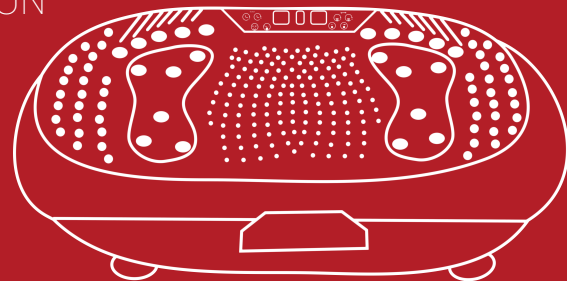




MAKING IT POSSIBLE

VIBRATION PLATE

LLM234



Melts Body
Fat



Aids Weight
Loss



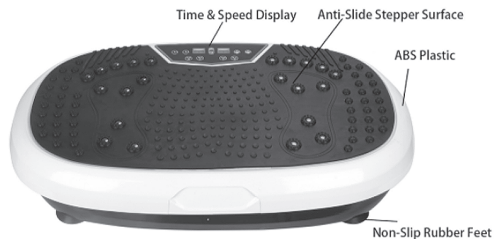
Improves
Metabolism



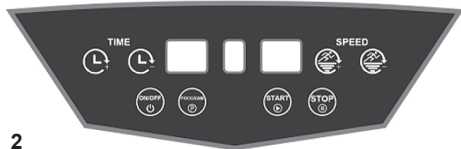
Increase Blood
Circulation

ABOUT THE PRODUCT:

The vibration plate utilizes the body's own reflexes to exercise your muscles in a convenient manner and does not require you to get out of breath. The vibration plate accomplishes this best when you are in a stressed position, such as a squat posture. When the oscillating plate moves quickly, your muscles automatically move a small amount to keep in the posture, hence exercising your muscles really efficiently. Use several different postures for a few minutes each for complete workout and you will get the best results. You can also use the vibration plate as a general massager to ease muscle pain and improve circulation, and here you do not need to press so hard on the plate, rather let the plate do the work for you.











Display Layout



REMOTE CONTROL INSTRUCTION:

- 1) **Power button:** Turn On/Off the machine
- 2) **P button:** Press button to activate machine /selected ° program. Ensure power is switched on.
- 3) **II button:** Press button to stop machine /selected program.
- 4) **P button:** In STANDBY mode, press this button to select auto program ,with ten different preset speed for choice (Default time is 15 min), press oe start workout.
- 5) **Time +/- button:** Adjust timer duration in STANDBY mode. Default time is 15 minutes. Does not work in Auto mode.
- 6) **Hi/Low button:** Adjust vibration speed in Manual mode after machine is activated.
- 7) **M button:** Press this button to select speed level from 20,50 and 80 in Manual mode after machine is activated.
- 8) **Last three buttons:** Press this button to switch to speed level 30/60/90 in Manual mode after machine is activated.



			
Whole-body- exercise posture: Stand on the plate with your feet roughly as wide as your hips. This will help improve overall circulation and muscle tone.	Squat posture: Begin this exercise by standing with your legs about as far apart as your shoulders. Lower yourself into a squatting position. This is great for thigh workout.	Press-Up posture: Place both hands on the middle of the plate, shoulder width apart. 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. To improve your workout, raise your seat off the floor and press down on your calves.
			
Waist Bend posture: Begin this exercise by standing with your legs wider than your shoulders width, bend at the waist and put your hands elbows to enhance your workout.	Single-foot posture: Step on the plate with the main foot and relax yourself. To enhance your workout, lunge forward with one leg and place more body weight on the plate.	Sitting posture I: Sit on vibration platform, find your comfortable position while keep your back straight.	Sitting posture II : Put your feet on the plate when sitting on a chair. This is a great way to relief muscle tension and to improve leg circulation.

PRECAUTIONS:

WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, please 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 vibration platform are adequately informed of all warnings and precautions.
2. Operate vibration platform only as described in this manual.
3. Place the vibration platform on a leveled surface. To protect the floor or carpet from damage, place a mat beneath vibration platform.
4. Keep the vibration platform indoors, away from moisture and dust. Do not place the vibration platform in a garage or covered patio, or near water.
5. Do not operate vibration platform where aerosol products are used or where oxygen is being administered.
6. Keep children under the age of 12 and pets away from vibration platform at all times.
7. Vibration platform should not be used by persons weighing more than 120 kg.
8. Never allow more than one person on the vibration platform at a time.
9. Keep the power cord and the surge suppressor away from heated surfaces.
10. Never leave the vibration platform unattended while it is running. Always unplug the power cord when it is not in use.
11. Inspect and tighten all parts of vibration platform regularly.
12. Wrong usage could influence the stability of vibration platform. For example, the post is made to support you during an exercise to keep you balance. One should NOT PUSH the post for stretching or use the post to create more tension..
13. Never insert or drop any object into any opening on the vibration platform.
14. **DANGER:** Always unplug the power cord before cleaning vibration platform and before performing the maintenance and adjustment procedures described in this manual. 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.
15. Vibration platform is intended for in-home use only. Do not use vibration platform in any commercial, rental, or institutional setting.

Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: _____

Model: _____

Warranty coverage: 6 months

Please note:

Purchase receipt is necessary for warranty verification.

Customer Care: customercare@lifelongindia.com

Customer Details

Name: _____

Address: _____

Home Number: _____

Office Number: _____

E-mail Address: _____

Product Details

Model No.: _____

Serial No.: _____

Purchase Date: _____

Invoice Number: _____

Online Site: _____

Please log onto to www.lifelongindiaonline.com and complete the online warranty form with your personal and product details within 14 days.

Terms and Conditions:

- This warranty is void if:
 - The completely filled warranty card is not presented at the time of servicing the product.
 - The product is not operated according to the instructions given under the user manual.
 - Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
 - Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
 - Product label specifying the model number, serial number and production code has been removed and altered.
 - Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
 - Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
 - Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
- Repairs or replacements will be carried out by authorized service provider.
- During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised service provider.
- All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.
- Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
- Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
- However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not withstanding the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
- No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not rely on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Manufactured for & Marketed by :
Lifelong Online Retail Private Limited

Made in China

For queries and complaints:

please contact: customercare@lifelongindia.com

www.lifelongindiaonline.com