



**MEDIC
THERAPEUTICS**

VIBRATING FITNESS PLATFORM

User Manual

Please read carefully prior to use of this product.



Distributed by Medic Therapeutics:
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Thank you for purchasing the Medic Therapeutics Vibrating Fitness Platform.

To ensure proper use, please read the manual carefully and pay special attention to the safety precautions.

Please retain this manual

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TECHNICAL SPECIFICATION

Product Name:	Medic Therapeutics Vibrating Fitness Platform
Rated Voltage:	110-120VAC
Rated Power:	200W
Rated Frequency:	50/60Hz
Base Material:	Aluminum + TPR

SAFETY PRECAUTIONS

To avoid breakage or electric shock, do not use in a humid or a dusty environment.

- Do not use when the temperature is above 40 °C/104°F.
- Do not use in open air or under direct sunlight.
- Always ensure the product is flat on the floor when in use.

When moving the product from high to low temperatures or vice-versa, please wait one hour before using. Failure to do so may result in damage to the product.

DO NOT USE IF

- You are receiving medical treatment or are feeling unwell.
- You have a malignant tumor.
- You are pregnant or menstruating.
- You have heart disease.
- You have osteoporosis.
- You have a pacemaker or other electronic medical device.
- You use a prosthetic.
- You are sensitive to vibration and strenuous exercise.

NOTICES DURING OPERATION

- Prior to use remove jewelry, watches, and empty all pockets (i.e.) cell phones, lighters, keys, etc...to avoid bodily harm.
- Do not smoke while using this product.
- Do not use for medical treatment.
- Do not use in conjunction with a medical device or medical equipment.
- Do not use immediately after a meal or alcoholic beverage.
- Keep away from small children and pets.
- Do not put any object between the middle and base covers.
- Provide supervision with children under 10 and adults over 60.
- Not recommended for persons over 220lbs.
- Limit to one person at a time when using.

WARNING


Do not dismantle or take apart the product. Contact the manufacturer directly if repair is needed.

STOP USING IF/WHEN

The product or controller has come into contact with any liquid or water.
Any accessory is damaged, or an internal component is exposed.
You are experiencing pain or are unwell.
Power failure.
During a thunder and lightning storm.

PLUG AND POWER CORD

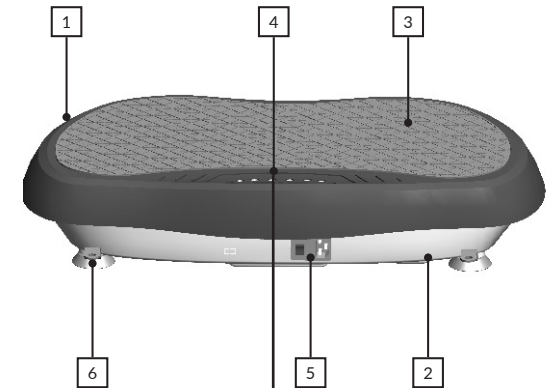
Check if voltage complies with the one specified for this product.
To prevent shock, do not retract the cord with wet hands.
Hold the plug only to pull out the cord.
Switch off the power before unplugging.
In the event of cord damage, switch off, unplug and contact the manufacturer for repair.

 **WARNING:** For California Residents

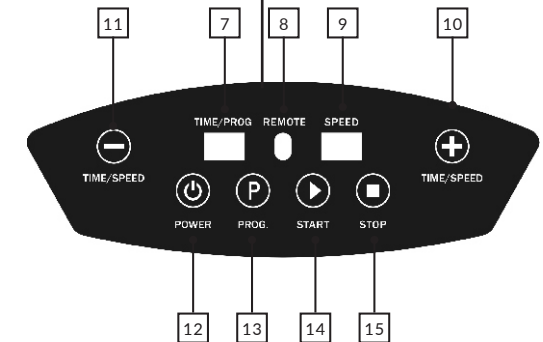
This product can expose you to Bisphenol A, which is known to the State of California to cause birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov.

NAMES AND FUNCTIONS OF THE PRODUCT

- 1 Upper cover
- 2 Base cover
- 3 Rubber pedal
- 4 Infrared Receiving Window
- 5 AC Socket
- 6 Foot Pad



- 7 Time/Program Window
- 8 Infrared Receiving Window
- 9 Speed Window
- 10 Time/Speed +
- 11 Time/Speed -
- 12 Power
- 13 Program
- 14 Start
- 15 Stop



NAMES AND FUNCTIONS OF THE CONTROL



START/STOP:

Plug in the product, use the power button to turn on and off.

TIME:

The default setting is 10 minutes.
Press the Time button to decrease the time.

SPEED:

Press this button to increase/decrease the speed level.

M:

This is the Speed Quick Mode button for levels 30, 60 and 90. To access each speed level, press once for level 30, twice repeatedly for level 60, and 3 times repeatedly for level 90.

AUTO MODE:

Press this button to access the automated setting. Note: Time nor Speed can be adjusted under this setting.



Reception range for the controller is 2.5 meters/8.2 feet. Ensure the infrared red emission indicator on the controller is aligned with the receiving window on the product.**

WAYS TO USE

- 1 Stand upright with feet shoulder-width apart. This position will engage core and glutes, relieving stress and adding shape.
- 2 To exercise the thighs, reduce fat and improve circulation, stand on product with feet hip distance apart and knees bent.
- 3 To exercise thigh and calf muscles, sit on a chair or sofa and place feet on the product.
- 4 To exercise legs, sit on the floor and place feet on the product.
- 5 To exercise arms and shoulders, kneel on the floor and place hands on the product.



FUNCTION AND FEATURES

Body: By utilizing high-frequency vibration, in various postures, this product can deeply stimulate muscle tissue, reduce fat, improve muscle elasticity, sculpt targeted areas, increase energy and confidence.

Exercise Method: Borrowing from traditional Chinese practices like: Kung Fu, Buddhism, Taoism that advocate passive exercise, use of this product will allow for a more mindful, gentle exercise practice. A practice that will increase circulation, improve energy, encourage relaxation, build strength and increase a sense of wellbeing and health.

STORAGE & MAINTENANCE

SURFACE CLEANING

Before cleaning, switch off the power and unplug.

Use a damp cloth with preferred cleaning product on the rubber pedal and covers. Wipe away any cleaning product residue.



Do not clean with an abrasive product or detergent as it may cause corrosion. Do not splash water to avoid short circuiting the product.**

CLEANING THE CONTROLLER

Use only a dry cloth to avoid malfunction.

STORAGE AND MAINTENANCE

Ensure the power is off and the product is unplugged.

Clean any dust or debris.

Do not store in high humidity or extreme temperatures.

Use a dust cover if not in use over long periods of time.

COMMON PROBLEMS & SOLUTIONS

S/N	Problems	Causes	Solutions
1	The product can not be started	The plug is not in place	Insert the plug
		The power switch is off	Turn switch on, the indicator
		The fuse is burnt	Replace with a new fuse of the same mode!
2	Sound like Phew or Da-da is heard during working	Normal sound generated by the motor or from the abrasion between mechanical units	No additional treatment is required
3	Operate the controller, but the product no action	The electricity of batteries is worn out	Replace batteries
		The controller is too far away from the product	The effective distance of infrared signal is 2.5M
4	Sudden stop	Default working time is up	Restart it after 10 minutes interval
5	Can not operation	Too many commands sent to the product and the can not be responded in time	Power off and then restart

LIMITED LIFETIME WARRANTY

Your Medic Therapeutics Vibrating Fitness Platform is backed by a limited lifetime manufacturer's warranty. Medic Therapeutics will repair or replace your device at any time should it fail due to a defect in material or workmanship, subject to the certain limitations.

This limited warranty does not cover any damage that results from unauthorized or improper use, service, or repair. Further, it does not cover damage caused by accident, impact, negligence, or normal wear and tear. Should you discover your Medic Therapeutics Vibrating Fitness Platform is not functioning properly, please send your device to our repair center for evaluation. If your product cannot be repaired or serviced we will reserve the right to change it for a similar or newer model.

Please note that a flat rate of \$35.00 will be charged to cover a service evaluation fee and return shipping of your device. All warranty claims must be accompanied by a copy of your proof of purchase from an authorized retailer. Please send your device, proof of purchase, and a check or money order in the amount of \$35.00 made out to Medic Therapeutics to:

Medic Therapeutics Service Center
3069 Taft Street
Hollywood, FL 33009