

2000W FITNESS WHOLE BODY VIBRATION PLATE EXERCISE MACHINE

ITEM: 96421



OWNER'S MANUAL AND SAFETY INSTRUCTIONS

SAVE THIS MANUAL: KEEP THIS MANUAL FOR SAFETY WARNINGS, PRECAUTIONS, ASSEMBLY, OPERATING, INSPECTION, MAINTENANCE AND CLEANING PROCEDURES. WRITE THE PRODUCT'S SERIAL NUMBER ON THE BACK OF THE MANUAL NEAR THE ASSEMBLY DIAGRAM (OR MONTH AND YEAR OF PURCHASE IF PRODUCT HAS NO NUMBER).

FOR QUESTIONS PLEASE CALL OUR CUSTOMER SUPPORT: (909) 628 0880 MON-FRI 9AM TO 3PM PST

IMPORTANT SAFETY INFORMATION



GENERAL SAFETY WARNINGS

Before using this exercise machine, it is essential that you read the entire user manual, including all warnings and safety instructions. You should also convey all such warnings and instructions to any other person using this exercise machine. Retain this user manual for future reference.

SAFETY

IMPORTANT: Attention User: This User's Guide contains important information about the installation, operation and safe use of this bud trimming machine. This Guide should be given to the owner and/or operator of this equipment.

- Before beginning any exercise program, you should consult a physician for a physical examination and clearance to engage in the program, or personal injury could result.
- If you have any known medical condition, or any physical limitation on your ability to exercise, seek the advice of a physician before using the machine, in order to avoid possible personal injury.
- If while using the machine, you experience any dizziness, faintness, shortness of breath or pain, you must stop using the machine immediately and consult a physician. Failure to do so could result in personal injury.
- Always follow the directions on the machine's console for proper operation. Close supervision is required when the machine is used by or near, children or disabled persons.
- Do not operate the machine while tired or under the influence of drugs, alcohol or other medication.
- Always take care when getting on and off the machine. Use the handles on the machine as needed, to maintain stability when getting on and off the machine.
- Never reach into or under the machine, or tip the machine on its side, while it is in operation.
- Replacement parts must be specific to this machine and supplied by the manufacturer only. Unauthorized substitutions may result in bodily injury or equipment damage.
- To reduce the risk of electrical shock, always unplug the machine before cleaning or servicing it.
- To reduce the risk of electrical shock, fire, burns or other injury, always plug the machine into a properly-grounded electrical outlet.
- To avoid the risk of electric shock, this equipment must only be connected to a supply main with protective earth grounding.
- The machine should be set up on a hard, level surface in an area free of obstructions within at least three feet of the vibration platform.
- The machine should not be used outdoors, near a pool, or near any source of water or extreme humidity
- It is important at all times to maintain balance while on the machine.
- Only one person should use the machine at a time. Failure to do so may cause injury or damage the machine.

IMPORTANT SAFETY INFORMATION



- Hold the safety handle correctly before you begin exercise to help you keep balance.
- Check the exercise speed level before you operate the machine to ensure it is at a comfortable and safe speed.
- Ensure that there is sufficient gap between your feet. Recommended gap should be around 30cm.
- Do not use this machine for anything other than intended purposes.
- Do not operate or touch the machine with wet hands. Doing so may cause electric shock and/or damage to the machine.
- Always unplug the machine when not in use.

WARNINGS AND DISCLAIMERS

XtremePowerUS claims no liability for any damage or injury that result from the use of the machine by persons who have not read and understood the cautions contained in this manual, or through any misuse of the unit. You are responsible for your safety while operating this machine.

To receive maximum performance and satisfaction from the machine, it is important that you read and understand the safety precautions before using the machine.

IMPORTANT: The manufacturer does not accept responsibility for damages caused to or by the trimmer resulting from an inadequate use or assembly.

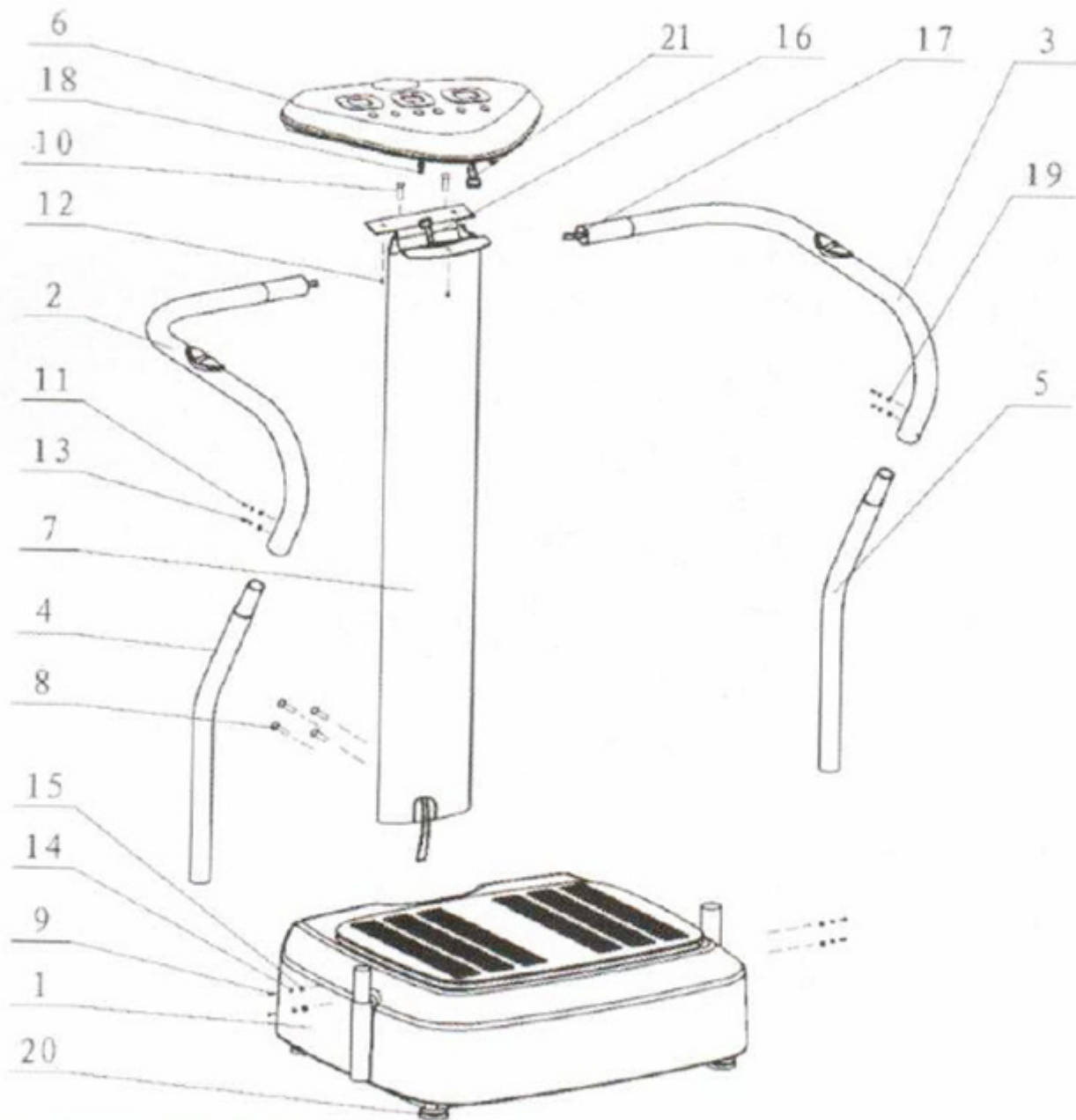


SAVE THESE INSTRUCTIONS.

DIAGRAMS



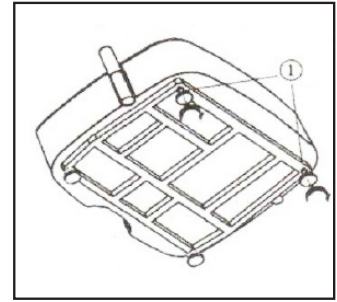
PARTS LIST



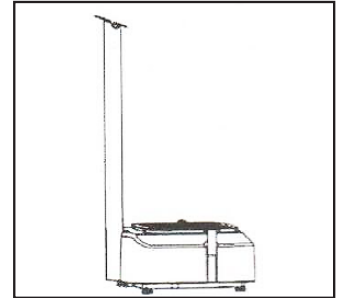
| # | PARTS | NUM | # | PARTS | NUM |
|----|---------------------------|-----|----|-----------------------|-----|
| 1 | BASE COVER | 1 | 11 | CROSSING SCREW M5 X12 | 4 |
| 2 | SAFETY HANDLE-UPPER LEFT | 1 | 12 | CROSSING SCREW M6 X12 | 3 |
| 3 | SAFETY HANDLE-UPPER RIGHT | 1 | 13 | SPRING MATTRESS M5 | 4 |
| 4 | SAFETY HANDLE-LOWER LEFT | 1 | 14 | SPRING MATTRESS M6 | 4 |
| 5 | SAFETY HANDLE-LOWER RIGHT | 1 | 15 | WASHER M6 | 4 |
| 6 | CONSOLE | 1 | 16 | SIGNAL CABLE A | 1 |
| 7 | SUPPORT TUBE | 1 | 17 | BMI B SENSOR | 2 |
| 8 | SOCKET HEAD SCREW M8 X 12 | 4 | 18 | BMI A SENSOR | 2 |
| 9 | CROSSING SCREW M6 X 12 | 4 | 19 | WASHER M5 | 4 |
| 10 | SCREW M8 X 50 | 2 | 20 | MACHINE FOOT | 2 |

INSTALLATION

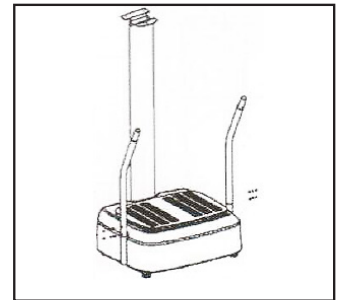
STEP 1: Adjust the height of the machine foot to keep the machine balanced.



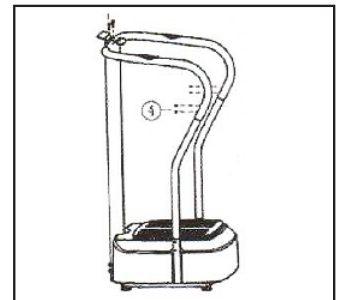
STEP 2: Connect three connectors between the support tube and the controller, then place the support tube toward the rear of the machine vertically. Then tighten the tube with 4 of the M8x12 screws.



STEP 3: Place the two lower safety handles to the machine body and tighten them with 4 of the M6 x 12 screws.



STEP 4: Connect the two upper safety handles then tighten them with 4 of the M5 x 12 screws. Then tighten the two upper safety handles to the top support tube with two of the M8 x 50 screws.



STEP 4: Connect three connectors between the console and the support tube, then tighten the console with three of the M6 x 12 screws.
NOTE: Wires should not be pressed by console after assembly.



FEATURES

Choose from three pre-set programs, each stimulates different terrain profiles and varied levels:

P1: Cardiovascular Exercise

P2: Detoxifying Program

P3: Body Perfection Program

- **Variants of Speed Range**

Reduce unwanted body fat effectively with variants of speed range and strong massage vibration.

- **Ergonomic Construction with Streamlined Design**

Unique ergonomic design with a streamlined form.

- **User Friendly Console with Window Display Screens**

The user friendly console features LCD screens that you can manually customize your workout routine. Also shows your desired workout time and level of speed.

- **Durable Steel Frame**

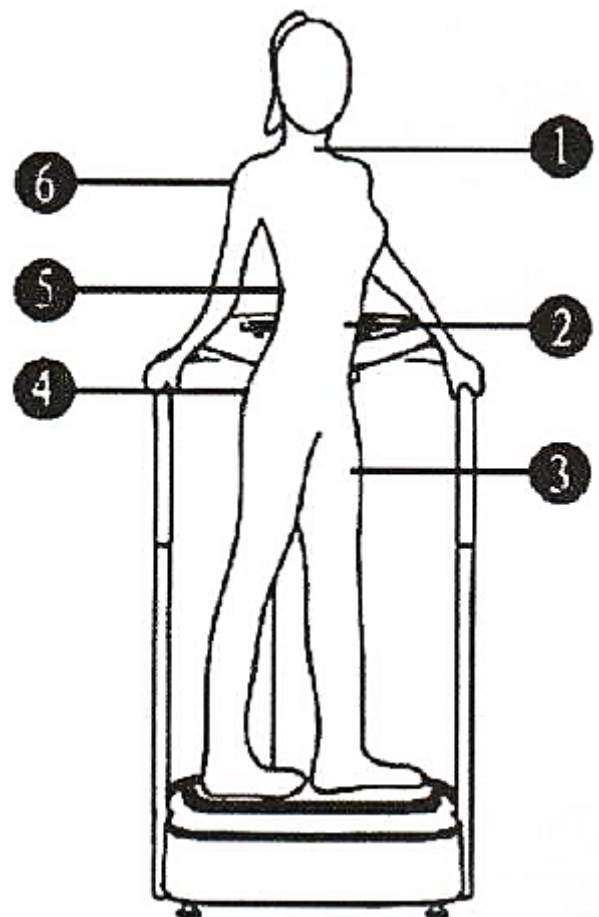
The durable steel frame features a tough and sporty design.

- **Current Overload Protection**

- **Static Electricity Resistance**







EFFECTIVENESS AND TRAINING GUIDE

1. Improves blood circulation
2. Intestinal improvement
3. Thigh firming
4. Rear firming function
5. Waist and Abdomen shaping function
6. Shoulder shaping function

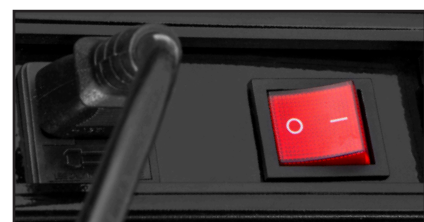


INSTRUCTIONS FOR USE

1. Insert the power plug into the power socket of the machine. Check the voltage and switch on the power switch.
2. Choose your desired posture while on the machine (examples above)
3. Press the start button to begin the program.
4. Set your stats by pressing the program button sequentially. Hold the BMI sensor on handles to get your BMI readout.

| BUTTON | MODE | INSTRUCTIONS | TIMER | SPEED |
|---|-------------------------|--|--|-----------------------------------|
|  | STOP | PRESS THIS TO IMMEDIATELY TURN THE MACHINE OFF | ADJUSTABLE | ADJUSTABLE |
|  | START | THE MACHINE IS IN STANDBY MODE. YOU MAY SET THE TIME IN THIS MODE | PRESS +/- TO SET THE TIME. MAXIMUM IS 10 MINUTES | |
|  | AUTO PROGRAM (P1 - P3) | AUTO-MODE IS ACTIVATED, SELECT YOUR PROGRAM PREFERENCES | NOT ADJUSTABLE | NOT ADJUSTABLE |
|  | BMI (BODY FAT ANALYSIS) | PRESS THIS BUTTON UNTIL 1 SHOWS ON THE DISPLAY. SET YOUR STATS AT THIS STAGE FOR BMI READOUT | A. GENDER B. AGE B. HEIGHT B. WEIGHT | PRESS +/- TO ADJUST TO YOUR STATS |
|  | TIMER/SETTING | AT STANDBY MODE, THIS BUTTON SETS TIME. INITIAL MAXIMUM SETTING IS 10 MINUTES | PRESS +/- TO SET THE TIME. MAXIMUM SETTING IS 10 MINUTES | |
|  | INCREASE/DECREASE | IN MANUAL MODE, THIS BUTTON ADJUST THE VIBRATION SPEED | | |

POWER SWITCH: Secure the electrical cord to the power connector. Turn on main power with this switch.



SUGGESTIONS AND INFORMATION

SUGGESTED EXERCISE PROGRAM

| CATEGORY | CYCLE | TIME | SPEED |
|----------|-------------------|------------------------|---------------|
| EXERCISE | 1 - 3 TIMES A DAY | 5 - 20 MINUTES / TIME | UNIFORM SPEED |
| SLIMMING | 4 - 8 TIMES A DAY | 10 - 20 MINUTES / TIME | SLOW DOWN |

REFERENCE OF BMI RESULTS

| GENDER | UNDERFAT | HEALTHY RANGE | OVERWEIGHT | OBESE |
|--------|-----------|---------------|------------|----------|
| FEMALE | UNDER 20% | 20-25% | 25-30% | OVER 30% |
| MALE | UNDER 13% | 13-21% | 21-26% | OVER 26% |

COMPARISON TABLE OF AUTOMATIC PROGRAM DATA

| 20 SPEEDS | | | | | | | | | | |
|-----------|----|----|----|----|----|----|----|----|----|----|
| P1 | 6 | 10 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
| P2 | 6 | 8 | 10 | 14 | 6 | 5 | 4 | 3 | 2 | 1 |
| P3 | 10 | 4 | 16 | 4 | 16 | 4 | 10 | 4 | 10 | 4 |
| 30 SPEEDS | | | | | | | | | | |
| P1 | 6 | 10 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
| P2 | 6 | 8 | 10 | 14 | 6 | 5 | 4 | 3 | 2 | 1 |
| P3 | 10 | 4 | 16 | 4 | 16 | 4 | 10 | 4 | 10 | 4 |
| 50 SPEEDS | | | | | | | | | | |
| P1 | 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 25 | 15 |
| P2 | 3 | 5 | 8 | 10 | 13 | 15 | 35 | 25 | 20 | 15 |
| P3 | 10 | 25 | 10 | 25 | 10 | 40 | 12 | 40 | 10 | 25 |
| 99 SPEEDS | | | | | | | | | | |
| P1 | 6 | 10 | 16 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |
| P2 | 6 | 8 | 10 | 14 | 6 | 5 | 4 | 3 | 2 | 1 |
| P3 | 10 | 4 | 16 | 4 | 16 | 4 | 10 | 4 | 10 | 4 |

PRECAUTIONS AND MAINTENANCE

Do not store this machine near heat or an open flame, under direct sunlight or in especially humid areas.

Keep the machine's:

Usage temperature: 0-35°C

Keeping temperature: 5-50°C

Humidity: Under 40-80%

- If the machine is not in use for an extended period of time, cover it to protect from dust.
- Do not store the machine under direct sunlight or in high temperatures.
- Do not coil the power cord as it may cause the machine to malfunction.
- Do not use the machine in wet areas such as a bathroom, spa or pool.
- Using a corrosive cleaner is prohibited. Do not use benzene or thinner to clean the machine.

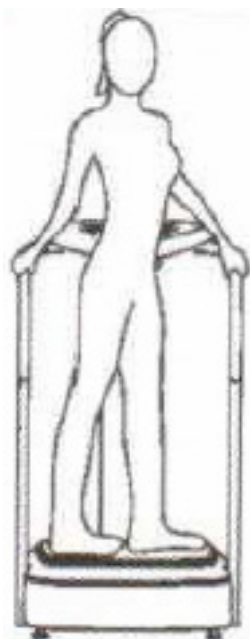
Maintenance

- Before cleaning, ensure the main switch is turned off and the AC plug is removed from the electrical outlet.
- Do not use the machine for an extended period of time the first time. Get used to the machine first. Increase over time.
- Switch off the power and remove the plug from the socket every time after use.

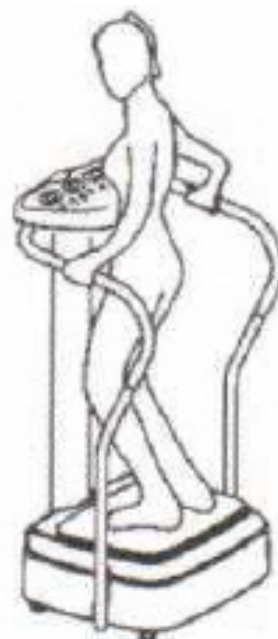
EXERCISE SUGGESTIONS



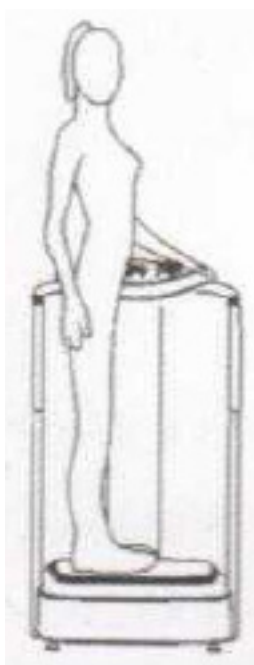
**STRAIGHT STANDING
POSE**



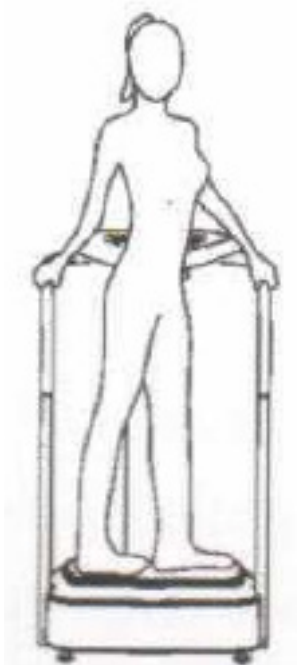
**WALKING STYLE
LEFT LEG IN FRONT**



HORSE RIDING POSE



STAND-A-SIDE POSE

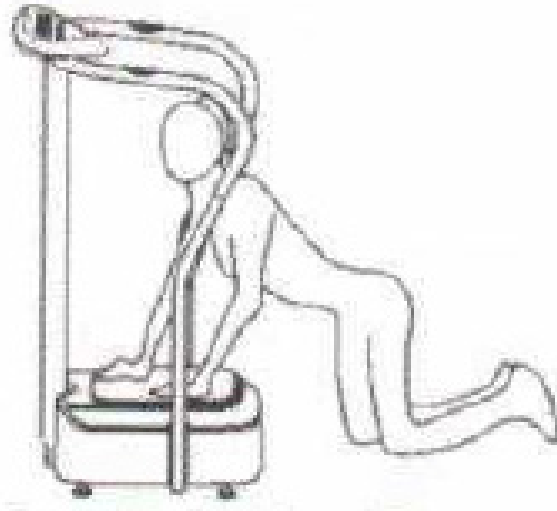


**WALKING STYLE
RIGHT LEG IN FRONT**

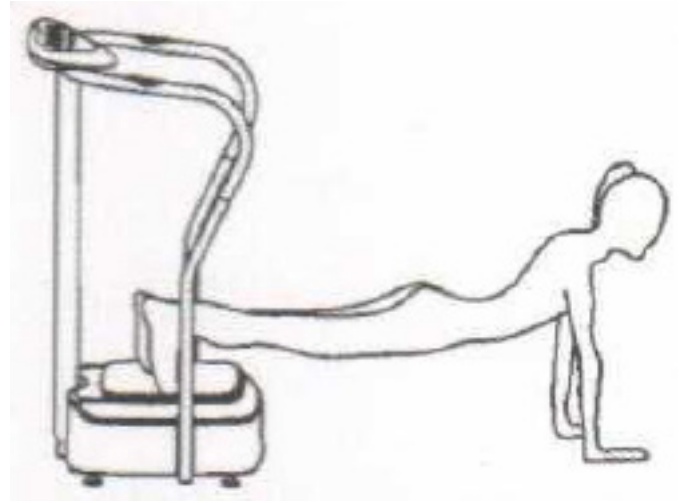


**STRAIGHT STANDING
POSE**

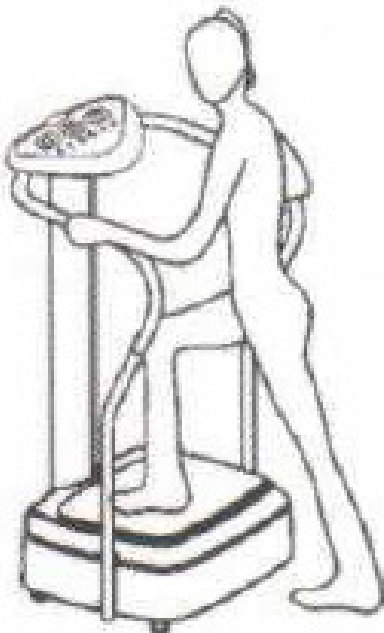
EXERCISE SUGGESTIONS



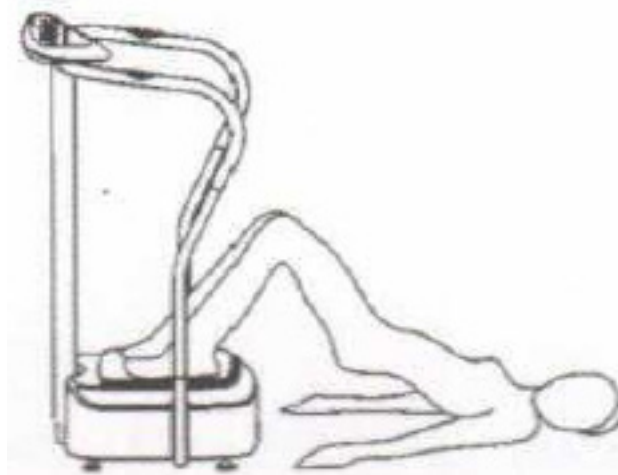
LOTUS POSE



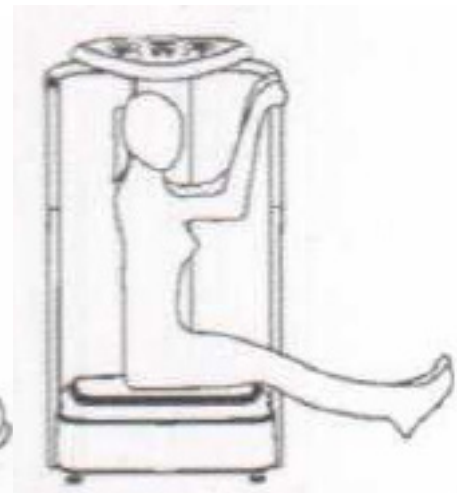
PUSH UP POSE



**BOW AND ARROW
STEP POSE**



BENT LEG POSE



SITTING POSE

SPECIFICATIONS

| SPECIFICATIONS | |
|-----------------|--|
| PRODUCT NAME | CRAZY FIT MACHINE |
| INPUT | 100-120V 220-240V |
| FREQUENCY RANGE | 50-60Hz |
| AMPLITUDE | 0-10mm |
| MOTOR | 1.5 HP |
| SPEED RANGE | 1-20, 1-30, 1-50, 1-99 |
| PRESET PROGRAMS | 3 PRESET PROGRAMS |
| DISPLAY | PROGRAM, TIME, BMI, SPEED |
| DIMENSIONS | APPROX. 710mm (L) X 750mm (W) X 1225mm (H) |
| LOAD WEIGHT | 330LBS |
| NET WEIGHT | 75LBS |
| GROSS WEIGHT | 85LBS |

PLEASE READ THE FOLLOWING CAREFULLY

THE MANUFACTURER AND/OR DISTRIBUTOR HAS PROVIDED THE PARTS LIST AND ASSEMBLY DIAGRAM IN THIS MANUAL AS A REFERENCE TOOL ONLY. NEITHER THE MANUFACTURER OR DISTRIBUTOR MAKES ANY REPRESENTATION OR WARRANTY OF ANY KIND TO THE BUYER THAT HE OR SHE IS QUALIFIED TO MAKE ANY REPAIRS TO THE PRODUCT, OR THAT HE OR SHE IS QUALIFIED TO REPLACE ANY PARTS OF THE PRODUCT. IN FACT, THE MANUFACTURER AND/OR DISTRIBUTOR EXPRESSLY STATES THAT ALL REPAIRS AND PARTS REPLACEMENTS SHOULD BE UNDERTAKEN BY CERTIFIED AND LICENSED TECHNICIANS, AND NOT BY THE BUYER. THE BUYER ASSUMES ALL RISK AND LIABILITY ARISING OUT OF HIS OR HER REPAIRS TO THE ORIGINAL PRODUCT OR REPLACEMENT PARTS THERETO, OR ARISING OUT OF HIS OR HER INSTALLATION OF REPLACEMENT PARTS THERETO.

Record Product's Serial Number Here: _____

Note: If product has no serial number, record month and year of purchase instead.

Note: Some parts are listed and shown for illustration purposes only and are not available individually as replacement parts.



Questions, problems, missing parts?

Before returning to your retailer, our exceptional customer service is available.

Call us Tel: 909 628 0880

Hour : 9am To 3pm PST (Monday to Friday)

Email : customer@xtremepowerusa.com



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