

**Belmint**  
PRESS ESCAPE™



# FITNESS PLATFORM



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PRESS ESCAPE™



# FITNESS PLATFORM



## Fitness Platform

### User's Guide

#### Model

BEL-VPM

#### Rated Power

200 W

#### Rated Input

110V, 50Hz

### Congratulations on your purchase!

Looking to amp up your fitness game? Ready to realize your weight loss goal? Turn your home gym into a calorie-burning, muscle-toning hotspot with this premium Fitness Platform from Belmint.

Like all Belmint products, this machine is crafted from high-quality, durable materials to ensure optimal results, with maximum comfort. It even has molded, firm-grip handles for easy moving. The texturized foot pad is firm but not rough, so you can keep a grip on your workout without tearing up your trainers. Customize your session with 5 unique vibration programs to help you burn fat, improve flexibility, build muscle strength, and much more. Plus, this manual includes a convenient pose and technique guide to your benefits. Use our optional resistance bands for stronger impact. (Pull band into the narrow circle at the end of the clip. Otherwise, the clip can break, pop off and injure.)

This innovative machine also features convenient USB and Bluetooth input for your compatible devices, so you can play your favorite music straight through the platform. Just grab some water, put on your fitness wear, lace up your shoes, and get ready to feel the burn!

Enjoy!  
The Belmint Team

## Fitness Platform

### Quick Start Guide

#### Warning!

- Do not kneel on platform.
- Keep weight evenly distributed.
- Limit 10-20 minutes each session.
- Do not stomp or jump on platform.
- Not a toy. Keep out of reach of children.
- Check page 6 for how to hook resistance bands to avoid injury.

**Note:** Slight dizziness is normal during first use. This feeling will dissipate once your body gets used to the vibrations produced by the platform.



#### Start

Plug in machine, flip Power Safety switch, press Power button



#### Jam

Connect music device via USB or Bluetooth



#### Customize

Choose vibration preferences using buttons



#### Burn!

Exercise as desired!

### Do Not Use...



with more than 1 person.



while wet or near water



as medical treatment substitute



while injured

### Enjoy For...



Muscle Toning



Weight Loss



Cellulite Reduction

### Ask a Doctor if...



you have a medical condition, illness, or implant



you are currently undergoing physical therapy for an accident, illness, or injury

## The Fitness Package

### Parts & Features

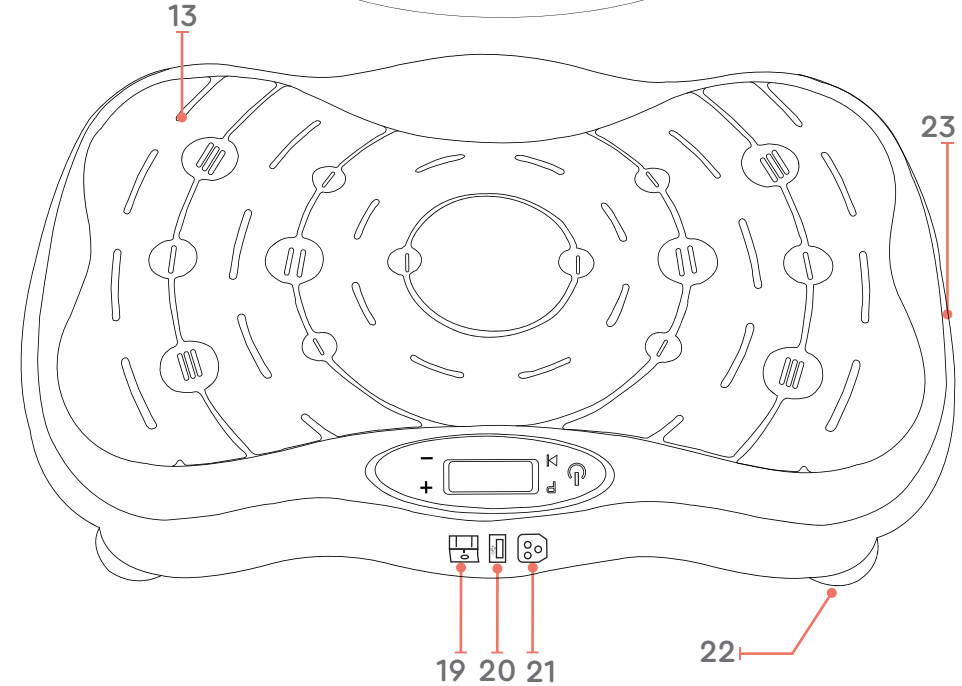
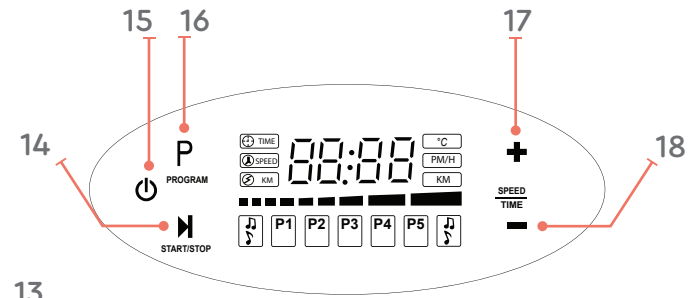
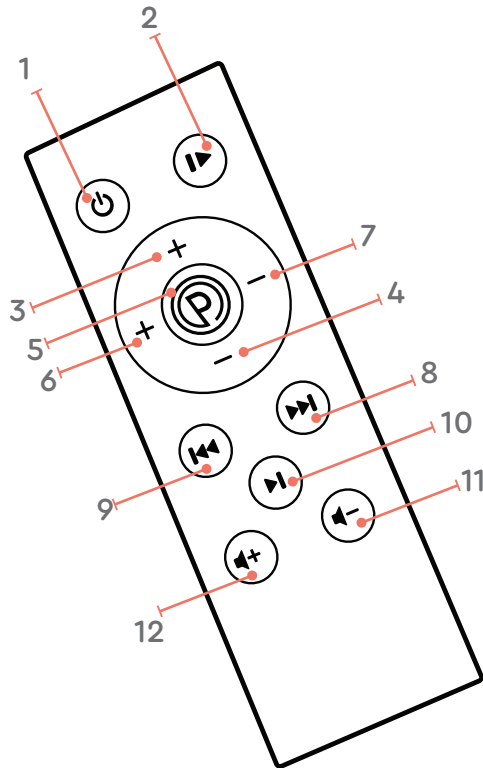
#### ► What You'll Need (OPTIONAL)

- Preferred Device for Music Playback
- Compatible USB Cord or Bluetooth
- Secure, Non-Rotating, Non-Wheeled Stool or Chair

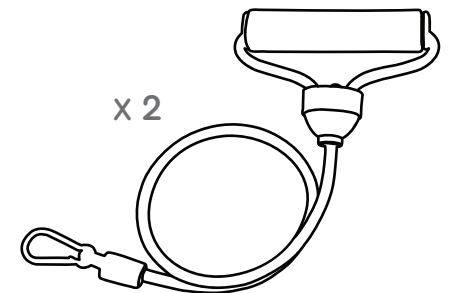
#### ► What's In The Box?

- 1 Fitness Platform
- 2 Resistance Bands
- 1 Remote Control
- 1 Power Cord

1. Power
2. Vibration Start/Stop
3. Speed +
4. Speed -
5. Program
6. Time +
7. Time -
8. > Song
9. < Song
10. Music Play/Stop
11. Music Volume -
12. Music Volume +



13. Foot Pad
14. Vibration Start/Stop Button
15. Power Button
16. Program Button
17. Speed +/ Time + Button
18. Speed -/ Time - Button
19. Power Safety Switch
20. USB Input
21. Power Plug
22. Stability Suction cups
23. Resistance Band Brackets



## Get Ready and Strong

### Operating Guide

#### Machine Set Up

Place the machine on a flat surface, making sure that all four suction cup feet are flush with the floor.

Plug in the product. Press the **Power Safety** switch at the base of the machine. Press the **Power** button to turn the machine on. The machine will automatically be set to Manual Mode.

#### Use Resistance Bands (optional)

Place the rubber band into the clip. Pull the band into the small circle at the bottom. Make sure it's fully inside the circle. This is VERY IMPORTANT to avoid the clip from breaking and hitting your face. Then, hook the clip into the circle holes at the sides and it's ready for your use.

#### Add Music (optional)

Connect your preferred device to the USB input at the base of the machine—or pair via Bluetooth by searching for "BLUETOOTH" on your device. To control music, use your device or the **</> Song**, **Music Play/Stop** and **Music Volume +/-** buttons on the remote.

**Note:** Bluetooth range is 32 feet without a cofferdam

#### Use Manual Mode

Use the **Time +/-** buttons (found on the remote or the machine display) to set your session time. Press the **Vibration Start/Stop** button on the remote. Use the **Speed +/-** buttons to customize your experience.

**Note:** Adjusting the time can only be done when vibration is off. Speed can only be adjusted when vibration is on.

OR

#### Choose Vibration Program

Press the **Program** button on the remote or the machine display to choose 1 out of 5-10 minute, automatic vibration cycles.

Press the **Program** button a 6th time to return to Manual Mode. Continue to press the button until you reach your preferred program. Then press the **Vibration Start/Stop** button to begin the program. See the bottom of this section for more information on program features.

This feature will only work if the **Vibration Start/Stop** button (found on the remote and the machine display) is set to "STOP" when you choose your program. Speed and time cannot be adjusted during a vibration program. To stop the program, press the **Vibration Start/Stop** button

#### End Your Session

Press the **Power** button on the remote and flip the **Power Safety** switch to off position. Unplug from the outlet.

Clean your machine by wiping down the foot pad and display with a damp cloth. Do not use any abrasive cleaners—only mild soap and water, if needed. Store covered, in a cool, dry, and well-ventilated area to maintain quality and performance.

#### Program Reference

	Speed 1	Speed 2	Speed 3	Speed 4
<b>Program 1</b>				
Warmth	10	30	40	50
<b>Program 2</b>				
Comfort	15	25	20	30
<b>Program 3</b>				
Vital Energy	20	40	60	80
<b>Program 4</b>				
Yoga	25	45	50	85
<b>Program 5</b>				
Running	30	50	70	90

**Note:** After starting, the gears change cyclically from Speed 1 to 4, then back to 1. The gears change every 10 seconds and each program lasts for 10 minutes.

## Ready, Set, Pose!

### Workout Stance Guide

Ask your doctor before trying these or any other exercise techniques or programs.

Do not lock your elbows or knees at any time. Always keep slightly bent, 'soft' joints to prevent injury.

#### Standing Pose

Stand on the pad with feet shoulder-width apart, knees slightly bent, and posture straight.



#### Squatting Pose

Stand on the pad with feet shoulder-width apart. Bend knees deeply or as much as is comfortable.



#### Upper Body Focus Pose

Place palms on the pad with hands shoulder-width apart. Extend legs back into plank position or rest on knees according to fitness level.



#### Arm Focus Pose

Stand with feet shoulder-width apart. Bend at the waist and place palms on the pad with hands shoulder-width apart.



#### Single-Leg Pose

Brace one foot directly under body, with spine straight, yet relaxed. With most of weight on standing leg, place other foot on the foot pad. Distribute weight evenly.



#### Leg Focus Pose

Rest lower legs on the pad with tailbone seated about one foot behind the platform. Extend arms back or beneath shoulders and brace palms on the floor or mat for extra support.



#### Meditation Pose

Sit on the foot pad with hip bones supporting weight evenly and tailbone aligned in the center. Cross legs in front and align spine.



#### Seated Pose

Sit on a secure, non-rotating stool or chair without wheels. Place your feet on the foot pad.



## Go Beast Mode!

### Exercise Guide

Ask your doctor before trying these or any other exercise techniques or programs.

Do not lock your elbows or knees at any time. Always keep slightly bent, 'soft' joints to prevent injury.

## Standard Push-Ups

Place feet on the foot pad, weight shifted slightly forward. Extend body outward into plank position, arms braced directly beneath shoulders and elbows turned out. Keep abdominal muscles braced for spinal support.



Bend elbows as deeply as possible, keeping body straight. Continue to lower until body is about one inch above the mat, then push back up. Repeat as desired.

## Tricep Push-Ups (Beginner)

Turn back to the machine and rest tailbone as close to the machine as possible without touching. Place bottoms of feet flat on the floor, heels as close to tailbone as possible without touching (knees bent). Place palms on the foot pad behind you, in line with shoulders and ears.



Lift tailbone off of the mat with arms straight, but not locked. Bend elbows as deeply as possible, then lift back up. Repeat as desired.

## Tricep Push-Ups (Advanced)

Turn back to the machine and rest tailbone as close to the machine as possible without touching. Place palms on the foot pad behind you, in line with shoulders and ears. Extend body out straight into a reverse plank position, weight resting on your heels. Keep abdominal muscles tense to support the spine.



Bend elbows as deeply as possible, then lift back up. Repeat as desired.

## Standard Sit-Ups

Place bottoms of feet on the foot pad. Rest tailbone about one foot away from the machine, laying flat on back with knees bent. Brace arms behind the base of skull, elbows bent outward.



Contract abdominal muscles and lift upper body until lower back lifts off the floor, Then slowly lower torso back down to the ground, keeping abdominals tense. Repeat as desired.

## Bridge Pose

Lie on back with tailbone facing the device. Place soles of feet on the foot pad, spaced hip-width apart.



Use legs to lift pelvis upward and hold in place, keeping spine straight, abdominals flexed, and pelvis level (do not allow hips to tilt to one side).

## Single Leg Bridge

Assume the same position, but extend one leg outward, keeping your knees in line with one another. Switch legs every 3 to 5 seconds



## Standard Lunge

Place one foot in center of the foot pad. Extend other leg backward, keeping hips aligned and facing forward. Hold one resistance band firmly in one hand—on same side as bent leg.



Bend front knee until your toes are not visible or until thigh is perpendicular to hips. Allow back leg to bend down toward the ground while keeping weight balanced on the ball of back foot and heel elevated. Then lift back up. Repeat as desired.

### Stationary Lunge with Resistance Bands

Place one foot in center of the foot pad. Bend front knee until toes are not visible or until thigh is perpendicular to hips. Extend other leg backward, keeping hips aligned and facing forward. Hold one resistance band firmly in one hand—on same side as = bent leg.

Bend forearm inward, keeping wrist straight (bicep curl) then straighten arm upward(tricep lift). Return to curl position, then straighten arm downward. Repeat as desired.



### Standard Squats

Stand on pad with feet shoulder-width apart, knees slightly bent, and posture straight.

Bend both knees until toes are not visible or thighs are perpendicular to the hips. Keep weight shifted forward toward the toes and hips tilted back as if sitting down into a chair. Arms can be extended forward for balance. Lift back up to standing. Repeat as desired.



### Standard Calf Raises

Stand on the pad with feet shoulder-width apart, knees slightly bent, and posture straight.

Lift up onto toes, lifting heels off the pad. Lower heels back down. Repeat as desired.



### Single Leg Calf Raises

Stand on pad with feet shoulder-width apart, knees slightly bent, and posture straight.

Extend one leg out slightly in front, foot not touching the ground. Lift up onto toes on other leg, lifting heel off of the pad. Lower heel back down. Repeat as desired, alternating legs.



## Down For The Count...

### Troubleshooting Guide

If This Happens...	Try This...
Machine display is OFF	Turn OFF, then back ON Unplug, then plug back in.
Machine rattles while in use	Ensure all of the suction pads are flush with the floor Check resistance band brackets. If loose, tighten with a standard screwdriver.
Remote Control stops working	Move closer to machine. Point remote at display screen Replace remote battery.
Machine stops working mid-use	Power off. Wait 10 min. before powering on again
Settings will not adjust	Turn OFF, then back ON Unplug, then plug back in.