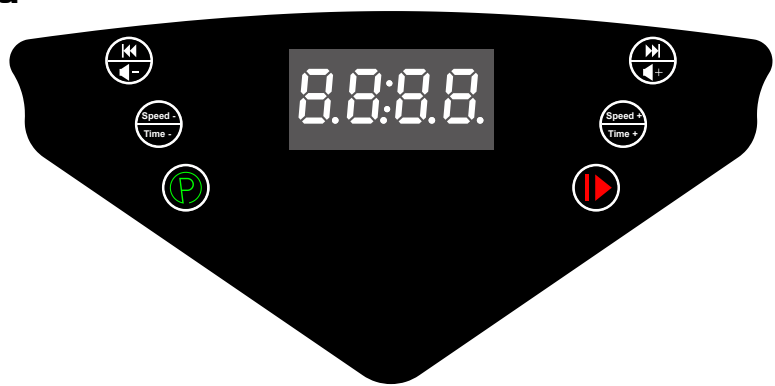
**3:Check whether safety risks exist on a regular basis.**

## **Attention:**

- **Recommended time is 10-20 minutes every time.**
- **If you suffer from joint problems, have a hypertension, bronchitis, heart condition or skin disease, diabetes, or pregnancy, extreme obesity, middle ear infection, bone weaknesses, osteoporosis, stomach illness, or use a pacemaker, or other diseases, we recommend seeking medical advice before using this vibration trainer.**
- **Study the functions and make sure you know how to operate the machine to avoid malfunction or injury.**
- **Keep children away from this machine.**
- **It is normal that some one may feel a little dizzy while using at the first time due to the Vibration scillation of the machine ,it will not happen again after using for a few time .**
- **To avoid injury and impairment, stamping on the pad is forbidden.**
- **Do not put your knees on the pad to prevent injury and impairment.**
- **Do not put all your weight on one side**
- **Do not touch the device with wet hands.**
- **Only one person at a time may use the device. This product is for exercising only.**
- **Other uses are prohibited.**
- **This product is for exercising only. Other uses are prohibited.**

# 4.Menu and Remote Control







## Menu



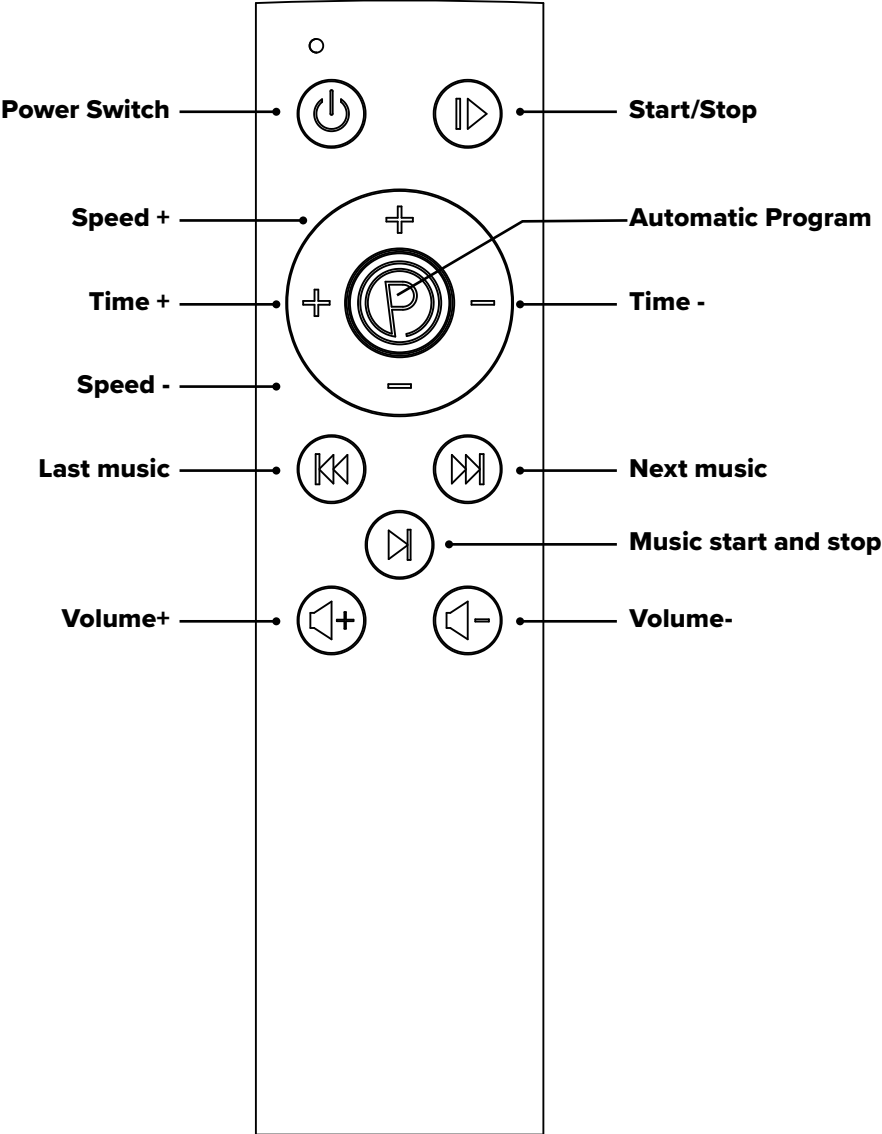
|       |               |
|-------|---------------|
| TIME  | 0:00~20:00Min |
| SPEED | 1~120Levels   |

The LED screen rotates automatically:  
Time, Speed,  
changing every 5 seconds  
for easy tracking of your workout stats.

### Keypress Function:

-  Long press the button to play the last music.  
Short press the button to reduce the volume.
-  Long press the button to play the next music.  
Short press the button to increase the volume.
-  Long press the button to speed down.  
Short press the button to reduce the time.(only effective in a stationary state)
-  Long press the button to speed up.  
Short press the button to increase the time (only effective in a stationary state)
-  Press the button to Choose P1-P5 Automatic Program.
-  Press the button to Start / Off the machine.

# Remote control



## FUNCTIONALITY

- **Power switch** : Press the power switch to start or stop the product
- **Start/stop** : Press the start button to start the device
- **Automatic program**: Automatic programs can be selected:

**How to use this program:** press power switch button:

- ① Press button "p" one time, the machine enter into auto-mode Program "P1"(From P1-P5).
- ② Press button "P" two times, the machine enters into auto-program"P2"
- ③ Press button "p" three times, the machine enters into auto-program"P3"
- ④ Press button "p" four times, the machine enters into auto-program"P4"
- ⑤ Press button "p" five times, the machine enters into auto-program"P5"

**Please note:** Choose an auto-program and press the start button, the machine will start the chosen program. You cannot adjust the time and speed when you start an auto-program.

- **Speed+** : Increase the speed. (not available with an automatic program).

**Speed range** from 1- 120 level.

- **Speed-** : Decrease the speed. (not available for automatic programs)

**Speed range** from 1- 120 level.

- **Time+** : increase the time. time range from 1-20 minutes.

- **Time-** : reduce the time. time range from 1-20 minutes.

**The following buttons will only take effect when the machine is connected to the phone.**

- **Last music** : play the last music.
- **Next music** : play the next music.
- **Volume+** : increase the volume.
- **Volume-** : reduce the volume.
- **Music start and stop**: turn on/off music.

**Please note the valid receiving range of the remote control is 2.5 meter, the infrared light on the remote control must align with the infrared receiver window on machine.**

## 5.Parameters

|                           |                          |
|---------------------------|--------------------------|
| <b>Model</b>              | <b>S202</b>              |
| <b>Operating Voltage</b>  | <b>110V~120V 50/60Hz</b> |
| <b>Power</b>              | <b>200w</b>              |
| <b>Maximum Load</b>       | <b>150kg</b>             |
| <b>Speed range</b>        | <b>1-120levels</b>       |
| <b>Amplitude</b>          | <b>0-12mm</b>            |
| <b>Outline Dimension</b>  | <b>650*400*160mm</b>     |
| <b>Product Dimension:</b> | <b>530*330*120mm</b>     |
| <b>N.W/G.W</b>            | <b>7/8.3kg</b>           |

### **AUTOMATIC PROGRAM SPECIFICATION**5 Programs, 10 Minutes, 120 Speed Levels

| <b>Level<br/>Time</b> | <b>P01</b>  | <b>P02</b>  | <b>P03</b>  | <b>P04</b>  | <b>P05</b>  |
|-----------------------|-------------|-------------|-------------|-------------|-------------|
| <b>1MIN</b>           | <b>18</b>   | <b>6</b>    | <b>5</b>    | <b>12</b>   | <b>36</b>   |
| <b>2MIN</b>           | <b>36</b>   | <b>12</b>   | <b>10</b>   | <b>24</b>   | <b>54</b>   |
| <b>3MIN</b>           | <b>54</b>   | <b>18</b>   | <b>24</b>   | <b>12</b>   | <b>36</b>   |
| <b>4MIN</b>           | <b>72</b>   | <b>22</b>   | <b>7</b>    | <b>36</b>   | <b>90</b>   |
| <b>5MIN</b>           | <b>90</b>   | <b>24</b>   | <b>24</b>   | <b>54</b>   | <b>72</b>   |
| <b>6MIN</b>           | <b>72</b>   | <b>30</b>   | <b>5</b>    | <b>72</b>   | <b>54</b>   |
| <b>7MIN</b>           | <b>54</b>   | <b>24</b>   | <b>24</b>   | <b>54</b>   | <b>90</b>   |
| <b>8MIN</b>           | <b>36</b>   | <b>36</b>   | <b>2</b>    | <b>24</b>   | <b>54</b>   |
| <b>9MIN</b>           | <b>18</b>   | <b>24</b>   | <b>24</b>   | <b>18</b>   | <b>24</b>   |
| <b>10MIN</b>          | <b>6</b>    | <b>6</b>    | <b>10</b>   | <b>24</b>   | <b>12</b>   |
|                       | <b>Stop</b> | <b>Stop</b> | <b>Stop</b> | <b>Stop</b> | <b>Stop</b> |



# 6.Troubleshooting

|   | Symptom                     | Possible causes                          | Solution                    |
|---|-----------------------------|--|-----------------------------|
| 1 | Lights are off              | Is power supply ok?                      | Plug in again               |
|   |                             | Power switch of the appliance off        | Turn off to on              |
|   |                             | Transient current too strong, blown fuse | Change a new fuse           |
| 2 | Noise                       | Is the foot screw level with the floor   | Adjust foot screw           |
| 3 | Remote controldoes not work | No battery / battery empty               | Replace battery             |
|   |                             | Too far from the machine                 | Valid range is 2.5 meter    |
| 4 | Machine stopswhile in use   | Machine is overheated                    | Start again after10 minutes |
| 5 | Does not warkas intended    | Received too many commands               | Turn off powerand restart   |

**If this still can't help you solve the problem, please contact us and our engineers will help you deal with it. Thanks !**

# 7.Storage and Transportation

## Transportation

**The fitness vibration machine can be transported using general transportation tools.Severe vibration, shock, or rain must be avoided during transportation.**

## Storage

**The fitness vibration machine must be stored in a well-ventilated room without corrosive gas.**

**The ambient temperature must be -10°C to +50°C(14°F\_122°F)  
the relative humidity must be lower than 93% (non-condensing),  
and the atmospheric pressure must be 50-106 kPa.**

## FCC Statement:

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. 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.

Caution: Any changes or modifications not expressly approved by the party