

Download Vibration Plate Exercise Manual

Vibration plate power plus Fitness Equipment pdf manual download. ... Page 2 SAFETY TIPS Do not use your Confidence Vibration Plate Power Plus with wet hands. Always turn off the power at the mains socket after use. Not to be used by pregnant woman. DO NOT drink alcohol and then use the Vibration machine.15. This vibration machine was designed for a maximum user weight of 350 lbs (159 kgs). 16. The vibration machine can only be used by one person at a time. 17. To unplug the vibration machine, first put the switch to the off position and then unplug from the electrical outlet. 18. Do not use this vibration machine outside. 19. This Power Plate User's Guide will teach you how to operate this exercise equipment so that every workout is truly satisfying. This Power Plate User's Guide will teach you how to operate this exercise equipment so that every workout is truly satisfying. ... Click on download button to view the product manual or right click on the button and ...Do you want to lose weight or tone and strengthen your body but don't have access to a gym, want to save time on workouts, or maybe normal exercise injures a...