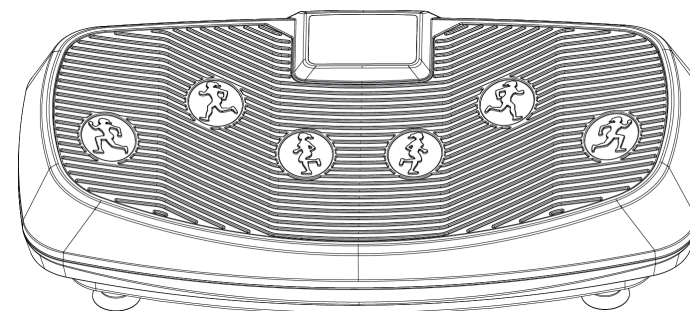


COSTWAY®



USER'S MANUAL
200W Vibration Plates
SP37319US

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Please give us a chance to make it right and do better!

Contact our friendly customer service department for help first.

Replacements for missing or damaged parts will be shipped ASAP!

Follow Costway

Visit us: www.costway.com



Contact Us!

Do NOT return this item.

Contact our friendly customer service department for help first.



Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Seperate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

Safety cautions

Operating environment

- *Do not use the product in dusty and wet conditions to avoid electric shock or malfunction.
- *Do not use the product when temperature is over 40°C
- *Do not place the product outdoor neither under direct sunlight
- *Please set the product on flat ground.

Contraindications

- *Please consult your doctor if you have any one of following issues:
- *Under therapy or feel uncomfortable
- *Malignant tumor patient
- *Pregnant or female who are in the menstrual period
- *Cardiopath
- *Osteoporosis patients
- *Implant cardiac pacemaker or other electronic equipment
- *Kids under 10 years or the aged who is over 60 years.
- *Disable or with prosthetic
- *Weak to vibration or Strenuous exercise
- *Please take off your watch, bracelet, mobile phone and other valuable objects to avoid damage, also take off your keys, knife and other sharp objects to avoid hurting yourself.
- *Do not smoke when you are using the product
- *Do not use other medical equipment at the same time.
- *Do not use the product for medical purpose
- *Do not use it after meal neither drunk.
- *Please keep kid or pet away when you are using the product, never put finger or other object into the gap between middle cover and base
- *The max load is 120KGS, do not use the product if the weight is over 120KGS.
- *Only one person use it at one time, do not use it with two people and more.

Prohibited matters

Never decomposes, disassemble or modify the product by yourself to avoid electric shock or malfunction. Please contact your vendor if there is any problem.

Please stop using the product and turn off the power also unplug under follow conditions:

Splash water or other liquid to the product or remote control by accident.

*Related spare part is broken or abnormal sound inside.

*Feel uncomfortable or pain when using the product

*Unexpected power off

*Unexpected thunder

Wire and plug issues

*Please check whether the voltage fits the product before using.

*Never touch the plug with wet hands to avoid electric shock

*Please take the plug when unplug the product, do not pull, bend or twist the wire.

*Please turn the power switch to off position and unplug the product if do not use it for a period or under unexpected power cut situation.

*Never use the product if the wire is damaged. Please switch off and unplug the product then contact professional maintenance staff.

This slimming body building machine can help to burn the extra fat in your body, even can help improve your fitness. The Balance Lateral movement and Amplitude Superimposed are the basic therapy to reach the extra fat burning and fitness improve goals.

The calorie burn by using the machine for 5~10 minutes is almost the same as jogging for 1 hour, so the quantity is 30 times, that can help you shape your body so easily.

The design of this product is very humanized, it has 50 steps of speed can meet different needs of different ages, also it is very convenient and the result is obvious.

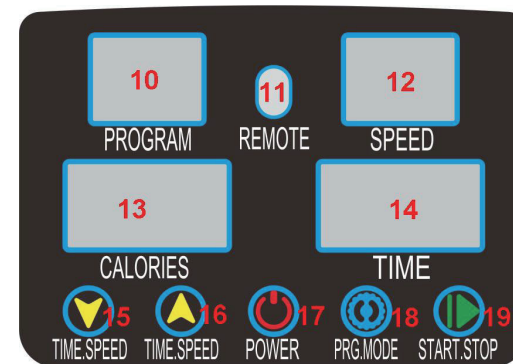
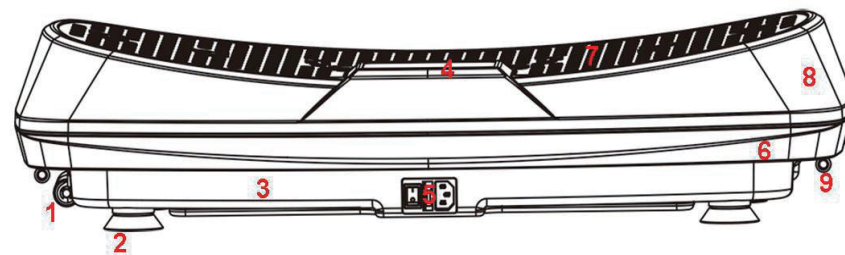
The vibration with high frequency and low amplitude also can reduce the bad effect from arthritis to feet and unbalanced legs caused by long time no walking of the aged.

All social circles confirmed it and Asia TV also has reported the issue already.

So it fits every family member. One important thing is which sports can help to burn extra fat, but not require you to diet, so it will not rebound. Only using this aerobic exercise machine 5~10 minutes you can burn the extra calorie of jogging by 1 hour, 5 minutes are not hard to stay.

And you use these 5 minutes, not only to help you (male): have a strong, fit body; (female) to help you have a charming body, but also accelerate your metabolism and delay aging. You can definitely use it with confidence, having it is equivalent to have health, beauty, and confidence.

Product Name and Functions



- | | |
|-------------------------|---------------------|
| 1. Moving Wheel | 11. Remote Receiver |
| 2. Rubber Pad | 12. Speed |
| 3. Base Cover | 13. Calories |
| 4. Control panel | 14. Time |
| 5. AC Socket | 15. Time/Speed- |
| 6. Middle Cover | 16. Time/Speed+ |
| 7. Foot Pad | 17. Power Button |
| 8. Upper Cover | 18. Program mode |
| 9. Resistance Band Ring | 19. Start/Stop |
| 10. Program | |

PROGRAM will display the present program, there are 88(initial program), p1, p2 and p3, 4 programs in all.

SPEED display the present speed, 01-50 steps.

CALORIES display present calorie, 000-260.

TIME will display the remaining exercise time, 001-010 minutes.

Speed/Time- , press this key to set time 10-01 minute under 88 mode, and press this key to set speed (50-01 step). It is invalid under P1, P2, P3.

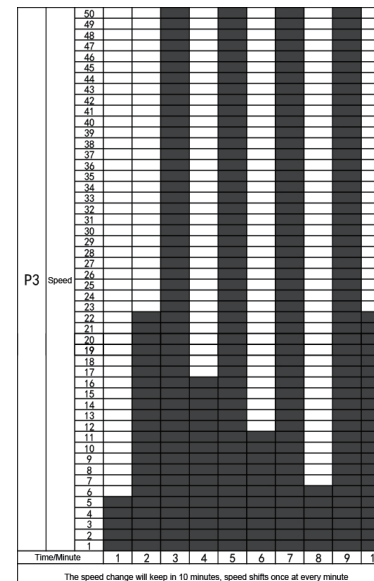
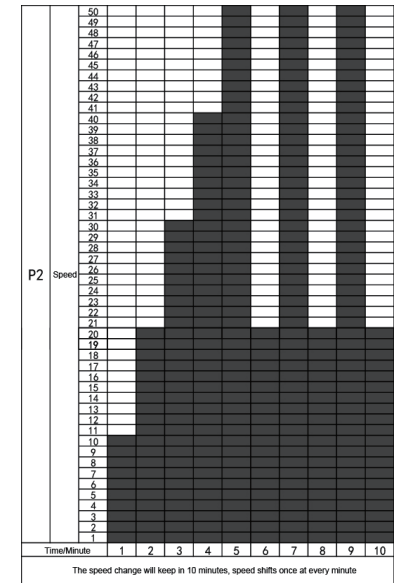
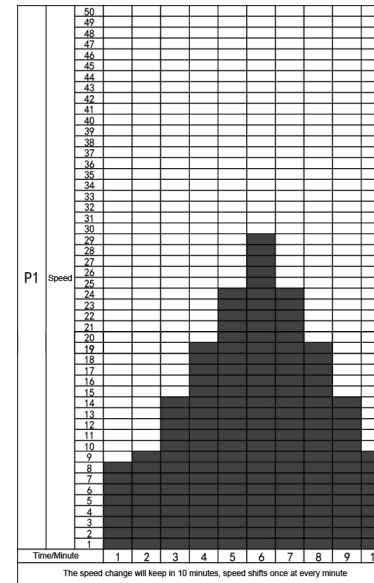
Speed/Time+ , press this key to set time 01-10 minutes under 88 mode, and press this key to set speed (01-50 steps). It is invalid under P1, P2, P3.

Power key, press to turn on/off the product.

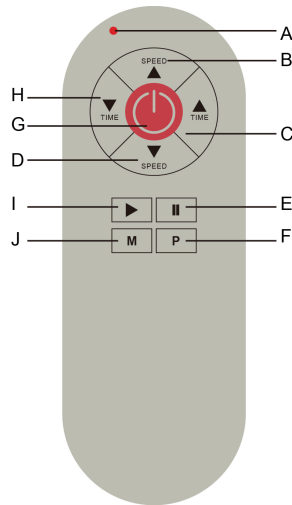
Mode, press this key to select mode from 88(initial mode),P1,P2,P3. You can adjust speed and time under 88 mode. P1, P2, P3 are auto program, speed and time are already set, the below speed display can be your reference.

Start/Stop: Press this key to start/stop the product

Auto program speed display:



Remote control Instructions



- A: Indicator, it will blink when you press any key on this remote control.
- B: Speed up, one press for increase one step of speed, you can increase speed fast by keep pressing this button, 1-50 steps.
- C: Increase time, one press for increasing one minute, you can increase time fast by keep pressing this button, 1-10 minutes.
- D: Speed down, one press for reducing one step of speed, you can reduce speed fast by keep pressing this button, 50-1 step.
- E: Press this button to stop the product
- F: Program button Press this button to change program from p1 p2 p3, one press shift one program.
- G: Turn on/off power
- H: Reduce time, one press for reducing one minute, you can reduce time fast by keep pressing this button, 10-1 minute.
- I: Press this key to start the product
- J: Press this key under 88 mode to shift speed in short cut, the speed will shift from 5,

15, 30, 45 and in circulation.

Note: The signal receive range is 2.5 meters, and try to use the remote control to the receiving window on the control panel.

Recommended Exercise Poses



1. Stand straight on the product on your shoulders' width, you can exercise your waist, butt and other important parts in this pose.



2. Stand on the product and bend your knees, you can exercise your legs efficiently in this pose.



3. Sit on chair then put your feet on the product, you can exercise your legs and feet efficiently in this pose.

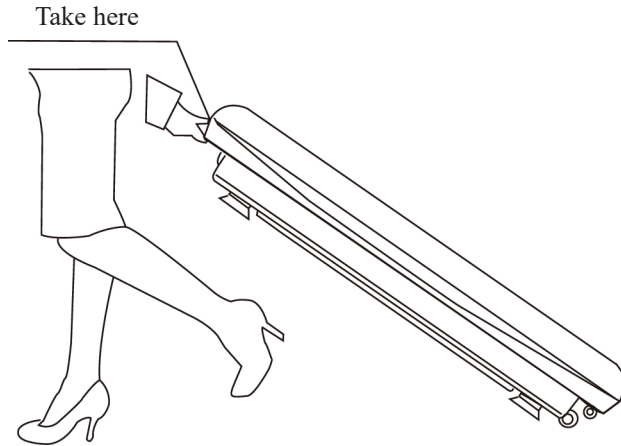


4. Sit on mat, put your legs on the product then support your body by your hands, you can exercise your legs in this pose.



5. Put your hands on the products on your shoulders' width and put your knee on mat then press the product, you can exercise your shoulders in this pose.

How to move the product and parts list



There are holding spaces under the middle cover on the both sides of the product. You can take the holding space and lift the product on 45°degree, then use the wheel to move the product to the place you want.

Parts

Base	1pc
Straps	1 set
Power cord	1pc
Remote control	1pc
Manual	1pc

Note: The parts are under the package, please check the list to avoid anything is missing.

Maintenance: Please make sure the product is off and unplug. You can use wet cloth with detergent to clean feet step area and base, then clean the detergent with dry cloth carefully.

Note

Do not use benzene, thinner, alcohol, gasoline or other corrosive and volatile detergent, or it may cause paint faded or internal structure corrosion, cracking and so on. Never spill liquid into the body to prevent short circuit.

Remote control

Use wet cloth to clean remote control may cause malfunction, please use only dry cloth to clean.

Please make sure the product is off power and unplug. Clean the product then keep it far away from high temperature also wet place. Please put it into dust cover(extra purchase) to protect it from dust if you won't use it for a long time.

Malfunction And Solution :

1	No power supply	Plug does not connect well	Plug the power cord and make sure it is connected correctly.
		Power switch is off	Turn on the switch and check whether the indicator light is on
		Short circuit causes fuse blown	Change another fuse with same specification
2	Product make the sound like "xyu xyu" or "dada" when it is running	It's the sound made by product with normal running, it's not malfunction.	It's no need to deal with the sound
3	Product has no react to remote control	The batteries of remote control may run out	Change batteries for remote control
		Remote control is out of range	The efficient control radius is 2.5M
4	Product stops when it is working	Initial working time is finished or motor over loaded protect	Wait 10 minutes and try it again. Reboot the product after the motor becomes cool
5	Control failure	You may operate it too many times in a short time	Turn it off and reboot the product

Parameter

Product Name:

Mode:B18/SP37319US

Voltage:110V

Power:200 W

Meas: 30.5" x 17.5" x 6.5"

N.W.: 34.5 lbs

Package Meas:32" x 19" x 8.3"

G.W.: 38 lbs

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all of our customers for taking time to assemble
this product and giving us valuable feedbacks.

