

# SoftGym Vibration Plate

## User Manual & Exercise Guide

Model: SG-VP3000 Series

Downloaded from <https://softgym.org/>

## 1. Important Safety Information

**WARNING:** Read all instructions before use. Failure to follow these instructions may result in serious injury.

### Who Should NOT Use This Equipment

Do not use this vibration plate if you have any of the following conditions:

- Pregnancy
- Recent surgery or surgical implants
- Cardiovascular disease or heart conditions
- Pacemaker or other electronic implants
- Thrombosis or blood clots
- Severe diabetes
- Epilepsy or seizure disorders
- Recent fractures or joint problems
- Cancer or tumors
- Severe osteoporosis

### General Safety Rules

- Always consult your physician before beginning any exercise program
- Never exceed recommended usage time
- Always wear appropriate athletic shoes
- Keep feet firmly planted on the platform
- Do not use if you feel dizzy, nauseous, or unwell
- Ensure the unit is on a stable, level surface
- Maximum user weight: 330 lbs (150 kg)
- Only one person on the platform at a time

## 2. Product Overview

### What is Vibration Training?

Vibration training uses rapid mechanical vibrations to stimulate muscle contractions throughout your body. These vibrations cause your muscles to contract and relax multiple times per second, providing an efficient and effective workout in a shorter time period.

### Benefits of Vibration Training

- Improved muscle strength and tone

- Enhanced circulation and lymphatic drainage
- Increased bone density
- Better balance and coordination
- Reduced cellulite appearance
- Accelerated recovery and reduced muscle soreness
- Weight loss and fat reduction
- Improved flexibility and range of motion

### 3. Technical Specifications

Specification	Details
Dimensions	26" x 16" x 6" (66 x 41 x 15 cm)
Weight	55 lbs (25 kg)
Maximum User Weight	330 lbs (150 kg)
Frequency Range	5-40 Hz
Amplitude	2-10 mm
Power	200W
Voltage	110-120V / 220-240V
Programs	12 Pre-set + Manual Mode

### 4. Assembly Instructions

#### Package Contents

- Main vibration platform
- Remote control
- Power cable
- Exercise bands (2)
- User manual
- Exercise poster

#### Assembly Steps

1. Carefully remove all components from the packaging
2. Place the main unit on a stable, level surface
3. Attach the exercise bands to the designated anchor points on the sides of the platform
4. Insert batteries into the remote control (2 x AAA, not included)
5. Connect the power cable to the unit and plug into a wall outlet
6. The unit is now ready for use

**Note:** No tools are required for assembly. The unit comes pre-assembled and ready to use.

### 5. Operation Instructions

## Control Panel

The control panel features an LCD display showing:

- Program number
- Time remaining
- Speed level
- Mode indicator

## Getting Started

1. Press the power button to turn on the unit
2. Step onto the platform with both feet
3. Select your desired program using the program button
4. Adjust speed using the speed +/- buttons
5. Press start to begin your workout

## Remote Control Functions

- **Power:** Turn unit on/off
- **Program:** Cycle through 12 pre-set programs
- **Speed +/-:** Adjust vibration intensity (1-40 levels)
- **Time:** Set workout duration (1-30 minutes)
- **Start/Stop:** Begin or pause workout

# 6. Workout Programs

Program	Duration	Target	Description
P1	10 min	Beginners	Gentle introduction to vibration training
P2	10 min	Fat Burning	Moderate intensity for weight loss
P3	10 min	Muscle Toning	Targeted muscle strengthening
P4	15 min	Circulation	Improve blood flow and lymphatic drainage
P5	10 min	Warm-up	Prepare muscles for exercise
P6	10 min	Cool-down	Post-workout recovery
P7	15 min	Interval Training	High-intensity intervals
P8	20 min	Endurance	Build stamina and endurance
P9	10 min	Relaxation	Stress relief and muscle relaxation
P10	15 min	Strength	Advanced muscle building
P11	10 min	Flexibility	Improve range of motion
P12	20 min	Complete Workout	Full-body comprehensive session

# 7. Exercise Guide

## Basic Positions

### Standing Position

Stand with feet shoulder-width apart, knees slightly bent. This is the most basic position and great for beginners.

### **Wide Stance**

Stand with feet wider than shoulder-width apart. This position targets the inner thighs and glutes more effectively.

### **Narrow Stance**

Stand with feet close together. This challenges your balance and core stability.

### **Single Leg Stand**

Stand on one leg while holding the other leg up. Advanced position for balance and unilateral strength.

## **Upper Body Exercises**

### **Push-ups**

Place hands on the platform in push-up position. The vibrations will intensify the workout and challenge your stability.

### **Tricep Dips**

Sit on the edge of the platform with hands gripping the sides. Lower your body and press back up.

### **Resistance Band Exercises**

Use the included resistance bands for bicep curls, chest presses, and shoulder exercises while standing on the platform.

## **Lower Body Exercises**

### **Squats**

Stand on the platform and perform squats. The vibrations will enhance muscle activation in your legs and glutes.

### **Lunges**

Step one foot back into a lunge position while keeping the front foot on the platform.

### **Calf Raises**

Stand on your toes and lower slowly. Great for calf muscle development.

## **Core Exercises**

### **Plank**

Hold a plank position with forearms on the platform. The vibrations will challenge your core stability.

### **Side Plank**

Lie on your side with one forearm on the platform and hold the side plank position.

### **Seated Position**

Sit on the platform with legs extended. This position targets the core and improves circulation.

## **8. Usage Guidelines**

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## Frequency Recommendations

- **Beginners:** 2-3 times per week, 5-10 minutes per session
- **Intermediate:** 3-4 times per week, 10-15 minutes per session
- **Advanced:** 4-5 times per week, 15-20 minutes per session

## Intensity Levels

- **Level 1-10:** Beginner (gentle vibrations)
- **Level 11-25:** Intermediate (moderate intensity)
- **Level 26-40:** Advanced (high intensity)

**Important:** Never exceed 20 minutes of continuous use. Take breaks between sessions to prevent overexertion.

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## 9. Maintenance & Care

### Daily Maintenance

- Wipe down the platform with a damp cloth after each use
- Allow the unit to cool down completely before storing
- Keep the platform clean and dry

### Weekly Maintenance

- Check all connections and cables
- Inspect the platform for any damage or wear
- Test the remote control functions

### Storage

- Store in a dry, cool place
- Avoid extreme temperatures
- Keep away from direct sunlight
- Remove batteries from remote control if not used for extended periods

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## 10. Troubleshooting

### Common Issues

#### Unit Won't Turn On

- Check power connection
- Verify outlet is working
- Check circuit breaker/fuse

#### Remote Control Not Working

- Replace batteries
- Check battery polarity
- Ensure clear line of sight to unit

#### Unusual Noise

- Check if unit is on level surface
- Ensure platform is clean and free of debris
- Contact customer service if noise persists

#### **Vibration Intensity Too Weak**

- Increase speed setting
- Check if maximum weight limit is exceeded
- Ensure proper foot placement

## **11. Warranty Information**

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SoftGym provides a comprehensive warranty for your vibration plate:

- **Motor:** 2 years
- **Electronics:** 1 year
- **Parts:** 1 year
- **Labor:** 90 days

#### **Warranty Conditions**

This warranty covers defects in materials and workmanship under normal use. The warranty does not cover damage due to misuse, accident, or normal wear and tear.

## **12. Customer Support**

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For technical support, warranty claims, or general questions:

- **Website:** <https://softgym.org/>
- **Email:** [support@softgym.org](mailto:support@softgym.org)
- **Phone:** 1-800-SOFTGYM
- **Hours:** Monday-Friday, 9 AM - 5 PM EST

## **13. Additional Resources**

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#### **Online Content**

Visit <https://softgym.org/> for additional resources including:

- Video exercise demonstrations
- Workout plans and programs
- Nutrition guides
- Community forums
- Product updates and accessories

#### **Recommended Accessories**

- Premium resistance bands
- Exercise mat
- Bluetooth heart rate monitor
- Massage roller

