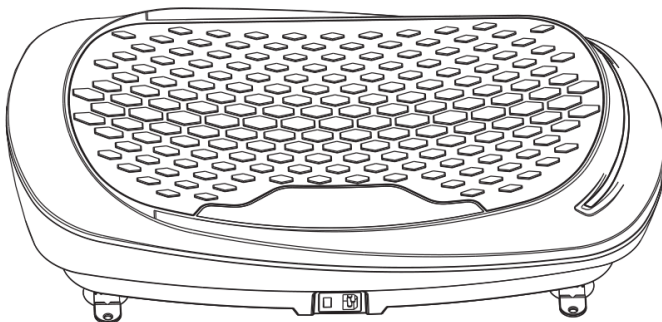




VB-C06

VB-C06

 **Warranty**
 **Assembly**
 **Parts**



Owner's manual VB-C06

CAUTION: 1. Weight on this product should not exceed 120 kgs.
2. Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are Made or implied as they relate to the equipment. Measurements made by the equipment are Believed to be accurate, but only The measurements of your physician should be relied upon.

IMPORTANT: Read all instruction carefully before using this product. Retain this product. Owner's manual for future reference.

Important Safety Information

To reduce the risk of burns, fires, electric shock or personal injury, please read all instructions carefully before operating this product and keep this manual for future reference.

The following users should not use this product

1. People who are undergoing medical treatment or experiencing physical discomfort should consult their doctors prior to using this product. Please do not use the product for medical treatment purpose.

2. Do not use this product if you are under 10 years old, pregnant, experiencing your menstrual cycle, or have a malignant tumour.

3. Do not use this product if you have an implanted pacemaker or other electrical device.

4. Do not use this product within 30 minutes of consuming alcohol.

Note: This product can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the appliance. Cleaning and user maintenance shall not be made by children without supervision.

Precautions for Environment of Use

1. To avoid electrical shock or electromechanical failure, do not use this product in humid or dusty environments.

2. This product should not be used in environments that have temperatures of over 40 degrees Celsius.

3. Do not place this product outside or in direct sunlight.

4. Ensure that the product is placed on a horizontal surface.

Special notes for using this product

1. It is recommended to drink at least 150 ml of water before using this product.

2. Do not insert your finger or other objects into the gap between the product's middle frame and base cover.

3. Children or elderly people with slower movement speeds should only use this product under adult supervision.

4. Users who experience acute pain or localized discomfort when using this product should stop immediately.

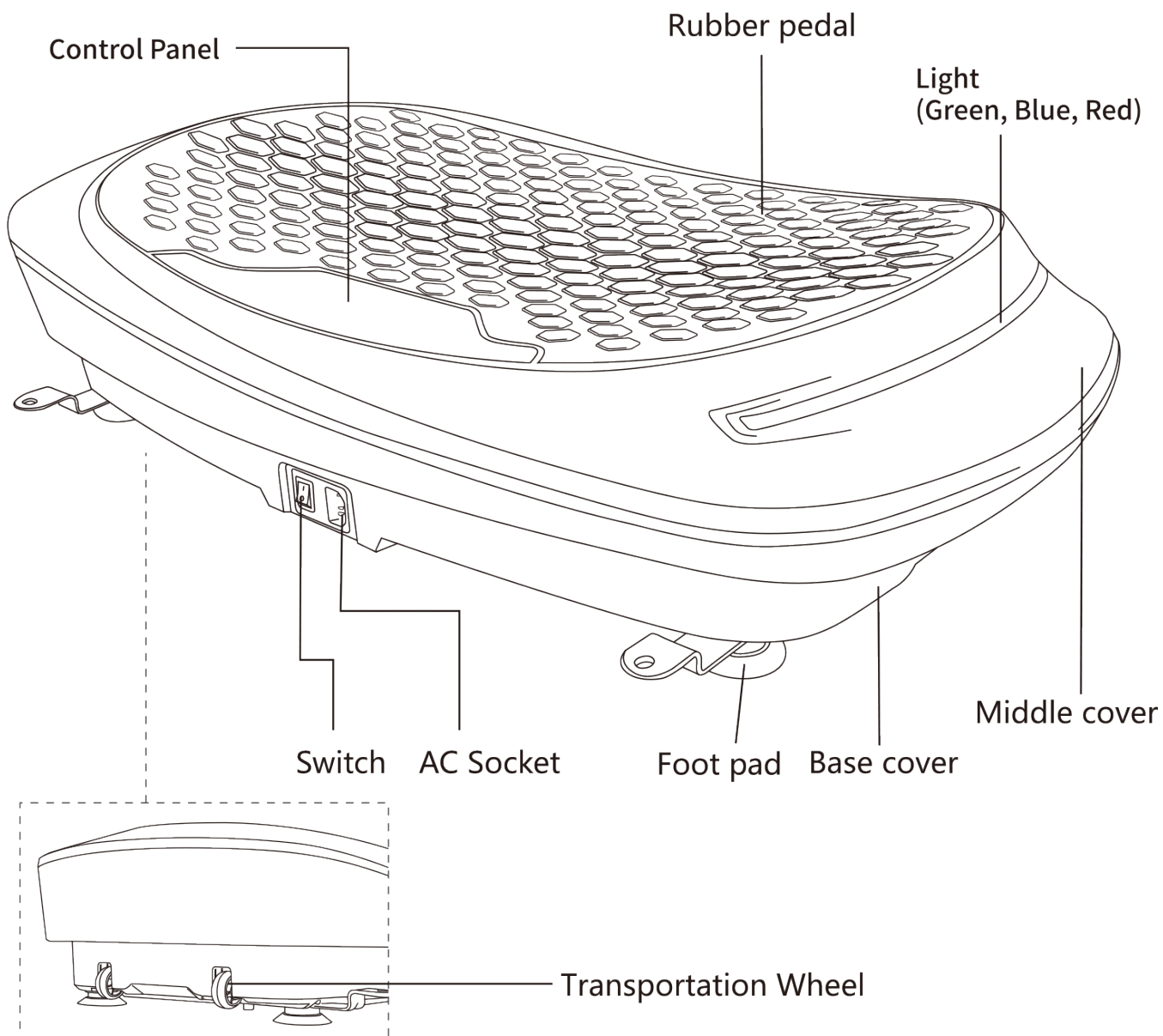
5. This product's maximum load is 120KGS. To avoid damaging the product, individuals who weigh over 120KGS should not use this product.

6. This product should only be used by one person at a time.

Prohibited

- 1.To avoid electrical shock or electromechanical failure, users should not personally pull apart, disassemble, or modify this product. If you encounter any issues, please contact the manufacturer or a local distributor.
- 2.To avoid injury to your fingers, do not move the product while it is operating.
- 3.If any of the following situations occur, unplug the device:
 - The product suddenly starts or stops moving
 - water or other liquid suddenly spills on the product
 - the accessories are damaged
 - the product produces a strange sound
- 4.Please check that your electrical voltage meets requirements prior to using this product.
- 5.To avoid electrical shock, please do not unplug this product if your hands are wet.
- 6.Ensure that the plug is securely plugged into the power socket.
- 7.Do not drag, bend, or twist the electrical cord.
- 8.If there is a power outage or if you do not use the product for a long time, please turn off the power and unplug the device.
- 9.If the product's power cord is damaged, please immediately stop using the product and unplug it.

1. Name of Parts

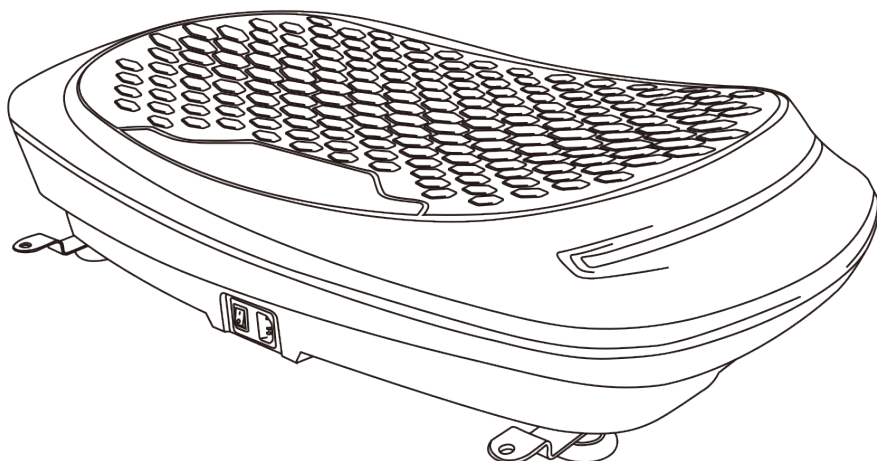


2. Product Parameters

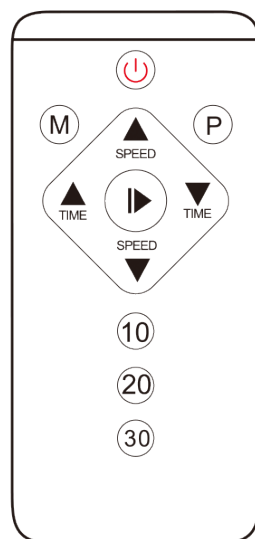
Operating Voltage	220V~240V
Power	550W

3. Parts in Package

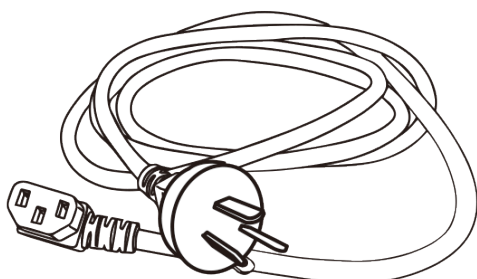
Vibration Platform Machine x1



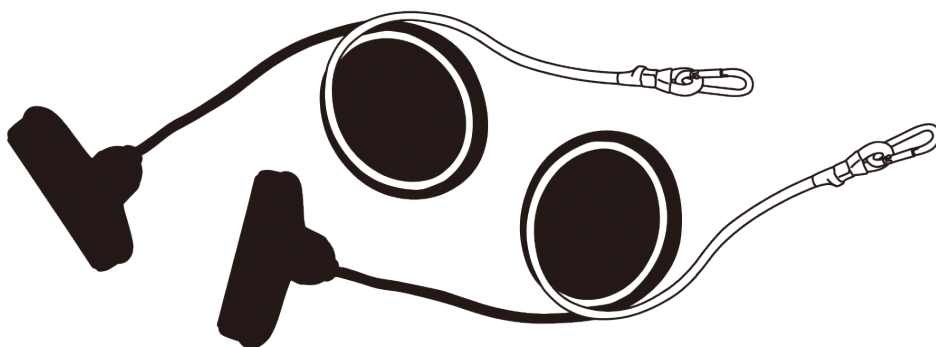
Remote Control x1



Power Cord x1



Loop Band x2

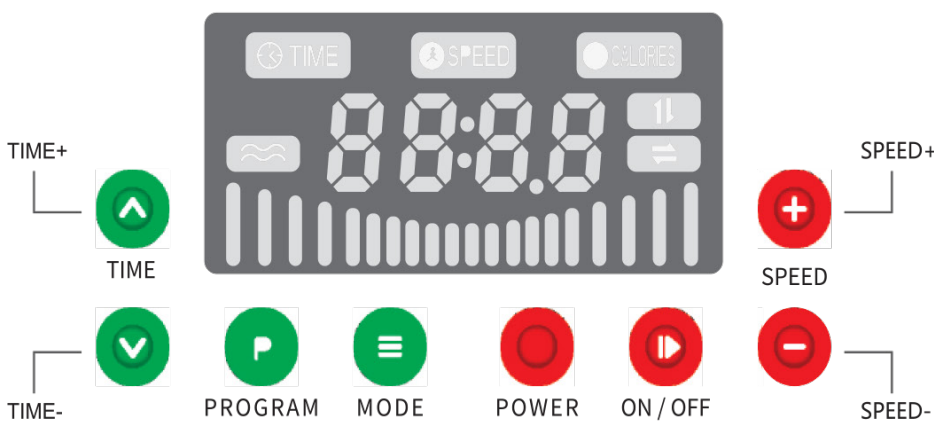


4. Operating Instructions

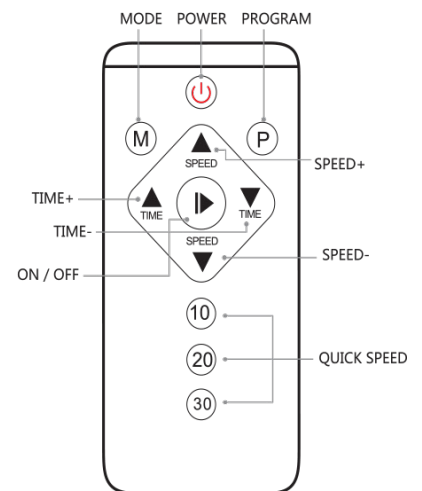
All the functions can be operated through the control panel located directly on the product or by using the remote control (The remote's effective signal is 3.0m). Further details are provided below:

Name & Functions of Buttons

Control Panel



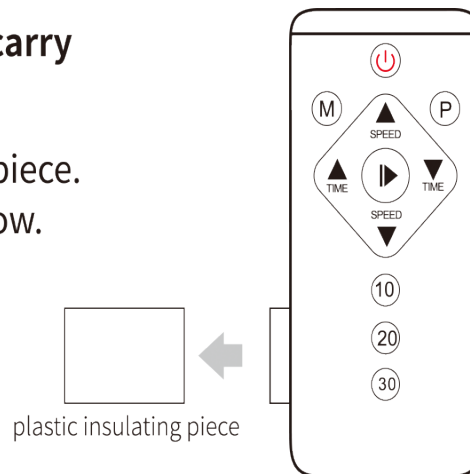
Remote Control



- **POWER:** Press the button to keep power supply energized or unenergized.
- **ON / OFF:** Press the button to start the product. In the Operation of the machine, press this button to stop Working.
- **PROGRAM:** Press the button to adjust the pre-set programs among 3 options (P1, P2, P3).
- **MODE:** Press the button to adjust the movement methods among 7 options (Oscilating, Linear, Vibration, Oscilating+Linear, Oscilating+Vibration, Linear+Vibration and Oscilating+Linear+Vibration)
- **TIME+:** The default data is 10 mins. Time increase: Manual 1-10. Increase 1 by each press.
- **TIME-:** The default data is 10 mins. Time decrease: Manual 1-10. Decrease 1 by each press.
- **SPEED+:** The default data is Level 1. Speed increase: Manual 1- 30 levels. Increase 1 by each press. Long press the button, the speed value will increase rapidly and continuously.
- **SPEED-:** The default data is Level 1. Speed decrease: Manual 1- 30 levels. Decrease 1 by each press. Long press the button, the speed value will decrease rapidly and continuously.
- **CALORIE:** Shows number of calories burned in current workout.
- **SPEED LIGHT:** The change of speed light display on the control panel is subject to the speed levels. (Green:low speed ,Blue:medium speed,Red:high speed)

To get the remote control to work, please carry out the following steps.

1. Remove the transparent plastic insulating piece.
2. Then the remote control is ready to work now.



Manual Program

Step 1: Plug in the power cord and turn the power switch ON.

Step 2: Press **POWER** button to keep power supply energized.

Step 3: Press **MODE** button to choose the movement methods among 7 options (Oscillating, Linear, Vibration, Oscillating+Linear, Oscillating+Vibration, Linear+Vibration and Oscillating+Linear+Vibration)

Step 4: Press **ON /OFF** button to begin your workout.

Step 5: Press **TIME+/-** button to adjust time period to reach your fitness goals.

Step 6: Press **SPEED+/-** button to adjust speed period to reach your fitness goals.

Step 7: Press **ON / OFF** button to end the movement of the machine.

Step 8: Press **POWER** button to keep power supply unenergized.

Step 9: Disconnect the power cord by pulling the plug.

Pre-Set Program

Step 1: Plug in the power cord and turn the power switch ON.

Step 2: Press **POWER** button to keep power supply energized.

Step 3: Press **PROGRAM** button to adjust the pre-set program among 3 options (P1, P2, P3).

* Please kindly note that Time, Speed and Vibration Method are fixed in each preset program and cannot be changed.

Step 4: Press **ON / OFF** button to end the movement of the machine.

Step 5: Press **POWER** button to keep power supply unenergized.

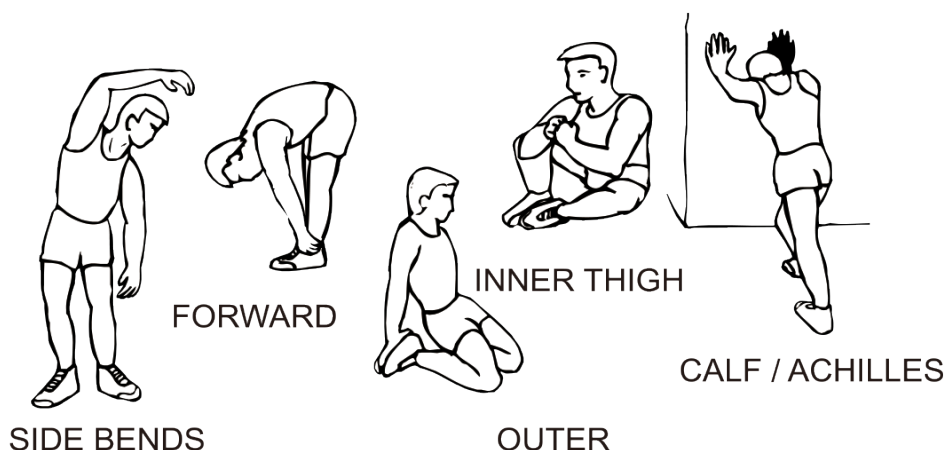
Step 6: Disconnect the power cord by pulling the plug.

5. Movement Tutorial

Exercising with vibration platform machine has lots of benefits to your health. It can improve physical health, help regulate muscles, increase metabolism and control calories. Combining with dieting can help you lose weight.

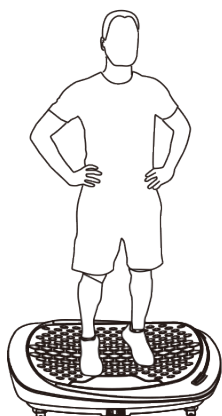
1. Warm-up Stage

This stage helps to promote blood circulation and improve muscle condition, thereby reducing the risk of cramps and muscle injuries. We recommend users to perform the following stretching. Each stretch takes about 30 seconds. Please stop if injured. Do not pull the muscles hard or violently.



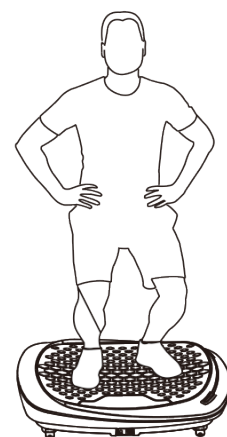
2. Workout Stage

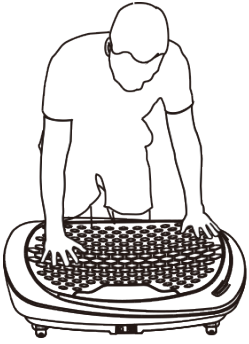
It's recommended to maintain this stage for at least 12 minutes. Most people will maintain for 15-20 minutes.



Stand on your toes in the middle of the rubber pedal. Straighten your back. The abdominal muscles should be tight, and the tension in the calf muscles will change. This posture can relax your waist and hips.

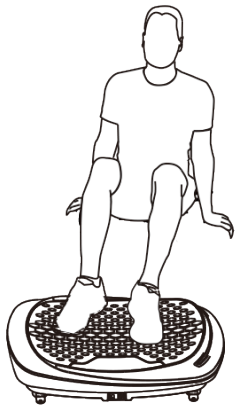
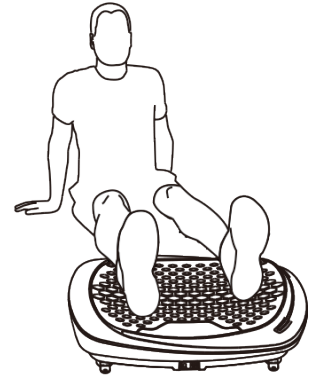
Align your feet and shoulders and stand on the rubber pedals. Keep your back tight and your knees bent, then slowly tighten your leg muscles. To increase exercise intensity, knees should be bent as much as possible. You will start to feel tension in your quads, hips and back. This posture can exercise your thigh muscles, reduce pain and soreness, promote blood circulation, and reduce fat deposits.





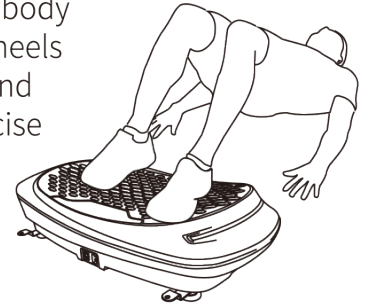
Kneel on the ground, place your hands on the product that is as wide as your shoulders, and tilt your body forward. This posture will exercise your shoulder joints and arms.

Sit in front of the product, back straight, hands on both sides. Put your calf on the rubber pedal with your toes facing up. When enjoying a powerful calf massage, this posture should be used to completely relax.



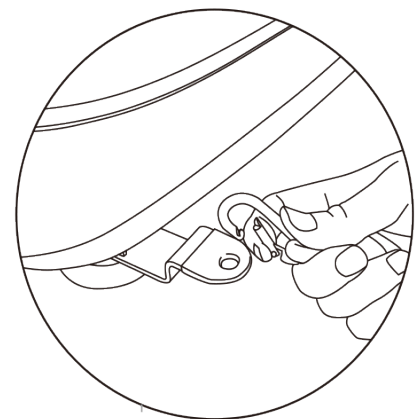
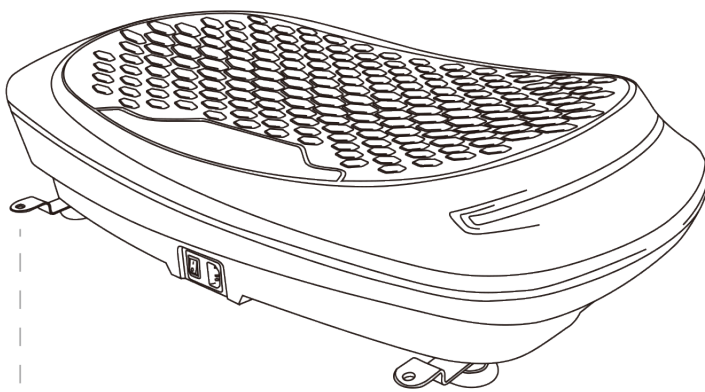
Sitting in a chair in front of the product. Place your feet on the rubber pedals. The vibration of the product will help you relax the muscles of your back, hips and thighs.

Place your shoulders on the ground and lie down with your legs flat on the rubber pedals. Keep your knees and raise your hips. As your body slowly rises, raise your heels to tighten your thighs and buttocks. This will exercise your thigh muscles.



Loop Band Installation

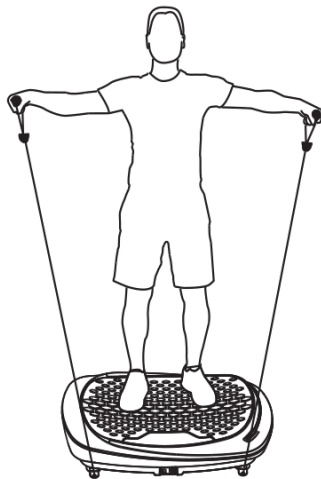
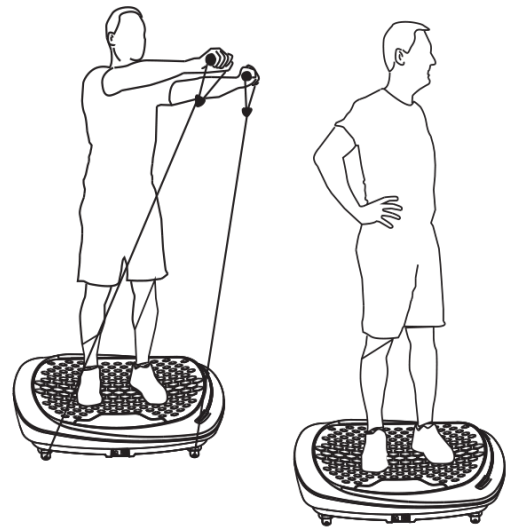
There are two metal loops located on either side of the base of the product. Please see the picture below as a reference for the position of one metal loop on one side. Find the other one at the same position on the other side. Please do not use the loop bands if there are any signs of wear or damage.



Now you have successfully assembled the loop band to the product and you can start your workout with loop bands!

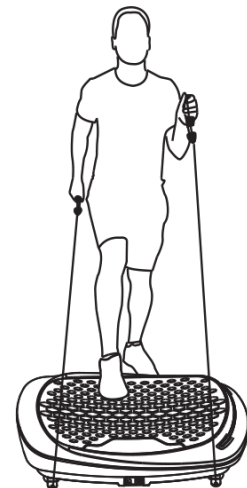
Postures with Loop Bands

Stand on the rubber pedals, keeping your legs and shoulders aligned, while placing your hands on your waist. Rotate your torso clockwise for a few seconds, then return to the original position and repeat the action in the opposite direction. You can use the drawstring when doing this exercise. Place them at the height in front of your shoulders, and then rotate left and right. This will exercise your abdomen and oblique muscles.



Stand on the rubber pedal, hold the drawstring, and extend your arms to the waist height on both sides. Palms down, arms slightly bent at elbows, raise arms to shoulder height, then lower. Perform this action several times.

Carefully stand on the rubber pedal. Hold the drawstring in front of your chest, this will make your palms face each other. Slowly lower your arms back and let them spread out and straighten. Then put them back to their original positions. You can use your arms alternately or move both arms at the same time. To improve exercise efficiency, choose kneeling or prone exercise.



Appropriate use of Orbit Fitness vibration platform machine every day can help relax the muscles of the buttocks, legs and waist through regular high-frequency vibrations, speed up the blood circulation of the body, and use it after exercise to accelerate the decomposition of lactic acid and reduce muscle soreness after exercise.

6. Care and Maintenance

Regular Safety Inspection

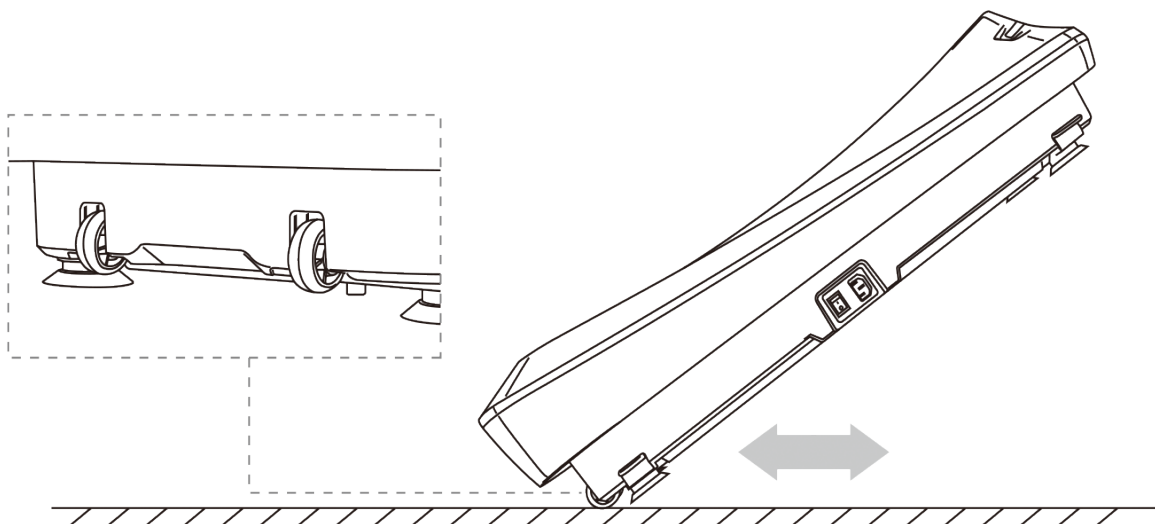
Regularly inspect your Vibration platform machine. If you discover the product is damaged or any error or abnormality occurred, please do not turn it on but contact customer support for help.

Surface Cleaning

- The rubber pedal and covers can be cleaned with a wet cloth.
- Before cleaning, ensure the power switch is turned off and the attaching plug is pulled out of the socket.
- Do not clean the Product with corrosive detergent as it may cause fading, corrosion or crack on the product.
- Do not splash water into the product to avoid short circuit.

Storage and Move

- If the Product is not in use for a long period, a dust-proof cover is recommended to be applied on the product to prevent the entry of dust and please ensure that it is facing upward and will not flip over.
- If you plan to move the product, it recommended to use the transportation wheel on the right side.



Troubleshooting:

S/N	Problems	Causes	Solutions
1	The product will not start	The power cord is not plugged in	Plug in the power cord
		The power switch is not turned on	Turn on the power switch. An indicator light should illuminate.
		A fuse is blown	Replace it with the same model of fuse
2	A humming sound is generated when the product is in motion	This sound is produced when the motor or another product accessory is worn	No repair required and contact the after-sales personnel.
3	The product does not respond to the remote control	The remote control's batteries are exhausted	Change the batteries
		The remote control is too far away from the device	The remote control's effective signal is 3m
		The transparent plastic insulating piece has not been removed	Take out the battery and remove the transparent plastic insulating piece
4	The product suddenly stops moving	The product's default movement time has ended	Restart the product after 10 minutes
5	Uncontrollable	The product crashes after simultaneously receiving too many instructions.	Turn off the power and restart the product.
6	"E02" or "E06" or "E08" appear on the screen	The motor works abnormally	Turn off the power supply, insert the power cord plug, and restart. If this does not work, contact the after-sales personnel.

Correct Disposal of this product



This marking indicates that this product should not be disposed with other household wastes. To prevent possible harm to the environment or human health, recycle it responsibly to promote the sustainable reuse of material resources.