EVOLAND

Vibration Exercise Machine

User's manual

Thanks for purchasing this product, please read this manual carefully before use.

EVOLAND

Model No. JF-2168A

Precautions

Welcome to use this fitness vibrating machine. For your safety, please read the following carefully before use.

1. Please read the instructions carefully before installation and use.
2. Warm up before use. It is strictly forbidden to dismantle the body vibrating machine by yourself. If there is any problem, please contact with the EVOLAND standard before use.
3. The vibrating machine can be installed and used on a clean indoor floor.
4. Do not move when using the body vibrating machine. Please turn off the power when moving the machine. Do not pull the power cord when moving the machine.
5. Check the appearance of the product and the operation of each part before each use. If there is any abnormal, please turn off the machine immediately and contact the dealer or our service center.
6. Please keep power cord away from heated surface. Do not use the product in a place where is outstanding (especially if there is problem with the power cord).
7. Children or people with mobility impairments must use it under supervision.
8. Patients with heart disease, diabetes, kidney disease, liver disease, cancer or other serious illnesses should not use this product.
9. Trauma patients, women during pregnancy and menstruation are prohibited from using.
10. This product is designed for home (indoor) use, if it is used in a professional fitness facility, we provide paid maintenance service in the event of a quality problem.

Product introduction

1. Ergonomic design, novel appearance, intelligent display, display time and speed.
2. 99 adjustable speed levels for Manual mode, plus 5 Auto modes to meet the needs of different people.
3. Adopt efficient and stable silent motor.
4. Equipped with multi-protection: overheat feedback system, overheating automatic power-off, overload circuit protection.
5. Equipped with remote control, convenient and easy to use.
6. Ergonomic design physical healthy way to shape fat.
7. Non-slip feet suction cup, does not hurt the floor.

Product Specification

Voltage	Frequency	Power	Gear	Program
220-240V~	50-60Hz	200W	1-99	P1/P2/P3/P4/P5

How to use this program

Manual Mode Setting

1. After power switch button ON, press "Power" button to start machine.
2. Speed Adjust: Press the button to adjust speed, from 1 to 99 gears. Unit available with the auto programs.
3. Time: In motion: Press the "Time" button to adjust the time when you are a manual mode, unit available with the auto programs.
4. Note: This standby can adjust the time, the speed is not adjustable, when operating, speed adjustable, but time is not adjustable. Unit available with the auto programs.

The auto recording range of remote control is 3.5M.
The infrared light on the remote control must align with the infrared receiver window on machine.

Auto Mode Setting

(Adjustable between speed and time timing 10 minutes)

1. Press power switch button, and choose the Auto Mode (from P1-P5). Press button "P" once the machine enter into auto-mode Program "P1", Press button "P" twice the machine enter into auto-mode Program "P2", Press button "P" three times the machine enters into auto-program "P3", Press button "P" four times the machine enters into auto-program "P4", Press button "P" five times, the machine enters into auto-program "P5".
2. Press the start button the machine will start the chosen program. Default time is 10 minutes, you cannot adjust the time and speed when you start an auto-program.

Bluetooth Connection

1. Open Bluetooth function on, open the "ON" button on the machine), Bluetooth signal of machine will light up.
2. Open Bluetooth of your phone, you can see a name "Bluetooth Exercise Machine" in the Bluetooth list.
3. Open music app on your phone, choose the music you like to start play, you will hear the music plays from loudspeaker of the machine you using.

Instructions

1. Stand on the body vibrating machine and press/ Stand/Sitting button on the remote control to start vibrating.
2. Refer to the button description for the specific operation of the remote control.
3. Description of the stance of the three major vibration zones: Select the vibration area, the body, the hips and the legs, and the different vibration stances that exchange the intensity of your exercise and enjoy the stimulating experience brought by different methods.

Motion posture description

This machine can completely relax your body and mind, relieve the soreness, eliminate fatigue, reconstruct the blood, improve the circulation of the body, promote the metabolism of the cells, and make the skin more elastic. It can also treat insomnia, dizziness, stomach discomfort, noisy ears and not feeling during the initial use, which can be used as a daily or weekly exercise.

Cleaning

Before cleaning

Wipe the surface of the power before cleaning, and make sure the power plug is unplugged. Remove the power plug when not in use or when there is a power outage. Remove the power plug when it is not in use or when it is not in use. Do not use chemical solvents, such as gasoline, benzene, alcohol, or glutinous rice water to wipe the body to prevent plastic deformation.

2. Machine maintenance

Keep the product clean and away from high temperature and humidity. If you do not use the product for a long time, please disconnect the power plug from the power supply, then cover the product with a dust cover.

Phenomena	Possible cause	Solution
Unable to Start	Power plug is not inserted properly	Plug it well
	Power switch is not turned on	Turn it on, the indicator light will light up
	The remote control is not in the operation mode	Change it over and operate again

Phenomena	Possible cause	Solution
The remote Unable Head Start	It is outside other working frequency	No need to do anything
The remote has no response, the indicator light is dim	Battery is exhausted	Replace the batteries
The remote control is not in the operation mode	The effective distance of the remote control is 1.5M	The effective distance of the remote control is 1.5M
Stop during use	Overall locking time is up	Reset
Unable to operate pressure	Electronic components too sensitive	Turn off the power and restart

After-sales service

This product enjoys two year warranty. Within a limited warranty or two full years from the purchase date, if the product is found to be defective in material or workmanship, we will repair or replace the product free of charge. Warranty does not cover any damage or defects caused by improper use or improper maintenance. The faults caused by accidental damage, unauthorized repair, improper storage and transportation, or other products not included in the warranty.

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The icons that crossed out wheeled bin (WEEE/TURE) indicate that the product should not be disposed of with other household waste throughout the entire lifecycle, in accordance with the EU directive. Improper disposal of waste from unwanted waste disposal, equipment is dangerous to promote the sustainable re-use of material sources.

To return your used device, please use the return and collection systems or contact Customer Care for further recycling and WEEE information.

Disposal Notes:

This appliance complies with the EU directive 2012/19/EU on the disposal of electrical and electronic equipment (WEEE).

This appliance complies with the European directive for electromagnetic compatibility (EMC) 2014/30/EU and its revisions, as well as Low Voltage Directive 2014/35/EU and its revisions.

The symbol on the product or on the packaging indicates that this product shall not be disposed of with other household waste. Instead, it is your responsibility to dispose of your waste equipment by handing it over to a designated collection point for the recycling of waste electrical and electronic equipment. The separate collection and recycling of your waste equipment at the time of disposal will help conserve natural resources. It ensures that the material is recycled in a way that protects human health and the environment. For more information about where you can drop off your waste equipment for recycling, please contact your local city office, your household waste disposal service or the shop where you purchased the product.