



VIBRATION PLATE VI5.0

HIGH-PERFORMANCE VIBRATIONS

ADJUSTABLE SPEED LEVELS

FULL-BODY TRAINING

INTEGRATED EASY-READ LCD DISPLAY

5 PRESET AUTOMATIC PROGRAMS

COMPACT & STABLE DESIGN



TECHNICAL SPECIFICATIONS

SKU	61265-BL	61265-SP
EAN	6430062515817	6430062515824
Color	Black	Silver-Purple
Size	52.5 x 30.5 x 12 cm	
Weight	7 kg	
Max load	160 kg	

Motor	200 W
Voltage	220-240V~ 50/60Hz
Speed	1850 - 3200 RPM
Console	Control Panel with LCD Display
Amplitude	0 - 8 mm
Remote Control	2 x AAA Battery (LR03/1.5V)



NOTE

Read all instructions carefully before using this product. Retain this owner's manual for future reference.



WARNING

Read and follow all safety instructions carefully. Failure to follow safety instructions could result in serious injury.



IMPORTANT

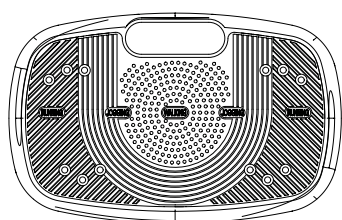
The specifications of this product may vary and are subject to change without further notice.



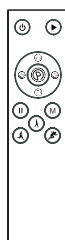
DANGER

To reduce risk of electric shock, always unplug this appliance from the electrical outlet immediately after using and before cleaning.

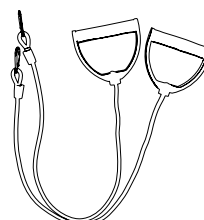
CONTENTS



Vibration Plate



Remote Control



Resistance Band X2



Power Cord

BEFORE YOU BEGIN

Thank you for choosing Gymstick training equipment. We are proud to provide you with a high-quality product designed to help you feel better, move with confidence and enjoy life to the fullest. Before using your product, please take time to carefully read this entire manual and follow its instructions to ensure your safety.

GENERAL SAFETY & USER GUIDELINES

- ▲ It is the responsibility of the owner to ensure that all users are properly informed as how to use this product safely.
- ▲ Before using this product, consult your physician first. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.
- ▲ Do not use the product if you are pregnant, have a pacemaker, recent surgery, joint implants or any vibration-sensitive condition unless approved by a doctor.
- ▲ Not recommended for individuals with serious health conditions such as heart disease or balance disorders without medical advice.
- ▲ If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
- ▲ Only use the product for its intended purpose as described in this manual. Not for medical treatment.
- ▲ This product is not a toy. Keep children and pets away from the product at all times. Never leave children unattended in the same room with the product.
- ▲ Not suitable for children under 3 years. Children under 14 years must be supervised by an adult.
- ▲ Avoid use immediately after eating or when under the influence of alcohol or medication affecting balance.
- ▲ First-time users should hold onto a stable support (such as a wall or chair) until comfortable with the vibration.
- ▲ This product is intended for indoor use only. Do not use outside.
- ▲ This product is designed for home use only. Do not use for rental or commercial purposes.

SAFE OPERATION & USAGE

- ▲ Always place the product on a flat, stable and non-slip surface. Do not use on carpets, uneven flooring, elevated areas or slippery surfaces.
- ▲ Ensure there is adequate space around the product to prevent falls or collisions. Remove any sharp or otherwise dangerous objects near the product.
- ▲ It is important to check that the product is in good shape on a regular basis. Do not use the product if its not functioning properly.
- ▲ This product is designed to be used for one person at a time. Do not use with more than one person.
- ▲ Start at a low intensity and gradually increase. Limit each session to 15 minutes and allow rest between sessions.
- ▲ Maintain proper posture and balance at all times. Never jump on the plate.
- ▲ Wear appropriate workout clothing. Avoid loose clothing that may affect balance or get caught up in moving parts. Remove items like jewelry and watches before use.
- ▲ Use with non-slip footwear, socks or barefoot. Do not use with wet feet.
- ▲ Keep hands, feet and objects away from gaps or moving parts during operation.
- ▲ In case of emergency, press the power button immediately and step off the device carefully. Always know how to stop the machine before use.
- ▲ Allow the machine to rest and cool down after extended use.
- ▲ Do not exceed the maximum user weight.

ELECTRICAL & HANDLING SAFETY

- ▲ Ensure the power supply matches the product's specifications.
- ▲ Do not use if the power cord or plug is damaged.
- ▲ Never unplug with wet hands. Always pull from the plug when unplugging, not the cord.
- ▲ Disconnect the power after use and before cleaning, moving or maintenance.
- ▲ Do not expose the product to water, liquids or rain to avoid electric shock.
- ▲ Do not use during thunderstorms or lightning conditions.
- ▲ Do not use in extremely humid, hot or dusty environments to avoid possible electric shock or breakdown of the mechanical parts.
- ▲ Always turn off and unplug before moving the product. Do not pull or carry it by the power cord.
- ▲ Do not attempt to open, modify or repair the product yourself, contact qualified service personnel if needed.

MAINTENANCE & CARE

- ▲ Turn off and unplug the product before cleaning.
- ▲ Clean using a soft, damp cloth with mild detergent, then wipe dry. Do not use abrasive or corrosive cleaners.
- ▲ Keep ventilation areas located on the underside of the vibration board free from dust and debris.
- ▲ Store in a cool, dry place, away from direct sunlight, heat and humidity.
- ▲ Do not place heavy objects on the product during storage.
- ▲ If not used for a long period, unplug the product and cover it to prevent dust buildup.
- ▲ Ensure the unit is completely dry before reuse after cleaning or storage.
- ▲ Regularly inspect for wear, loose parts or unusual noise.

CONTROL PANEL

Program select
(Auto or Manual)

Power ON/OFF

Start or Stop



Increase
(Time or Speed)

Infrared Receiver

Decrease
(Time or Speed)

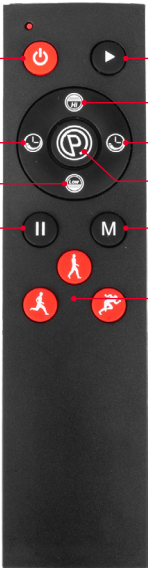
REMOTE CONTROL

Power

Time (-)

Vibration (-)

Stop



Start

Vibration (+)

Time (+)

Program

Speed Cycle

Quick-Select

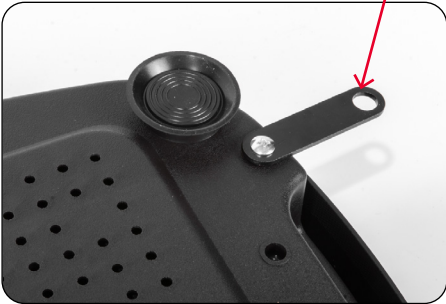
PROGRAM SPEEDS

	P1	P2	P3	P4	P5
10 min	5	2	30	50	80
9 min	10	5	35	56	70
8 min	15	7	35	60	52
7 min	20	10	25	68	80
6 min	25	12	35	76	60
5 min	27	15	30	80	80
4 min	35	35	40	90	80
3 min	40	25	30	70	92
2 min	25	20	32	56	99
1 min	15	15	26	60	80

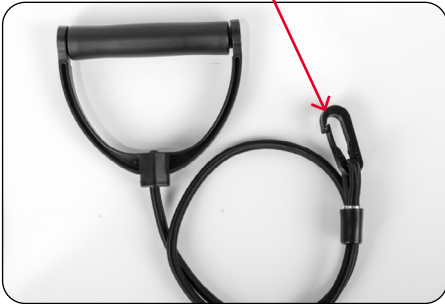
ATTACHING THE RESISTANCE BANDS

1. Locate the attachment points under the vibration board on each side.
2. Rotate the attachment points outward until they extend beyond the edge of the board.
3. Take one resistance band and attach the clip at its end to the attachment point.
4. Repeat for the other side with the second band, ensuring both bands are firmly clipped.
5. Check by gently pulling on each band to confirm they are securely attached before starting your workout.

ROTATE ATTACHMENT POINT



ATTACH USING CLIP





OPERATION INSTRUCTIONS

Vibration training is an efficient way to enhance muscle activation, improve circulation and support overall fitness in shorter sessions. Vibration Plate provides versatile modes and intensity settings, allowing you to customize each workout for strength and recovery. Follow the instructions below to start safely and make the most of your vibration training sessions.

Getting Started

1. Connect the power and switch on the main power button.
A beep will sound, indicating normal operation and the display will show "--".
2. Press the Power button to enter standby mode.
3. Press the Start button to begin operation.
4. Press the Stop button at any time to stop the machine.

MODES & FUNCTIONS

Automatic Mode (Programs P1-P5)

1. Press the Program button in standby to select an automatic program (P1-P5).
2. Press Start to begin the selected program.
3. Each program runs for a default duration of 10 minutes.

(Check the Program Speed chart for details)

Manual Mode

1. Adjust speed using the Speed + / - buttons.
2. Adjust time using the Time + / - buttons before starting.
3. Press Start to begin the session.

Speed Cycle Function

In manual mode, press the Speed Cycle button to automatically cycle through speed levels (e.g. H30 → H60 → H90).

Quick Program Selection

Use the quick-select buttons to instantly choose preset intensity levels to quickly enter automatic mode. (Walk - Slow / Jog - Medium / Run - Fast)



NOTE

Speed cannot be adjusted when using automatic programs.



WARNING

Time and program settings cannot be changed once the machine is running.

USE METHODS



Standing (legs apart)

Stand upright on the product with your feet shoulder-width apart. This position helps engage your waist and glutes, reducing tension and enhancing muscle tone.



Standing (knees bent)

Stand on the product with your feet apart and knees slightly bent. This posture targets the thighs, helps relieve soreness, improves blood circulation and accelerates burning fat.



Seated (chair or sofa)

Sit on a chair or sofa and place your feet on the product. This position works both your thighs and calves.



Seated (on the floor)

Sit on the floor or carpet with your legs placed on the product. This helps exercise and relax your leg muscles.



Kneeling (forward lean)

Kneel on the floor and place your hands on the product, leaning your body forward. This position helps strengthen your shoulders and arms.

TROUBLESHOOTING

Issue	Possible Cause	Solution
Product cannot be started	The power plug is not in place.	Check that the power plug is properly inserted at both ends.
	The power switch is off.	Turn on the power switch on the machine.
	The fuse is burnt.	Replace with a new fuse of the same model.
Remote controller is not responding	Batteries have no charge.	Replace the batteries.
	Controller is too far away from the product.	Use the controller closer to the product. Effective distance max 2.5 meters.
Product suddenly stops	The default operating time has been reached.	Turn the product off and allow it to rest for about 10 minutes, then restart it.
Product not responsive	Too many commands sent to the product and cannot be responded in time.	Power off and then restart the product.
Sounds during operating	Normal sound generated by the motor or from the abrasion between mechanical units.	No additional maintenance is required.

IMPORTANT ELECTRICAL INFORMATION**WARNING**

This machine requires a right power source in order to operate properly. For your safety and others, please verify that the power source is correct before plugging the equipment. An incorrect power source or faulty connection could cause significant damage to the equipment and/or the user.

Correct power source:
220-240V~ 50/60Hz

**WARNING**

This product must be grounded. Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded.

Do not modify the plug provided with this product. If it does not fit your outlet, have a proper outlet installed by an electrician.

IMPLIED WARRANTY

The importer of this product assures that this product is manufactured with high quality materials. The implied warranty is valid for 2 (two) years, beginning from the date of purchase.

The warranty is valid for home use.

The warranty applies to the following parts:

- All parts included in the original delivery

The warranty does not cover:

- Incorrect installation
- Damage caused externally
- Failure to carry out regular maintenance and servicing
- Improper use and handling of the equipment
- Improper storage of the equipment
- Non-compliance of the operating instructions
- Wearing parts and expendable parts

MANUFACTURED FOR

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**DISCLAIMER**

The manufacturer and its associates and partners have no liability, obligation or responsibility to any person or entity for any loss, damages or adverse consequence alleges to have happened directly or indirectly as a consequent of this product.



Products marked with these symbols must be disposed of separately from your household waste, as they contain valuable materials which can be recycled. Proper disposal protects the environment and human health. Your local authority or retailer can provide more information on the matter.