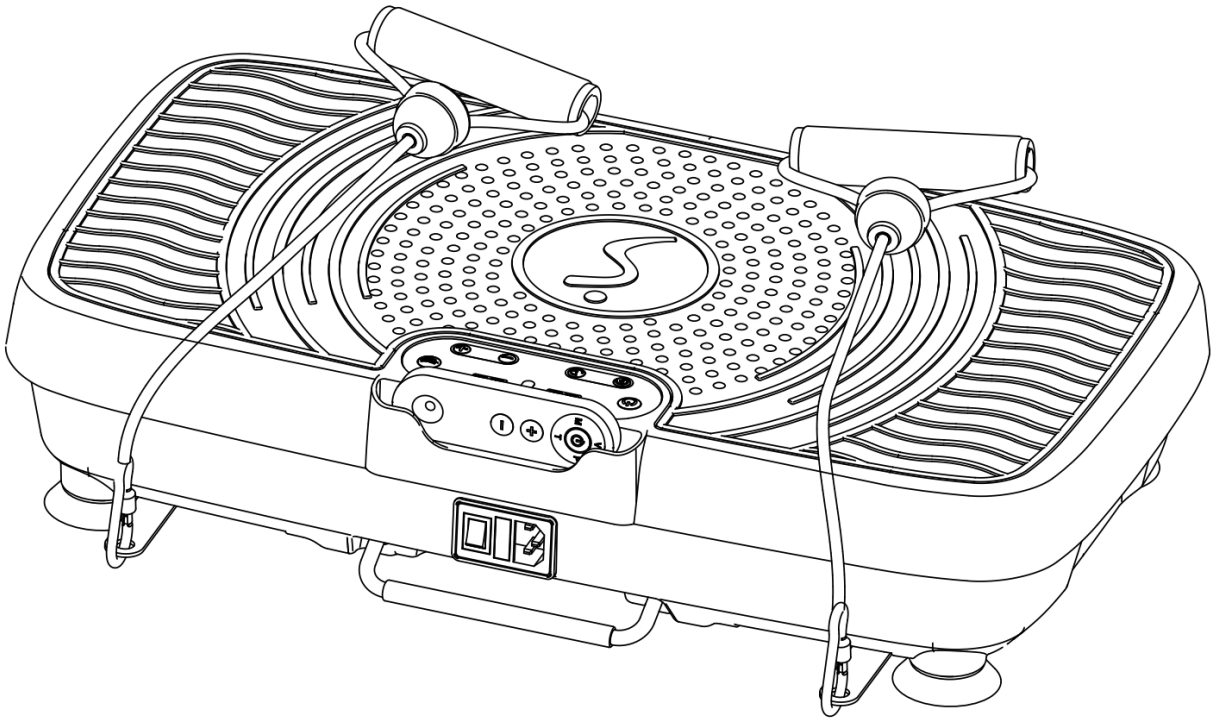
VIBRATION PLATFORM EXERCISE MACHINE WITH RESISTANT BAND
SF-VP822056
USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).

WWW.SUNNYHEALTHFITNESS.COM

IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions. To reduce the risk of burns, fires, electric shock or personal injury, please read all instructions carefully before operating this product and keep this manual for future reference.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet (60 CM) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 265 lbs (120kgs).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using (this appliance).

When using an electrical appliance, basic precautions should always be followed, including the following:

DANGER – To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock or injury to persons:

1. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
3. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
4. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
5. Never operate this appliance if it has a damaged cord or plug, not working properly, dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
6. Do not carry this appliance by supply cord or use cord as a handle.
7. Keep the cord away from heated surfaces.
8. Keep the air openings free of lint, hair, and the like.
9. Never drop or insert any object into any opening.
10. Do not use outdoors.
11. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.

SAVE THESE INSTRUCTIONS

1. Do not attempt to repair this product yourself.
2. This product is designed for household use only.
3. To reduce the risk of electric shock, this appliance has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician to install the proper outlet. Do not change the plug in any way.
4. The maximum weight capacity of this unit is 265 lbs (120kgs).
5. Don’t use this machine for more than 10 min at a time.

THE STATEMENTS FOR BATTERIES



Contains coin battery

⚠ WARNING

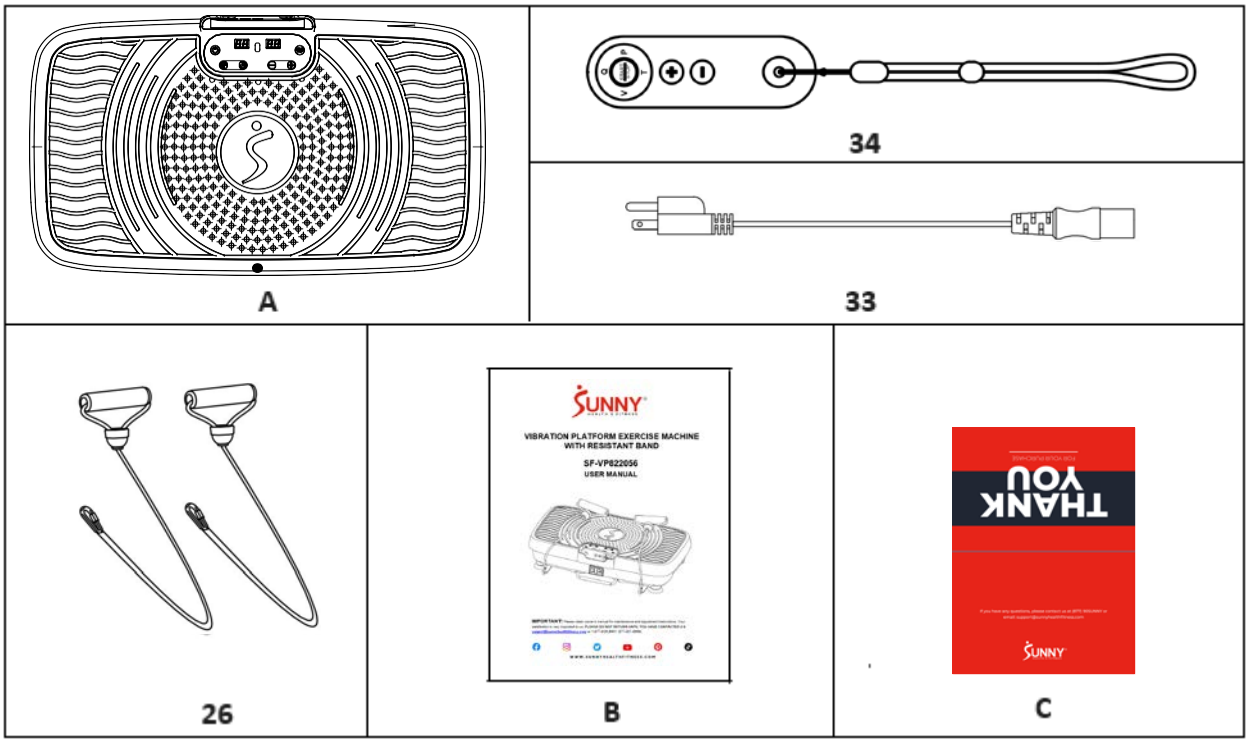
- **INGESTION HAZARD**: This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH of CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.



1) Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
2) Even used batteries may cause severe injury or death.
3) Call a local poison control center for treatment information.
4) A statement indicating the compatible battery type (CR2025).
5) A statement indicating the nominal battery voltage 3V.
6) Non-rechargeable batteries are not to be recharged.
7) Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating -20°C~60°C) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical bums.
8) Ensure the batteries are installed correctly according to polarity (+and-).
9) Do not mix old and new batteries. Different brands or types of batteries, such as alkaline, carbon-zinc, or rechargeable batteries.
10) Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
11) Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

PRE-ASSEMBLY CHECK LIST

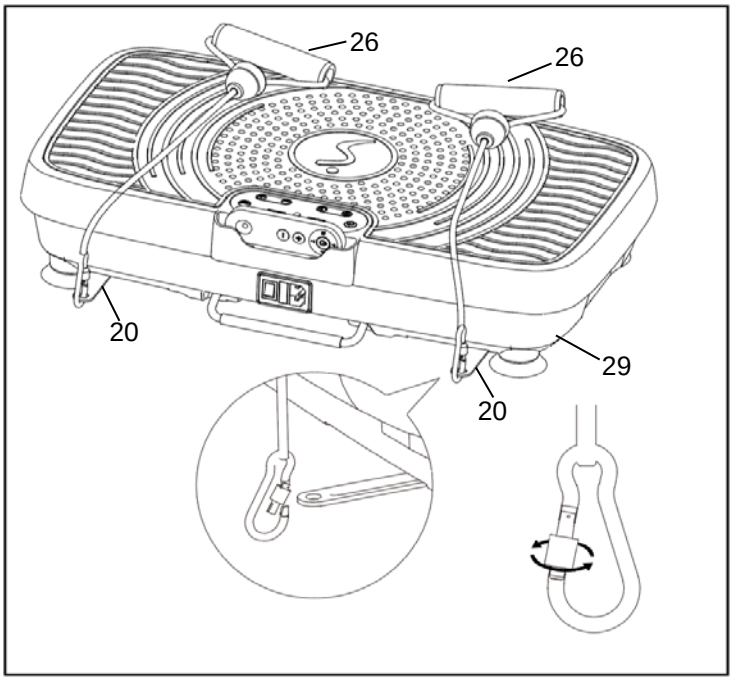
WHEN OPENING THE CARTON, YOU WILL FIND FOLLOWING PARTS:



No.	Description	Specification	Qty.
A	Main Console		1
B	Manual		1
C	Thank You Card		1
26	Resistance Band	ϕ 7mm	2
33	Power Cords	US standard,3G0.75×1800	1
34	Remote Control		1

ASSEMBLY INSTRUCTION

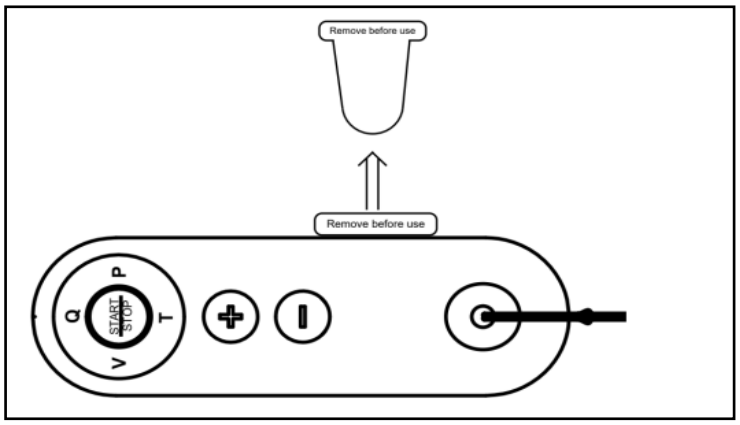
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



Turn the 2 **Band Brackets (No. 20)** out of the **Bottom Cover (No. 29).**

Loosen the carabiner locks on the end of the 2 **Resistance Bands (No. 26).** Attach the 2 **Resistance Bands (No. 26)** to the holes on the 2 **Band Brackets (No.20)** as shown in the picture on the left. Then tighten the carabiner lock in place.

NOTE: Make sure the carabiner locks on the 2 **Resistance Bands (No. 26)** are tightened in place, to avoid them loosening during use.



Remove the tab before using the **Remote Control (No. 34)**.

The assembly is complete!

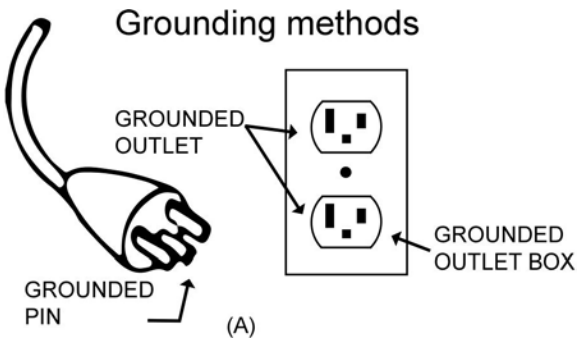
IMPORTANT ELECTRICAL INFORMATION

IMPORTANT NOTE:

This machine requires a power source of **110 Volts** in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before powering the machine. Any power supply source above or below this level could cause significant damage to the machine and/or user.

GROUNDING METHODS:

This machine must be grounded. Should the machine malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This machine is equipped with a plug that has an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



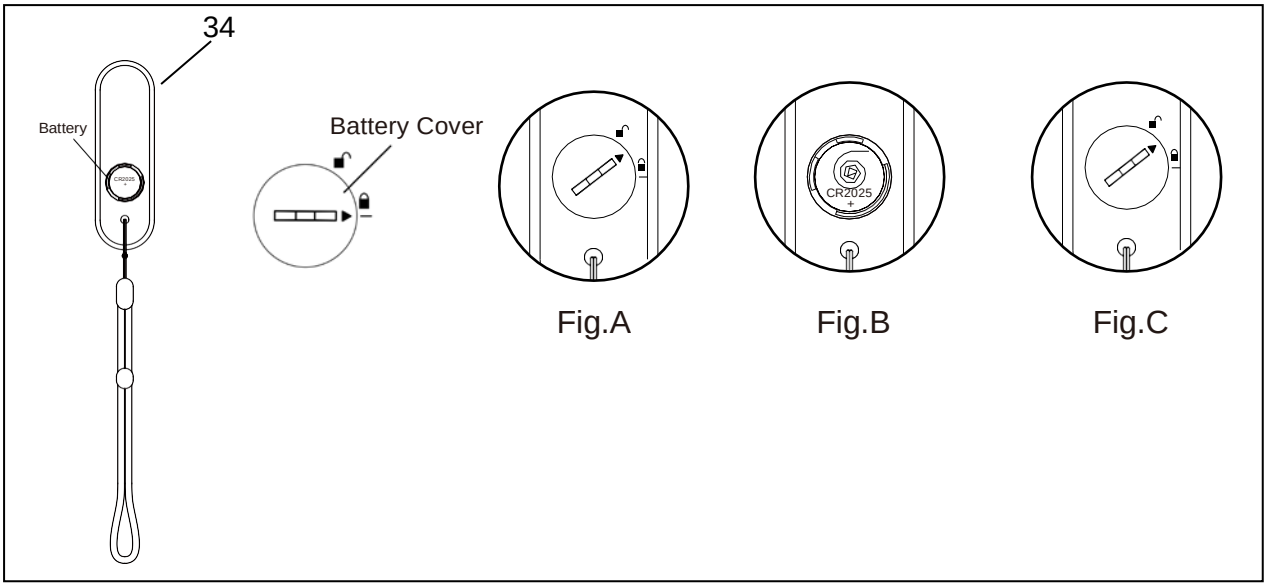
CAUTION:

Improper connection of the machine can result in risk of electric shock. Check with a qualified electrician or serviceman if you are unsure whether the machine has been properly grounded. Do not modify the plug provided with this machine. If it will not fit the outlet, have a proper outlet installed by a qualified electrician. Ensure that the machine is connected to an outlet with the same configuration as the plug. Do not use an adaptor for this machine.

WARNING!

1. **NEVER** use a ground fault circuit interrupt (GFCI) outlet with this machine. Route the power cord away from all moving parts of the machine, including the transportation wheels.
2. **NEVER** operate the machine using a generator or UPS power supply.
3. **NEVER** remove any cover on this machine without first disconnecting the power cord.
4. **NEVER** expose the machine to rain or moisture. This machine is not designed for outdoor use or use in any high humidity environment.

BATTERY REPLACEMENT



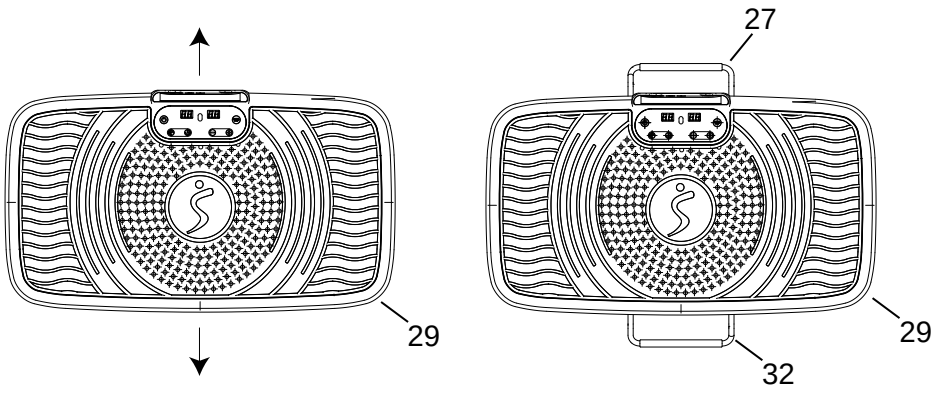
BATTERY REPLACEMENT:

1. Use a coin to insert into the groove on the battery cover, turn the battery cover counterclockwise towards the unlock symbol, then remove the battery cover and remove the old battery. (Fig. A)
2. Install a new battery into the battery case on the back of **Remote Control (No. 34)**. Pay attention to the battery + and – poles before installing. The battery needs to be placed in between the spring. (Fig. B)
3. Put the battery cover back on the **Remote Control (No. 34)**. Use a coin to turn the battery cover clockwise until the arrow points to the Lock symbol. (Fig. C)

The replacement is complete!

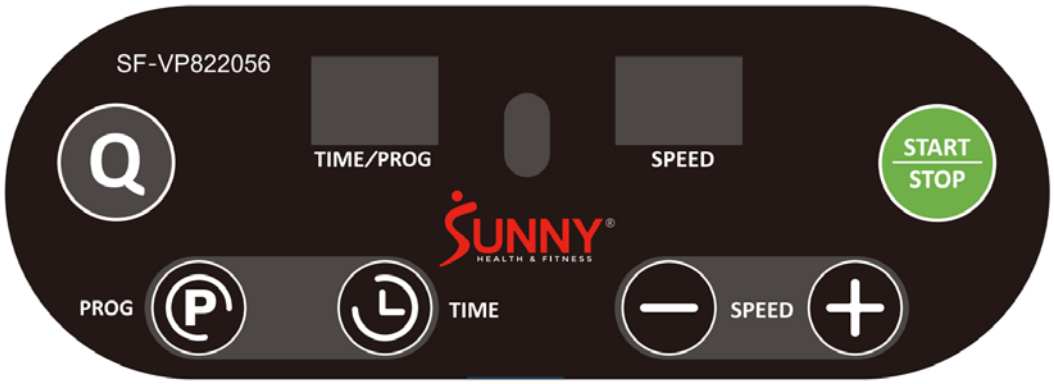
Dispose the old batteries according to your state or regional guidelines.

USING THE PULL RODS



Pull out the **Pull Rod A (No. 27)** and **Pull Rod B (No. 32)** from the front and back of the **Bottom Cover (No. 29)** to make the platform more stable.

THE DISPLAY CONSOLE



KEY FUNCTION DESCRIPTION

CONSOLE PANEL	CONSOLE	FUNCTION DESCRIPTION
Q(QUICK SPEED)	Q	Speed level 25-50-75-1
START/STOP	START STOP	Start or stop the vibration platform
P(PROGRAM)	P	Select P0/P1/P2/P3/P4/P5 program
TIME		Settle the sport time
SPEED +/-	− +	Adjust the speed

CONTROL PANEL	REMOTE CONTROL	FUNCTION DESCRIPTION
V(VOICE)	Q V START STOP P T	Beeper voice: soft, loud, off
P(PROGRAM)		Select P0/P1/P2/P3/P4/P5 program
Q(QUICK SPEED)		Speed level 25-50-75-1
T(TIME)		Settle the sport time
START/STOP	START STOP	Start or stop the vibration platform
SPEED +/-	+ −	Adjust the speed

FUNCTION DESCRIPTION

User can select the desired program by pressing the “P” button on the console panel or on the remote control (P0, P1, P2, P3, P4, P5). The console panel will show which program the user has chosen.
P1 – P5: Pre-set program
P0: Manual program

P0: MANUAL PROGRAM

The machine will be in manual program mode when the machine is turned on. The user can change the time by pressing or holding the “TIME” button on the console panel or the “T” button on the remote control. Speed level can be changed by pressing the “+” or “–“buttons on the console panel or the remote control. In manual program mode, the machine will start at the lowest speed level, so the user will not be able to decrease the speed.
The user can stop the vibration at any time by pressing the “START/STOP” button on the console panel or remote control.

QUICK SPEED FUNCTION

Quick speed function used under P0: Manual Program. Press START/STOP button on control panel or remote control, then press Q to select the speed from level 25→50→75→1 after the machine started.

P1 – P5: PRE-SET PROGRAMS

There are 5 pre-set programs. The user can select the pre-set programs by pressing the “P” button on the console panel or remote control.
(P1, P2, P3, P4, P5).
The user can set the time by pressing or holding the “TIME” button on the console panel or the “T” button the on remote control. Then press the “START/STOP” button on the console panel or remote control to start the vibration. Once the pre-set program is started, the user could not change the speed level.

The user can stop the vibration at any time by pressing the “START/STOP” button on the control panel or remote control.
Speed levels for each pre-set program are shown in the following table.

PROGRAM / SPEED / TIME (MIN)	P1	P2	P3	P4	P5
10–9	10	20	30	20	30
9–8	20	30	50	40	60
8–7	30	40	70	60	50
7–6	40	50	90	80	80
6–5	50	60	80	20	40
5–4	60	70	60	40	80
4–3	50	60	40	60	60
3–2	40	50	60	80	90
2–1	30	40	80	50	60
1–0	20	30	40	30	40

TROUBLESHOOTING

1. No lights; does not respond to console panel or remote control.
   a. Check if the machine is plugged in and switched on.
   b. Check if the socket works with other electrical products.
   c. Replace fuse in plug.
2. Remote control does not operate the machine, but the machine does respond to console panel.
   a. Point the remote control transmitter directly at the console panel's sensor.
   b. Replace batteries in remote control (Button Cell Battery).
3. Speed is too fast.

   Adjust speed using the "+" or "–"buttons on the console panel or remote control.

If the problem cannot be solved with above troubleshooting, contact the customer service at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669)

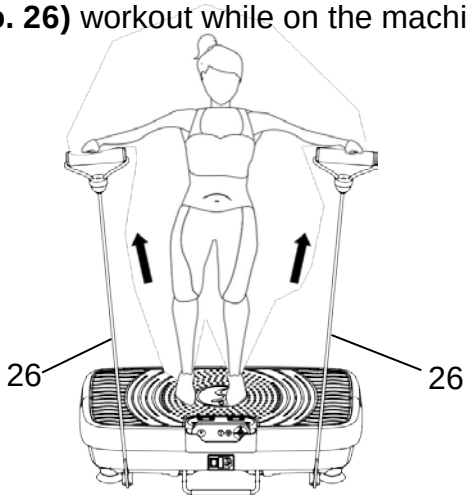
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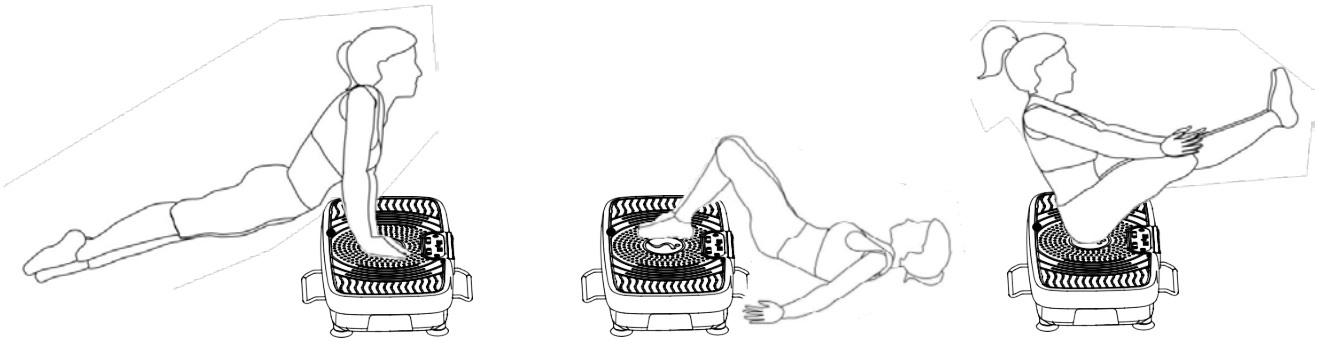
EXERCISE INSTRUCTION

Connect one end of **Power Cord (No. 33)** to the machine, then plug the other end of **Power Cord (No. 33)** in a suitable power socket. Turn the power switch on the rear of the machine to the "I" position, ensuring the switch illuminates.

1. The machine comes with 2 **Resistance Bands (No. 26)**. The user can use various **Resistance Bands (No. 26)** workout while on the machine like shown below.



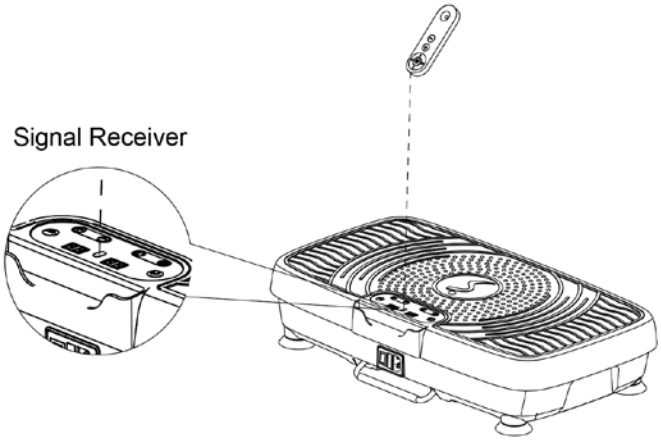
2. Without the **Resistance Bands (No. 26)**, there are also other ways to use the machine, as shown below.



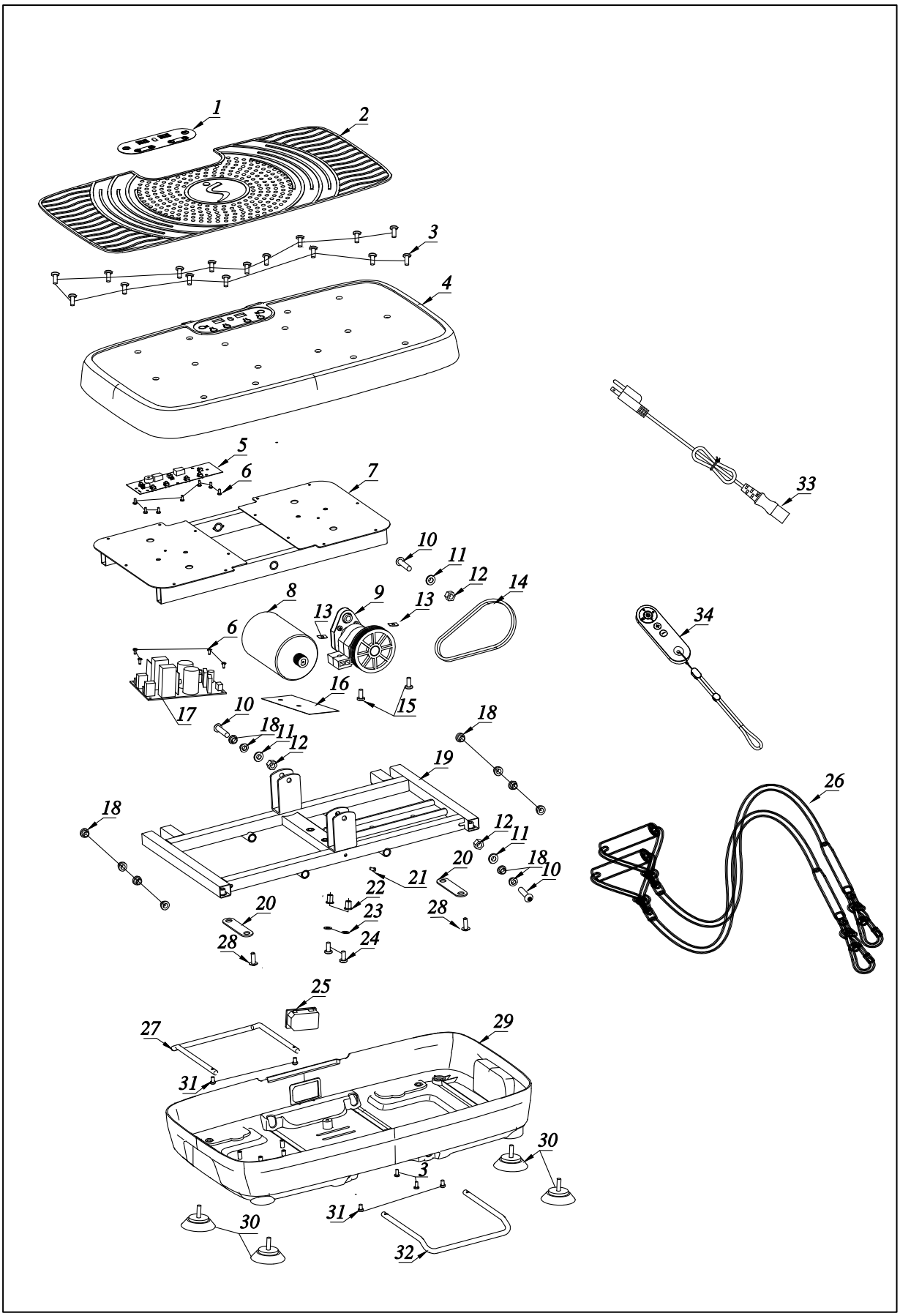
3. The remote control strap can be adjusted to fit the user's arm.



Note: When using the **Remote Control (No. 34)**, needs to point it to the signal receiver.



EXPLODED DIAGRAM



PARTS LIST

No.	Description	Specification	Qty
1	Console Sticker	136.5*48.6mm	1
2	Pedal Leather	PVC80°	1
3	Screw	M5*10	18
4	Up Cover	ABS	1
5	PCB#1 for Screen Display		1
6	Screw	ST3*8	11
7	Vibration Board		1
8	Motor		1
9	Spindle Unit		1
10	Screw	M8*40	3
11	Flat Gasket	φ8*16*1.5	3
12	Lock-Nut	M8	3
13	Thread Retainer	16*35*T2.5	2
14	V-Belt	4P/EPJ427	1
15	Screw	M6*25	2
16	Insulation Sheet	120*40*T0.25	1
17	PCB#2 for Motor Control	110V	1
18	Rotary Plastic Liner	POM	12
19	Bottom Rack		1
20	Band Brackets	80*20*T2.75	2
21	Screw	M5*10	1
22	Bush	POM	2
23	Flat Gasket	φ6*12*1.5	2
24	Screw	M6*30	2
25	Power Socket	DB-14-F4 2.0	1
26	Resistance Band	φ7mm	2
27	Pull Rod A	φ7.5*462mm	1
28	Screw	M6*16	2
29	Bottom Cover	ABS	1
30	Foot Pad	PVC	4
31	Screw	M5*6	4
32	Pull Rod B	φ7.5*438mm	1
33	Power Cord	US standard,3G0.75×1800	1
34	Remote Control		1

Version 1.1

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