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**FITMAX
VIBRATION
PLATE**

SKU KM-818



EILISON
BETTER TOGETHER

BRAND STORY:

Health and happiness are interrelated. You can be the richest, most successful person but if you are not healthy, you will never be at peace mentally. Unfortunately, this is something that people realize a little too late in life. Fortunately, we are here to give you a small reminder of this fact. Sometimes we wish to start the journey of a healthier, fitter life but we lack guidance. We don't know where and how to start. Eilison was started with the intention of giving just that. We, the founders of the brand, have witnessed this first hand with people in our lives. Situations where health was taken for granted or ignored due to lack of proper assistance, only to regret it later. Our aim is to make sure it does not happen to anybody else. We are not here only to sell the best quality products. We are here to ensure you have the best quality lifestyle.



Fitmax Vibration Plate

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TECHNICAL DATA:

Product Name	Eilison Fitmax Vibration Plate
Brand Name	Eilison
Warranty	Lifetime
Max load	350lbs/150kg
Function	Oscillation
Oscillation Movement	Pivot (Up & Down)
Vibration Speed Level	1-120
Display	LCD Display
Power	300W
Voltage	110 V AC

WHAT'S IN YOUR PACKAGE:



Vibration Plate



Power Cord



Loop Bands



Remote

ABOUT THE PRODUCT:

Eilison Fitmax vibration plate uses noiseless powerful motor to generate pivot oscillations. Helps in lymphatic drainage, increase bone density, improves blood circulation, reduce belly fat, reduce weight.



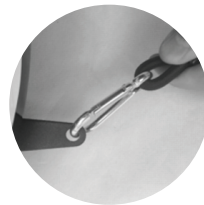
EASY SET UP GUIDE

SET UP THE FITMAX

1. Remove the Fitmax vibration plate and all the accessories from the packaging box and inspect all the items for shipping damage.
2. Remove the back of the remote control and insert two AAA batteries (not included).

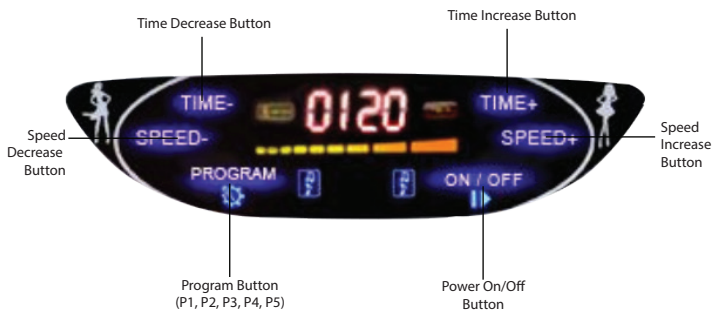
NOTE: Be sure to insert the batteries as per the polarity made inside the battery compartment. (SHOW IMAGE)

3. Insert the loop resistance band on the bottom of the vibration plate using the hook on the bands to the clamps under the base of the vibration plate.
4. Plug the vibration plate into power source, now your vibration plate is ready to use.



OPERATING INSTRUCTIONS:

USING THE DISPLAY PANEL



1. **Power Button:** Press the button to power the FITMAX on and off.
2. **Program Mode Button:** Press the button to select a preset workout program: P0–P5.
3. **Start Button:** Ensure power is turned ON. Press the button to activate the selected program or begin a custom workout in manual mode.
4. **Stop/Pause Button:** Press the button to stop the selected program or manual mode workout.

5. **Speed Increase/Decrease Buttons:** Press the buttons to adjust vibration speed in manual mode. Press Start to begin manual mode before adjusting the speed.

NOTE: You cannot adjust the speed when in program mode.

6. **Speed Display:** The display shows vibration speed for the current program or custom workout.

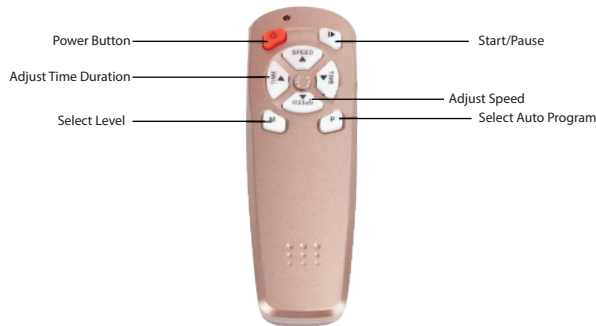
7. **Remote:** Infrared receiver window for the remote.

8. **Time Display:** The display shows the duration of the current program or custom workout.

9. **Time Increase/Decrease Buttons:** Press the buttons to set the time duration in manual mode.

NOTE: You cannot adjust the time when in program mode.

USING THE REMOTE



- 1. Power Button:** Press the button to power the FITMAX on and off.
- 2. Program Mode Button:** Press the button to select a preset workout program: P0–P5.
- 3. Start/Stop Button:** Ensure power is turned ON. Press the button to activate the selected program or begin a custom workout in manual mode. Press again to stop the selected program or manual mode workout.
- 4. Time Increase/Decrease Buttons:** Press the buttons to set the time duration in manual mode.

NOTE: You cannot adjust the time when in program mode.

5. Speed Increase/Decrease Buttons: Press the buttons to adjust vibration speed in manual mode. Press Start to begin manual mode before adjusting the speed. **NOTE:** You cannot adjust the speed when in program mode.

Using the vibration plate in Manual Mode:- In Manual mode, Vibration speed corresponds to the following levels

LOW SETTING	MEDIUM SETTING	HIGH SETTING
(1-40)	(40-80)	(80-120)

Now create the custom workout using the following steps:-

1. Press Power button to turn on your machine and stand on your machine as per the feet adjustments shown in the image at “F” below.
2. Press Start/Pause button to activate the machine.
3. Use time and speed buttons as described above to set the time and speed as per your requirement.

4. When machine is vibrating you can press “M” button on remote to toggle speed level directly to 20, 50 and 110.

5. You can press the start/pause button at any time to pause your workout.

Note:- While machine is vibrating you will be able to increase/decrease the speed but not time. To change time duration of workout you need to press start/pause button to pause the machine and then set time as per your requirement to start workout again.

USING THE MACHINE IN AUTO MODE

1. Press power button to turn On or Off your machine.
2. Use time button to increase / decrease time.
3. Press P button to toggle between 5 auto modes: P1,P2,P3,P4,P5.
4. Press Start/Pause button to active machine.
5. You could press the Start/Pause button at any time to pause workout before the setting time ends.

Important: In auto mode you will not be able to change time, speed, and toggle P1~P5 while it vibrating. If you want to toggle P1~P5, pls press the Start/Pause button firstly, and secondly press P button to set mode, then finally press Start/Pause button to work out again.

Note:

- To stop machine any time please press power button.
- Max timing that can set is 15 minutes.
- Speed Level 1-120

CHOOSING A PROGRAM

WORKOUT/PROGRAM MODE

Beginners/Easy/Low Setting (P0-P2)	Intermediate/Medium Setting (P3-P4)	Advance/Intense/High Setting
<p>This workout mode is for the beginners and have following good impacts:</p> <ul style="list-style-type: none">• Detoxification• Increased bone density• Improved balance• Lymphatic drainage• Improved posture	<p>This workout mode is for the people who is using the vibration plate continuously for two months and it will have following additional benefits along with the existing benefits:</p> <ul style="list-style-type: none">• Joint maintenance• Fat loss• Cellulite removal	<p>This workout mode is for the people who are in the advance category of workout and is equivalent to workout in the gym and will have following additional benefits:</p> <ul style="list-style-type: none">• Muscle growth• Power accumulation• HGH release

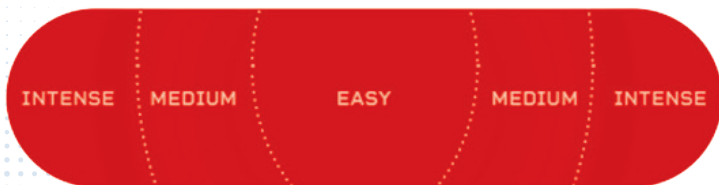
ADVANCE/INTENSE/HIGH SETTING:

The Fitmax vibration plate will change speed once in a minute, speed level depends on the level you have chosen (as outlined in the chart below)

		MINUTES															
Speed	Program	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
Low	1	2	4	6	8	10	13	15	12	9	8	8	10	13	15	12	
	2	8	14	8	14	8	20	8	14	8	14	14	8	20	8	14	
Medium	3	12	23	29	38	49	6	68	76	48	29	38	49	56	68	76	
	4	9	13	16	21	24	35	67	50	38	30	21	24	35	67	50	
High	5	23	55	23	55	23	55	23	55	23	55	23	55	23	55	23	

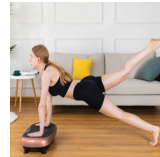
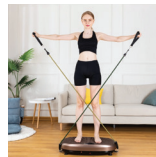
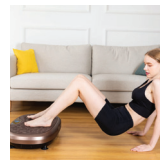
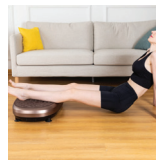
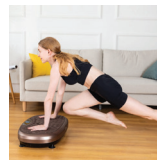
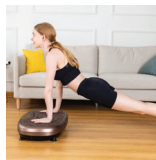
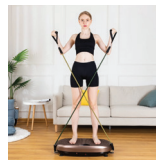
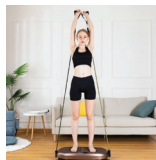
STANDING POSITIONS FOR DIFFERENT WORKOUTS:

Stand your feet as per the image to make your work out an “Easy”, “Medium” or Intense.



EXERCISE GUIDE:

Our Fitmax Vibration plate supports a large number of exercises which has been shown for your guidance as below. You can also find the related video at our Website www.eilisionglobal.com and on our youtube channel www.youtube.com/@eilisionglobal6330.



HORIZONTAL ADJUSTMENT:

While using the machine you may observe some noise which is due to the improper adjustment of the machine and to adjust that please find the rubber feet of the machine at the bottom and adjust them properly.



Note: It is advisable to use the machine at only hard surface and avoid using it on the soft places like carpets.

BENEFITS OF USING VIBRATION PLATE:

Using a vibration plate offers a myriad of benefits:

- 1. Improved Circulation:** The vibrations generated by the plate stimulate blood flow throughout the body, which can help improve circulation, particularly in areas prone to poor circulation such as the legs and feet.
- 2. Enhanced Muscle Strength:** The repetitive muscle contractions induced by the vibrations engage and strengthen muscles, promoting better overall muscle tone and strength, crucial for maintaining mobility and independence as we age.
- 3. Increased Bone Density:** Regular use of a vibration plate has been shown to help increase bone density, which is particularly important for seniors as it can help reduce the risk of osteoporosis and fractures.
- 4. Enhanced Balance and Stability:** The vibrations challenge the body's balance and proprioception, leading to improvements in balance and stability, thus reducing the risk of falls and fall-related injuries.
- 5. Joint Pain Relief:** For seniors experiencing joint pain or arthritis, the gentle vibrations can provide relief by increasing joint mobility and reducing inflammation.
- 6. Improved Flexibility:** The vibrations help to relax muscles and improve flexibility, making it easier to perform daily activities and reducing the risk of injury.

7. Weight Management: Vibration plate exercises can help burn calories and promote weight loss when combined with a healthy diet and regular exercise routine.

8. Stress Reduction: The rhythmic vibrations have a calming effect on the body, promoting relaxation and reducing stress levels, which is beneficial for overall well-being, especially for seniors dealing with stress-related conditions like hypertension.

9. Enhanced Lymphatic Drainage: Vibration therapy can stimulate the lymphatic system, helping to remove toxins and waste products from the body, thus supporting overall immune function and detoxification.

10. Convenience and Accessibility: Vibration plates are easy to use and can be used in the comfort of your own home, making them a convenient option for seniors looking to improve their health and fitness levels without having to travel to a gym or fitness center.

SAFETY PRECAUTIONS:

- Not suitable for children and pregnant women!
- Use only as intended.
- Use only indoors, only in a dry environment.
- Do not use if the device malfunctions, or any of its components are damaged.
- Do not jump on the device.

- Place the device only on a stable, level and moisture-resistant surface.
- After use, the device should be turned off and unplugged.
- Before using the device, do some warm-up exercises.
- Gradually increase the speed, intensity and duration of exercise.
- Only one person can use the device at a time.
- Consult your doctor if you experience pain in your joints or other areas, an abnormal pulse, or other worrisome symptoms.
- If you have not led an active lifestyle for a long time, or if you have heart problems, neurological problems, circulatory disorders or orthopedic problems, you should consult your doctor before using the device.
- Stop using the device immediately if you feel tired, uncomfortable or dizzy.
- This device is not intended for use by persons with limited physical, sensory or mental abilities, and lack of experience and knowledge, unless they have been properly instructed by a person responsible for their safety.

WARNING: Before starting any exercise program, consult your doctor. This is especially important for those with pre-existing health problems. The manufacturer is not responsible for personal injury or property damage incurred as a result of improper use of this product.

CONTRA-INDICATIONS:

DO NOT use the vibration device without a doctor's approval in the following cases:

- Pregnancy
- After an operation or surgical procedure
- Knee, shoulder, back or neck injuries
- Retinal diseases

It is again strongly recommended that you consult a doctor before using a vibration device if you experience any of the following symptoms:

- Cardiac or circulatory disease
- High blood pressure
- Acute thrombosis
- Acute hernia
- Severe diabetes
- Epilepsy
- Severe migraines
- Malignant neoplasm

- Pacemaker, metal implant, artificial joints or limbs, stents or IUDs.
- Metal plates or pins
- Recent illnesses or infections
- Deep vein thrombosis

WHAT ELSE YOU GOT?



For all such or any other complaints/ queries, email us at customercare@eilisonglobal.com or WhatsApp us on +1 (415) 400-9913.