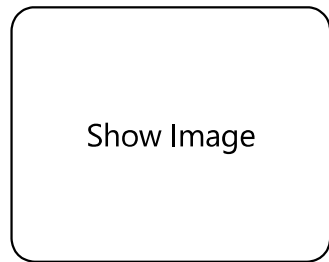


# AXV VIBRATION PLATE

## USER MANUAL



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## INTRODUCTION

Thank you for purchasing the AXV Vibration Plate. This advanced fitness equipment uses whole-body vibration technology to help you achieve your fitness goals more efficiently. Regular use of the AXV Vibration Plate can improve muscle strength, enhance blood circulation, increase bone density, and aid in weight loss when combined with a healthy diet and exercise routine.

This manual provides important information about your new vibration plate, including assembly instructions, operation guidelines, safety precautions, and maintenance tips. Please read this manual carefully before using your AXV Vibration Plate and keep it for future reference.

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## SAFETY INSTRUCTIONS

To ensure safe and effective use of your AXV Vibration Plate, please follow these safety instructions:

IMPORTANT SAFETY WARNINGS

- **Consult your physician** before beginning any exercise program, especially if you have any medical conditions or concerns.
- **Do not use** if you are pregnant, have a pacemaker, recent surgeries, acute thrombosis, joint implants, acute hernia, severe diabetes, epilepsy, severe migraines, malignant tumors, or recent wounds.
- Keep children and pets away from the equipment at all times.
- Place the vibration plate on a flat, stable surface with at least 2 feet of clearance on all sides.
- Do not use the vibration plate immediately after meals or while under the influence of alcohol.
- Never operate the vibration plate if it has been damaged or immersed in water.
- Do not exceed the maximum user weight capacity of 330 lbs (150 kg).
- Always unplug the power cord when not in use.

ELECTRICAL SAFETY

- Only connect the vibration plate to properly grounded outlets.
- Do not operate where aerosol products are used or where oxygen is being administered.
- Keep the power cord away from heated surfaces and do not operate with a damaged cord or plug.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not attempt to disassemble or repair the vibration plate yourself.

TECHNICAL SPECIFICATIONS

Specification	Details
Model	AXV-3000 Pro
Dimensions	27" × 16" × 6" (68.5 × 40.5 × 15 cm)
Weight	35 lbs (16 kg)
Motor Power	500W (Peak: 1500W)
Vibration Frequency	4-40 Hz
Amplitude	0-10mm
Speed Levels	99
Programs	10 pre-set, 3 user-defined
Maximum User Weight	330 lbs (150 kg)
Power Requirements	110-240V, 50/60Hz
Display	LCD with touch panel
Connectivity	Bluetooth 5.0
Warranty	2 years limited warranty

## PARTS & ASSEMBLY

### PACKAGE CONTENTS

- 1 × AXV Vibration Plate Main Unit
- 2 × Resistance Bands with Handles
- 1 × Remote Control
- 1 × Power Cord
- 1 × User Manual
- 1 × Assembly Tool Kit

### ASSEMBLY INSTRUCTIONS

The AXV Vibration Plate comes mostly pre-assembled. Follow these simple steps to complete the setup:

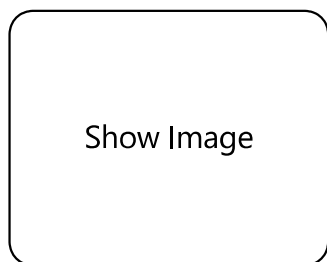
1. Carefully remove all components from the packaging and verify all parts are included.
2. Place the main unit on a flat, level surface.
3. Attach the resistance bands to the designated hooks on the sides of the platform.
4. Connect the power cord to the unit and plug it into a properly grounded electrical outlet.
5. Install 2 AAA batteries (included) in the remote control.

Your AXV Vibration Plate is now ready for use.

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## OPERATING INSTRUCTIONS

### CONTROL PANEL OVERVIEW



1. **Power Button:** Turns the unit on/off
2. **Start/Stop Button:** Begins or pauses the workout
3. **Program Button:** Cycles through preset programs
4. **Time +/- Buttons:** Adjusts workout duration (1-30 minutes)
5. **Speed +/- Buttons:** Adjusts vibration intensity (1-99 levels)
6. **Mode Button:** Switches between vibration modes (oscillation, linear, combination)
7. **LCD Display:** Shows time, speed, program, calories, and mode

## REMOTE CONTROL FUNCTIONS

The remote control offers the same functionality as the control panel for convenient operation from a standing position.

## GETTING STARTED

1. Press the Power button to turn on the vibration plate.
2. Select your desired program or manually set your preferred time and speed.
3. Press the Start button to begin your workout.
4. During operation, you can adjust the speed or time as needed.
5. The unit will automatically stop when the timer reaches zero.
6. Press the Stop button anytime to pause your workout.
7. Press and hold the Power button for 3 seconds to turn off the unit.

## WORKOUT PROGRAMS

The AXV Vibration Plate features 10 preset programs designed for different fitness goals:

- P1: Warm-up (5 minutes, gradually increasing intensity)
  - P2: Fat Burning (15 minutes, interval training)
  - P3: Cardio (20 minutes, high-intensity intervals)
  - P4: Relaxation (10 minutes, gentle vibration)
  - P5: Core Strengthening (10 minutes, focused core vibrations)
  - P6: Full Body Toning (15 minutes, varied intensities)
  - P7: Lower Body Focus (10 minutes, targeted lower body vibrations)
  - P8: Upper Body Focus (10 minutes, designed for upper body with resistance bands)
  - P9: Balance Improvement (8 minutes, stability-focused)
  - P10: Recovery (12 minutes, gentle massage vibrations)
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## EXERCISE GUIDE

### BASIC POSITIONS

1. **Standing Straight:** Stand upright with knees slightly bent, feet shoulder-width apart.
2. **Squat Position:** Stand with feet shoulder-width apart, lower into a partial squat.
3. **Wide Stance:** Stand with feet wider than shoulders, toes pointed slightly outward.
4. **Calves:** Stand on toes with knees slightly bent.
5. **Push-up Position:** Hands on the plate in push-up position, feet on the floor.

6. **Seated:** Sit directly on the plate with legs extended or crossed.

7. **Plank:** Forearms on plate, body extended in plank position.

## RECOMMENDED WORKOUTS

### Beginner Program (Week 1-2)

- Start with 10 minutes per day, 3 days per week
- Speed levels: 1-30
- Focus on basic standing positions and getting comfortable with the vibration

### Intermediate Program (Week 3-6)

- Progress to 15 minutes per day, 4-5 days per week
- Speed levels: 20-60
- Incorporate squats, lunges, and upper body exercises with resistance bands

### Advanced Program (Week 7+)

- Up to 20 minutes per day, 5-6 days per week
- Speed levels: 40-99
- Add plank variations, dynamic movements, and longer duration intervals

## EXERCISE CAUTIONS

- Always maintain proper posture to avoid injury
  - Start at lower speeds and gradually increase intensity
  - Do not lock your knees while standing
  - Limit initial sessions to 10 minutes until your body adapts
  - Stay hydrated before, during, and after workouts
  - If you experience dizziness or discomfort, stop immediately
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## MAINTENANCE & CARE

### CLEANING

- Always unplug the unit before cleaning
- Wipe the surface with a slightly damp cloth and mild soap
- Do not use abrasive cleaners or solvents
- Never immerse the unit in water or spray liquid directly onto the machine
- Dry thoroughly after cleaning

STORAGE

- Store in a cool, dry place
- Keep away from direct sunlight, heat sources, and moisture
- Cover the unit when not in use for extended periods
- Do not stack heavy objects on top of the vibration plate

ROUTINE MAINTENANCE

- Check all bolts and connections monthly to ensure they remain tight
- Inspect the power cord regularly for any damage
- Check rubber feet for wear and replace if necessary
- Listen for any unusual noises during operation which might indicate mechanical issues

TROUBLESHOOTING

Problem	Possible Cause	Solution
Unit doesn't power on	Not plugged in properly	Check power connection
	Power switch is off	Turn on main power switch
	Blown fuse	Replace fuse in the main unit
Remote not working	Dead batteries	Replace batteries
	Out of range	Move closer to the unit
Unusual noise during operation	Loose parts	Tighten all connections
	Object under the plate	Remove any objects
Unit stops suddenly	Overheating protection	Allow unit to cool for 30 minutes
	Timer reached zero	Reset timer if workout not complete
Vibration feels weak	Low speed setting	Increase speed level
	Uneven surface	Place on level surface
Error code E01	Motor overload	Restart after 30 minutes of cooling
Error code E02	Voltage protection	Check power source stability
Error code E03	Communication error	Restart unit, contact support if persistent

If problems persist after trying these solutions, please contact AXV Customer Support.

WARRANTY INFORMATION

Your AXV Vibration Plate comes with a 2-year limited warranty covering defects in materials and workmanship under normal use. The warranty period begins on the date of purchase.

## WARRANTY COVERAGE:

- Motor and electronic components: 2 years
- Frame and structural parts: 2 years
- Labor: 1 year

## WARRANTY EXCLUSIONS:

- Damage due to improper assembly or maintenance
- Commercial use or any use other than normal household/personal use
- Damage due to accidents, misuse, or negligence
- Normal wear and tear of parts
- Unauthorized modifications or repairs

To claim warranty service, please contact AXV Customer Support with your proof of purchase and a detailed description of the defect.

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## CONTACT SUPPORT

For technical assistance, warranty service, or product questions, please contact AXV Customer Support:

- **Website:** <https://myaxv.com/support>
- **Email:** [support@myaxv.com](mailto:support@myaxv.com)
- **Phone:** 1-800-AXV-SUPPORT (1-800-298-7877)
- **Hours:** Monday-Friday, 9am-5pm EST

When contacting support, please have the following information ready:

- Model number (AXV-3000 Pro)
  - Serial number (located on the bottom of the unit)
  - Proof of purchase
  - Detailed description of the issue
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