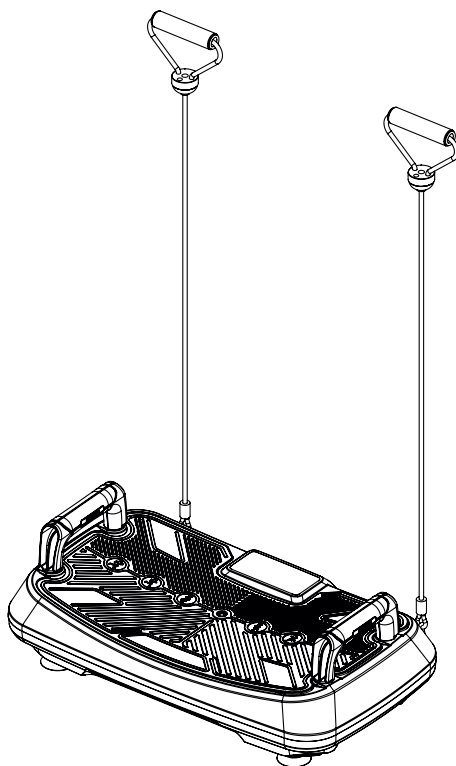


SPORTNOW

IN260300060V01_UK

A90-442V70



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY.

INSTRUCTION MANUAL

SUMMARY

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1. IMPORTANT INFORMATION AND WARNING

FOR YOUR SAFETY, READ CAREFULLY ALL THE INFORMATION IN THIS MANUAL.

- Before beginning any exercise program consult a physician and/or a fitness coach.
- This is important for people of all ages or who have any pre-existing health problem.
- If you experience any pain or tightness, heart beat irregularity, breathlessness or discomfort during exercise, stop and consult your doctor before continuing.
- Only one person at a time should use this equipment.
- Keep children and pets away from the equipment.
- Caution: Excessive or Inadequate Exercise may cause injury.
- It is recommended not to exercise immediately after meals. Wait at least 1 hour before starting your practice.
- It is recommended that people with little physical/sensory abilities, mental disorders, people with little experience or knowledge, be accompanied by a coach during the practice of the physical exercise.

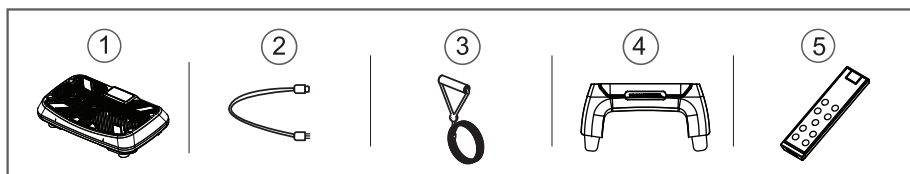
2. GENERAL SAFETY INSTRUCTIONS

- It is the owner's responsibility to ensure that all users are properly informed about the precautions for their safety.
- This appliance is designed for home and office use alone. It has no therapeutic purposes.
- For your safety, make sure all parts are properly attached and the appliance is on a solid surface and that the area around it is free of obstructions and make sure the appliance is in perfect condition before each use.
- Wear appropriate exercise clothing and avoid accessories that may get caught by the equipment.
- To ensure the safety of children and/or pets, do not allow them to play on or near the device.

GENERAL CONSIDERATIONS

- Never use abrasives or solvents to clean the equipment.
- Do not leave the equipment exposed to natural agents such as sunlight, rain, dew, dust, salt spray, etc.
- Do not place the equipment in dusty and humid places, saunas or anyplace not ventilated.

3. BOX CONTENTS

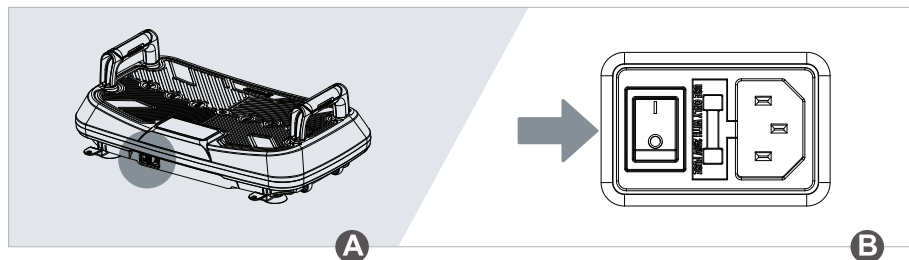


N°	DESCRIPTION	QUANTITY
1	VIBRATORY PLATFORM	1
2	POWER CABLE	1
3	ELASTIC	2
4	HAND HANDLE	2
5	REMOTE CONTROL	1

4. EQUIPMENT ASSEMBLY

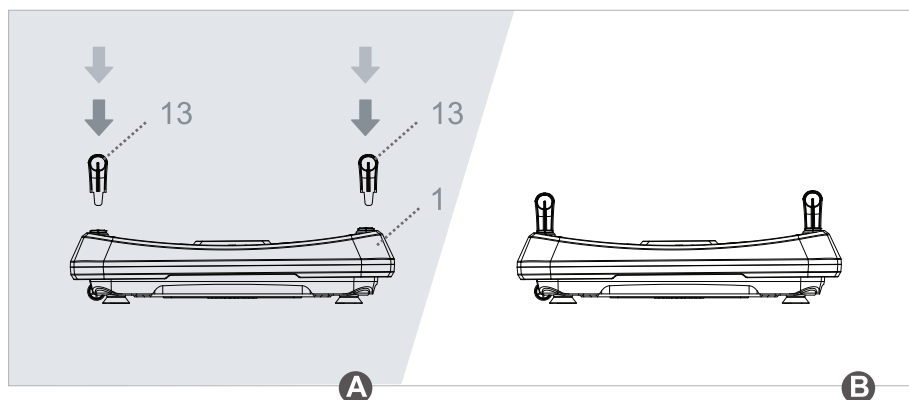
TURNING ON THE EQUIPMENT

To turn on the Platform, connect one end of the power cable to the equipment and the other end to the power plug (Image A). Then, turn on the switch (Image B).

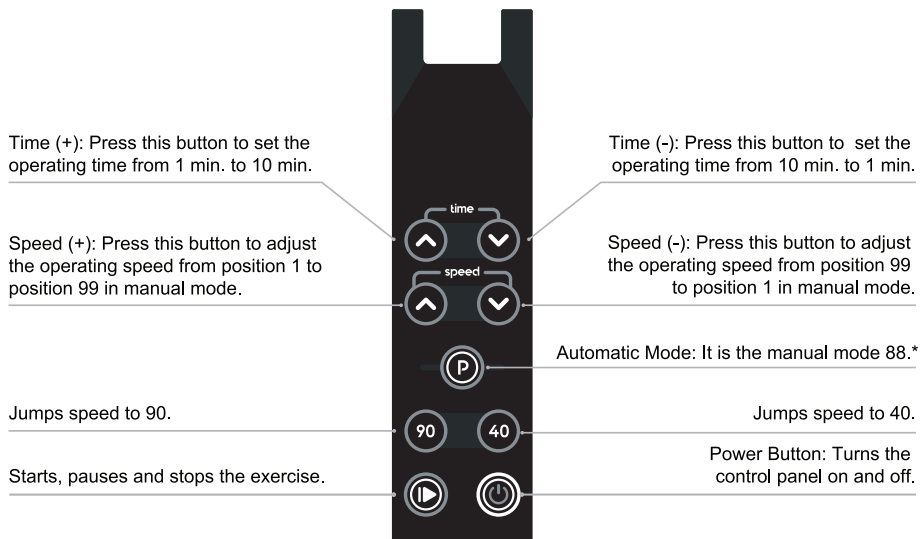


VIBRATORY PLATFORM

Align and position the platform holes with the Hand Handles (item 13) on the Vibratory Platform (item 1) and fit it as shown in the following images. Do the same with the second Hand Handle (item 13) on the opposite side.



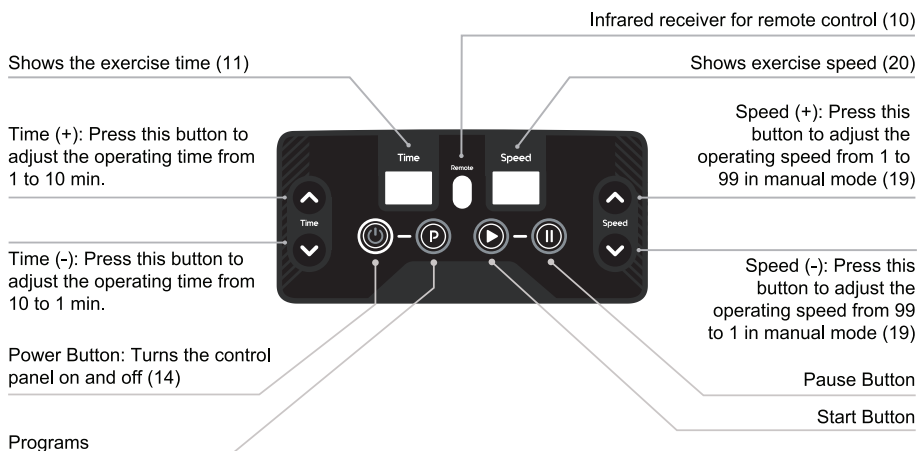
5. REMOTE CONTROL FUNCTIONS



Warning: The remote control can effectively emit control signals within 2.5 meters. When using the remote control, aim the infrared transmitter against the display receiver for control signals.

* Press this button to switch the automatic control mode from P1 to P3. The automatic mode is an easy-to-use function that can adjust the vibration frequency automatically, the time and speed cannot be adjusted.

6. DISPLAY FUNCTIONS



MANUAL MODE PROGRAM

The user can manually configure the time and intensity of the exercise, to adjust them to his needs, follow the instructions below:

1. Plug the device's power cable into the power plug. Turn on the power switch. After turning on, the device will beep.
2. Press the power button () on the controller or on the display to turn on the equipment.
3. Choose the exercise time, it can be from 1 to 10 minutes. To increase the time, press the time button (+) on the remote control or () on the display. To decrease the time, press the time button (-) on the remote control () or on the display. The time on the display will show the remaining exercise time.
4. Start the exercise by pressing the button () on the remote control or on the display.
5. You will now be able to choose the intensity of the vibration. The intensity levels are from 1 to 99. To increase the value, press the speed button (+) on the control or () on the display. To decrease the value, press the speed button (-) on the control or () on the display.
6. You can also quickly increase the speed to 40 or 90 using the buttons (90) and (40) on the controller.
7. To stop the exercise, press the button () on the remote control or the button () on the display.
8. To turn the equipment off, press the button () on the remote control or on the display.

AUTOMATIC MODE PROGRAM

The equipment has predefined exercise programs, to access them follow the instructions below:

1. Plug the device's power cable into the power plug. Turn on the power switch. After turning on, the device will beep.
2. Press the power button () on the controller or on the display to turn on the equipment.
3. Press the button (P) on the remote control or (P) on the display to choose between the 3 existing programs, P1, P2 and P3.
4. When you choose the desired program, start the exercise by pressing the button () on the remote control or the button () on the display.
5. The table below shows the intensity of the exercise according to each program, the value automatically change every minute.
6. To stop the exercise, press the button () on the remote control or the button () on the display.
7. To turn the equipment off, press the button () on the remote control or on the display.

AUTOMATIC MODE TABLE

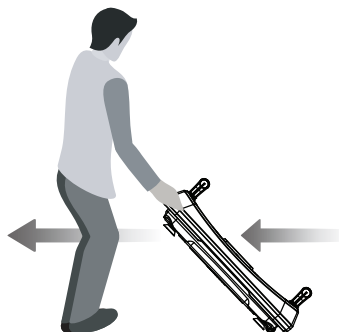
INTENSITY OF EACH LEVEL			
TIME (min)	P1	P2	P3
9	16	20	10
8	18	40	44
7	28	60	99
6	38	80	33
5	48	99	99
4	58	40	22
3	48	99	99
2	38	40	11
1	28	99	99

7. POSSIBLE PROBLEMS

PROBLEM	POSSIBLE CAUSE	SOLUTION
The equipment does not start.	The power cable is loose.	Connect the power plug.
	The switch is off.	Turn on the switch.
	The electric current is so high that the fuse has blown.	Replace the fuse with one of the same model.
The equipment in operation emits noises.	It is a common noise while the equipment is in operation.	It does not need repair.
The equipment does not correspond to the remote control.	The remote control battery has run out.	Replace the battery.
	The remote control is too far from the equipment.	Keep a maximum distance of 2.5 meters.
The equipment suddenly turns off.	The standard operating time has reached its limit. It is a protection for the equipment's electric motor.	Initialize the equipment after 10 minutes. The equipment will operate automatically after the engine has cooled down.
The equipment does not operate normally.	Equipment is being used beyond standards recommended in the instruction manual.	Unplug the equipment and reset it.

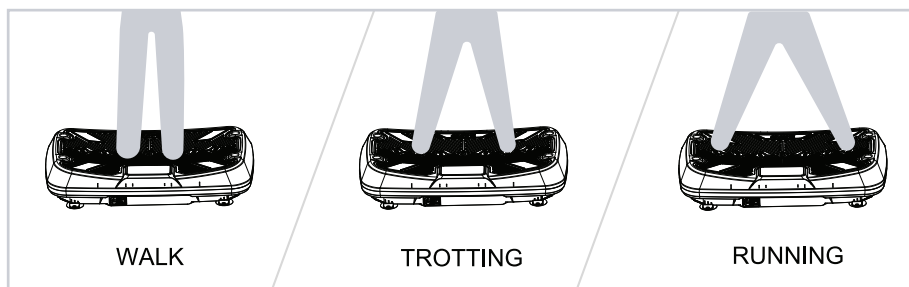
8. TRANSPORT

Before using the equipment, place it on a flat, stable and horizontal surface, with a distance of at least 20 centimeters from any wall or object. To transport the product, hold the side of the equipment and lift it until its wheels touch the floor. Pull the product out gently.



9. WORKOUT SUGGESTIONS

The Vibrating Platform simulates the actions of walking, trotting and running, through vibratory movements. Check the position of your feet on the surface of the device: the greater the distance between them, the greater the intensity of the exercise.



BOX CONTENT

- 1 Vibratory Platform
- 1 Remote Control
- 1 Power Cable
- 2 Elastic
- 2 Hand Handle

FOR HOME USE ONLY



If you have any questions, please contact our customer care center.

Our contact details are below:



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