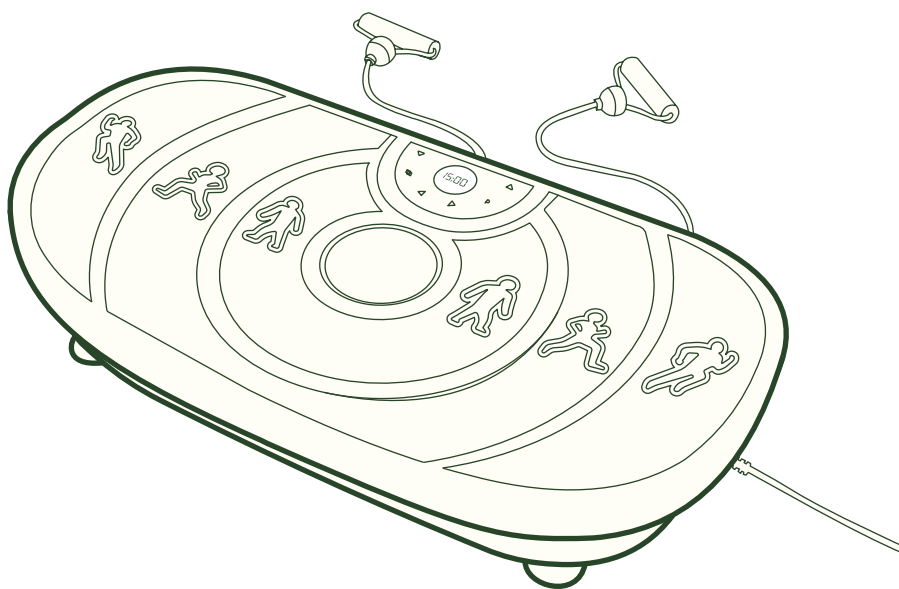


User Guide

Vibration Platform



• ISSUE: MWI0003_V1 • ISSUE DATE: 28-08-2026 •



Model Number:

› TD006C-8

*Styles may vary.



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Introduction

Incorporating a vibration platform into your routine is an excellent choice for your personal fitness. Whole-body vibration therapy is grounded in decades of biomechanical research. Sports scientists and physical therapists have consistently documented how this type of rapid stimulus activates muscle fibres and increases local circulation.

The machine is designed to engage your body's natural reflexes. The platform uses high-frequency oscillations to safely challenge and strengthen your frame. This controlled system provides a highly adaptable, low-impact way to improve your everyday physical conditioning.



Safety Note

Please consult a qualified health care professional before starting any new exercise program, especially if you have any medical condition, injury, or pregnancy. Wear comfortable athletic clothing that allows you to move freely. Stop exercising if you feel pain, dizziness, or discomfort. Listen to your body and rest as needed. This device is used by one person at a time. Children are not allowed on or around the equipment without adult supervision.

A Vibration Platform can be used for:

- › Stimulating rapid muscle contraction
- › Enhancing local blood circulation
- › Supporting your body during active recovery
- › Developing core stability and balance
- › Providing low-impact joint conditioning
- › Adding targeted upper-body resistance
- › Relieving everyday muscular tension
- › Maximising your at-home exercise efficiency



Exercise Guidelines

Ensure you consult a medical professional before starting any new physical routine, particularly if you are over the age of 45 or managing pre-existing health conditions.

Consistent movement is an effective method for managing your weight, enhancing your general fitness, and mitigating the physical impacts of both stress and aging. For the most beneficial results, aim to integrate these movements into your daily life in a way that feels sustainable and enjoyable.

Warm-Up Phase

Begin every session with five to ten minutes of light mobility work and stretching. This safely elevates your core body temperature, heart rate, and blood circulation before you begin. Ease gradually into your main routine. Once properly warmed up, you can increase the pace to match your target program, maintaining a steady intensity to optimise your physical performance. Remember to maintain deep, consistent breathing throughout exercise.

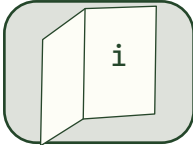
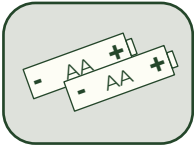
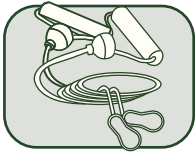
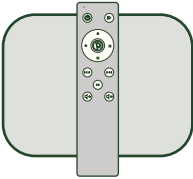
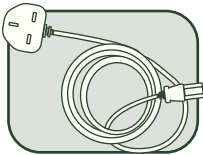
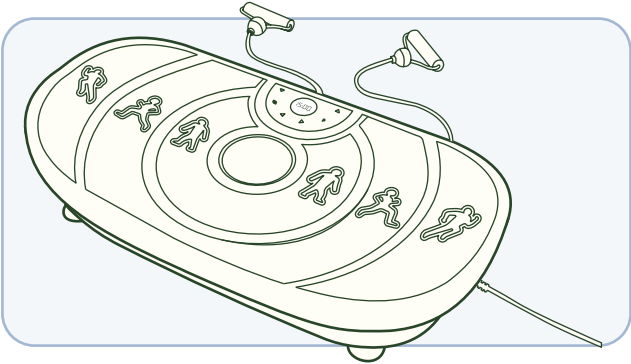
Cool-Down Protocol

Conclude your routine with at least one minute of light, continuous movement, such as a gentle walk or jog. Follow this with an additional five to ten minutes of dedicated stretching. This controlled deceleration supports muscle flexibility and significantly helps to prevent post-exercise physical complications.



Parameter	Value
Output Power	200W (Peak 1000W)
Input Voltage	110V-220V AC (50Hz)
Frequency	5 - 15Hz
Max. User Weight	150KG

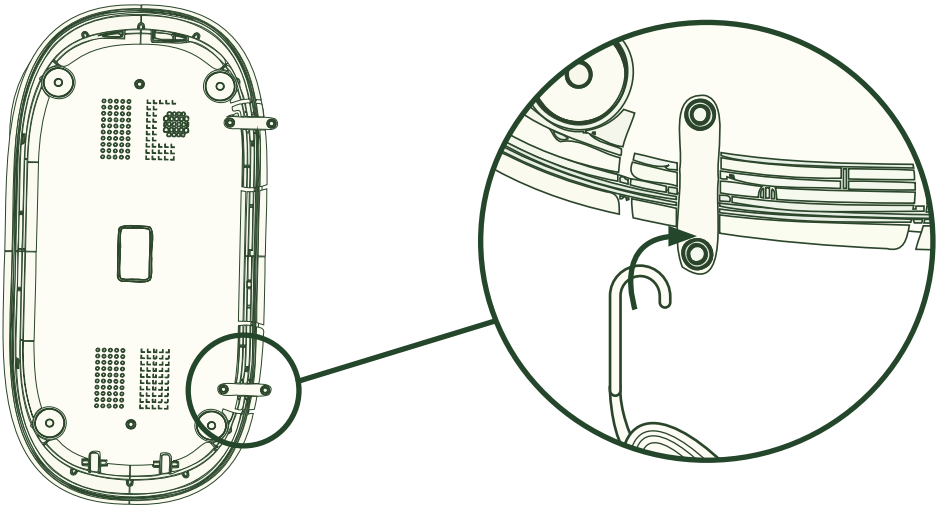
Package Contents





Product Information

Rope Attachment



To extend the ropes:

1. Hold the handle and push the rope upward through the middle opening to create slack.
2. Pull the slack down through the bottom opening until you reach your desired length.
3. Pull the bottom end of the rope tight to secure it and straighten the handle.

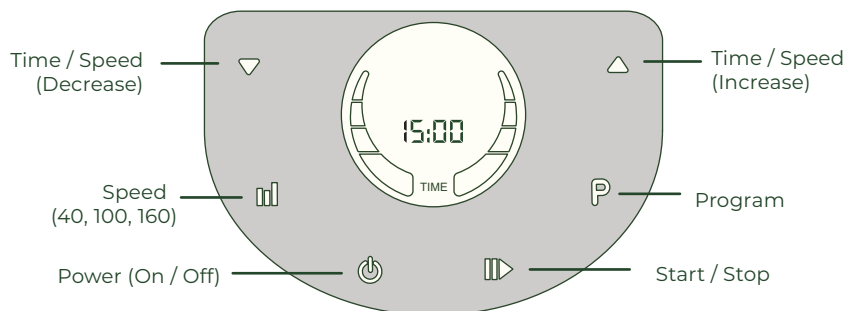
To shorten the ropes:

1. Hold the handle and push the rope upward through the middle opening to create slack.
2. Pull the slack tight through the top-right opening and straighten the handle.

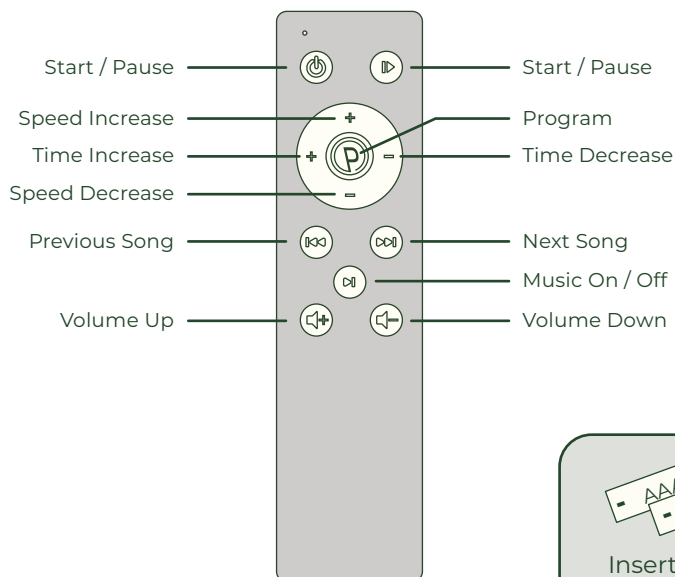
Tip: Repeat these steps as necessary until you achieve your preferred length.



Display Panel



Remote Control



Insert 2x AAA
batteries before
use.



Product Information Programs

Frequencies

Level	Hz
1 - 10	5.00 - 5.50
11 - 20	5.56 - 6.06
21 - 30	6.11 - 6.61
31 - 40	6.67 - 7.17
41 - 50	7.22 - 7.72
51 - 60	7.78 - 8.28
61 - 70	8.33 - 8.83
71 - 80	8.89 - 9.39
81 - 90	9.44 - 9.94

Level	Hz
91 - 100	10.00 - 10.50
101 - 110	10.56 - 11.06
111 - 120	11.11 - 11.61
121 - 130	11.67 - 12.17
131 - 140	12.22 - 12.72
141 - 150	12.78 - 13.28
151 - 160	13.33 - 13.83
161 - 170	13.89 - 14.39
171 - 180	14.44 - 15.00

Program Frequency Guide

Speed Level															
Program	Time Elapsed (Mins)														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1 - WALK	9	27	54	27	63	18	45	27	45	63	45	54	36	27	9
2 - JOG	54	81	99	54	90	36	54	90	81	72	90	99	81	72	54
3 - RUN	81	117	162	108	144	81	117	135	162	108	144	135	117	108	90
4 - WARM	18	54	18	54	18	54	18	54	18	54	18	54	18	54	18
5 - AGIL	36	90	36	90	36	90	36	90	36	90	36	90	36	90	36
6 - VITAL	54	126	54	126	54	126	54	126	54	126	54	126	54	126	54
7 - YOGA	72	162	72	162	72	162	72	162	72	162	72	162	72	162	72



1. Select Your Settings

Configure the device using the digital display or remote control to choose your preferred oscillation speed and session length. If your workout requires upper-body resistance, verify that the handle cords are firmly clipped to the anchor points on the base before powering the machine on.

2. Align Your Feet

Step onto the textured rubber surface, placing your feet at an equal distance from the center. To properly absorb the kinetic energy and protect your joints, keep your knees slightly bent and ensure your posture remains upright throughout the session.

To intensify exercise, move your feet further apart; place your feet on the relevant graphic (walking, jogging, running) to simulate the respective movement.

3. Begin Exercise

Keep your motions steady. Brace your abdominal muscles to stabilise your torso against the movement of the plate, and breathe naturally.

4. Engage Your Upper Body

When utilizing the hand cords, pull against the elastic tension smoothly. Maintain control of the handles on the way up and the way down, avoiding sudden jerks or fully locking out your elbow joints.

5. End Your Session Safely

Wait for the timer to run out or press stop, ensuring the oscillating plate is completely stationary before shifting your weight. Step down onto the floor carefully, unclip the hand accessories, and store the cables neatly to prevent tripping.



Safety Information

CAUTIONS

DO'S

- › **WARNING!** Consult a physician before use. Vibration therapy is contraindicated for conditions including pregnancy, pacemakers, cardiovascular disease, DVT, retinal detachment, or acute joint issues.
- › **WARNING!** Over-exercising may result in serious injury or death. If you feel faint, dizzy, or experience pain, stop exercising immediately.
- › Ensure your mains electrical supply matches the voltage on the rating label.
- › Always place the vibration plate on a flat, solid, dry, and stable surface prior to use to prevent tipping or creeping during oscillation.
- › Examine the equipment (power cord, plug, and platform) for wear before each use to maintain safety.
- › Replace defective components immediately and keep the equipment out of use until repaired. Any electrical repairs must be carried out by a qualified technician.
- › Maintain a safe clearance area of at least 0.6m (24 inches) around the equipment.

DON'TS

- › Do not exceed the maximum user weight capacity of 150kg. Keep children and pets away from the equipment at all times; do not leave them unattended.
- › Do not place fingers, feet, or loose clothing under the platform or near mechanical gaps during operation.
- › Do not use outdoors, near water, or in highly humid environments.
- › Do not handle electrical components (plug, switch, control panel) with wet hands.
- › Do not route the power cord under carpets, over hot surfaces, or across walkways where it poses a trip hazard.
- › Do not route the mains power cord under carpets, rugs, or similar coverings, and never allow the cord to touch hot surfaces or become a trip hazard.
- › Do not dispose of batteries in household waste. Recycle them at an authorised local collection point or retail recycling facility.



GUARANTEE

Your product carries a minimum 12 month guarantee from the date that the original purchaser receives it. If your product fails to operate to its specification due to faulty workmanship or materials during the guarantee period, we will either repair or replace the product. We will use our discretion to determine whether to offer a repair or provide a replacement. The product will not be covered by the guarantee if it has been misused, transformed, modified or altered in any way.

If your product fails within the guarantee period please ensure that you have all necessary documentation available including proof of purchase (receipt or invoice with serial number, location and date of purchase) in addition to all original undamaged packaging and leaflets etc. It is strongly recommended that you inspect your product carefully before it is used or installed. For full details of your product you should refer to the instruction manual which accompanies the product. You are strongly advised to read this manual carefully in its entirety and to retain it for future reference.

This product guarantee does not affect your statutory rights.



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