

**BLUEFIN**  
— FITNESS —

# INSTRUCTION MANUAL



For use with **BLUEFIN FITNESS 4D** Vibration Plate





# WHAT'S IN THE BOX?

**1 x Bluefin 4D Vibration Plate**

**1 x Bluefin Foam Mat**

**1 x Wearable Remote Control**

**1 x US Power Cable**

**1 x Instruction Manual**

**1 x Workout + Nutrition Guide**

**1 x Exercise Poster**

**1 x Pair of Resistance Cords**

## **Using Accessories:**

Your 4D plate comes with 2 bungee cables (resistance cords) for use in upper body exercises in conjunction with the plate. Attach the silver clips on the bungees to the corresponding brackets on either side of the bottom of the plate. Do not attempt to attach or detach accessories from the plate while in use.

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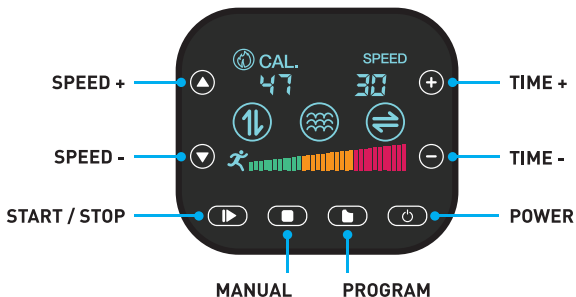


# GETTING STARTED

- 1** • Unbox your Bluefin 4D Vibration Plate and place it on top of its foam mat on a flat, hard surface. If the surface is slightly uneven, adjust the feet under the plate by turning them counter clockwise. If you live in an apartment building we recommend placing the Bluefin Foam Mat (included) beneath the plate to absorb any noise. Bluefin fitness plates are quiet but all vibration plates do make at least some noise.
  - 2** • Your wearable remote comes with a battery. To replace it, slip the remote control out of the wearable strap and open the back. Insert 1 x Lithium CR2032 battery inside. Be sure to replace the back cover and click it into place before putting the remote in its strap.
  - 3** • Insert the power cable into the back of the plate and plug the other end into an electrical outlet. Make sure the plate is close enough to the electrical outlet that the cord is not stretched. Ensure that the power switch on the back of the plate next to the power cable is turned on. If the switch is illuminated, the machine is on. When not in use, turn the machine off and ensure that this button is not illuminated.
  - 4** • Familiarise yourself with the the screen and remote before stepping onto the plate. Place your feet evenly on either side of the plate for the ideal stance and best balance. Please be sure to step onto the 4D plate slowly and carefully before starting any workout setting. We recommend beginning with speeds below 15 in manual mode before moving to higher speeds or the programmed functions.
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# CONTROLS



Your 4D vibration plate can be controlled with either the touch screen panel or the wearable remote control. There are 7 manual settings and 3 programmed settings (P1, P2, P3).

The maximum duration of each setting is 10 minutes. Before beginning a workout you can adjust the time to less than 10 minutes when using manual settings only. You can not exceed 10 minutes at any point on either manual or programmed options.

Once the workout has begun on either manual or programmed functions, the time can not be changed. You can stop the workout at anytime by pressing the power button at the center of your remote control or on the plate's control panel.

Speed can be increased or decreased mid workout when using the manual functions. Use the speed buttons on either side of the remote control or the arrow buttons on the left of the control panel.

You may find it easier to wear the remote control on your wrist rather than attempting to bend down mid workout at vigorous speed.



# CONTROLS

## Operating Your Vibration Plate:

Operate your 4D vibration plate with either the control screen on the plate or the wearable remote control. The control screen displays the workout setting in use, the duration of your workout in minutes, estimated calories used and the speed of the machine. Speeds begin at 0 and reach a maximum of 30.

Use the program button on the screen to cycle through programmed options P1, P2, P3. The Auto Mode button on the remote control corresponds to these, press it to cycle through the same 3 settings.

To use any of the 7 manual options, press the manual button towards the bottom of the control panel until the desired setting is reached. The Manual Mode button on the remote control corresponds to the same 7 options and can be pressed to scroll between them. Just count the number of clicks and refer to the images on the control screen. For example, 5 clicks corresponds to Manual setting 5 using either the control screen or the remote control.

Once you've scrolled to the desired workout, use the "On" button on the right hand side of the screen to begin. Use the same button to end it if you'd like to finish early.

When using manual settings, speed can be increased or decreased by pressing the speed buttons but time cannot be adjusted. Neither speed or time can be adjusted in programmed settings P1 through P3.

You will notice the lights on the control screen and the side of the plate change from green to orange to red. This is a visual cue to let you know what intensity your workout is with green the easiest, orange medium and red the most challenging.

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# WORKOUT SETTINGS

## Manual Workouts:

Use the manual settings to exercise with one kind of movement or combination of movements for the duration of your workout. Manual settings 4 through 6 offer combinations of movements which occur in unison rather than cyclically. Each manual setting can be used at a speed of 1 to 30, 30 being the most intense.

Keep in mind that sustaining use of these settings at high intensities for a full 10 minute workout can be extremely strenuous without breaks. We recommend you build intensity and duration slowly and do not progress until you are comfortable.

## Primary Manual Motions:

These 3 settings comprise the plate's primary motions and are the building blocks of every workout. Use them to familiarise yourself with new types of motion before proceeding to the manual combination settings or Programmed settings.



### Manual 1 - Linear Vibration

Linear settings are great for challenging stability. Flinch and release your core when using this setting to add a new dimension to your workout. This is a medium intensity setting and is excellent for building a fitness and stability base.

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# WORKOUT SETTINGS



## Manual 2 - Micro Oscillation

This setting is excellent at low speeds for a gentle massage or at higher speeds for vigorous stimulation. We recommend stepping on the metallic pressure beads with bare feet for the best massage. This is the most mild setting.



## Manual 3 - Horizontal Oscillation

Of the 3 primary motions in isolation, this is the most intense. Begin use of this setting on lower speeds under 15 and work up to higher speeds gradually. This mode will challenge your balance in new ways, flinching and releasing your leg muscles will increase the intensity further. This is the most difficult setting.

## Manual Combination Settings:

Combinations of the plates primary 3 motions designed to challenge your body in new and unfamiliar ways.



## Manual 4 - Micro Oscillation + Linear Vibration

Combines our gentle and medium manual motions to produce an interesting linear movement with micro oscillations.



## Manual 5 - Linear + Horizontal Oscillation

The 3D setting will challenge you on both horizontal and linear planes. Familiarize yourself with speeds under 15 before gradually increasing.

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# WORKOUT SETTINGS



## Manual 6 - Micro Vibration + Horizontal Oscillation

This unique setting will stimulate your muscles while challenging your stability.



## Manual 7 - 4D Mode Linear Vibration + Horizontal Oscillation + Micro Vibration

Our most intense workout setting, 4D combines all 3 of the plate's primary movements for extremely challenging exercise. We recommend using this at lower speeds corresponding to the green lights on your plate.

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# WORKOUT SETTINGS

## Programmed Workouts:

- P1** • 30 second intervals of manual 1, 2 and 4.  
**Intensity: Medium**  
This workout focuses on primarily linear movements and has been designed to challenge your stability. Focus on flinching and relaxing your core to add extra dimension to your exercise.
- P2** • 30 second intervals of manual 3, 1 and 5.  
**Intensity: High**  
Our highest intensity programmed setting will keep your body guessing with Linear vibration, horizontal oscillation and a combination of both for 3D motion.
- P3** • 30 second intervals of manual settings 2, 3 and 6.  
**Intensity: Mild**  
This program combines horizontal oscillation and micro vibration for a mild workout that is still challenging. Although it may be the lowest intensity of the programmed options, it is still a dynamic workout and you should be sure that you are comfortable with the primary manual movements before attempting it.
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# BLUETOOTH



- 1 • Ensure your device has Bluetooth turned on and the device is 'discoverable'.



- 2 • Turn your Bluefin Vibration Plate 'ON'. The Bluetooth module simply turns on once the Vibration Plate has powered up.



- 3 • The Vibration Plate will now appear in the Bluetooth devices list on your phone or tablet. You are now connected to the Vibration Plate and are ready to go!

**CONTROL YOUR MUSIC & VOLUME  
DIRECTLY FROM YOUR DEVICE!**



# USING ACCESSORIES

The footplate of your 4D vibration plate comes with **Magnetic Massage Beads**. These beads are optimally placed to stimulate the soles of your feet for an added massage while exercising on your plate. If you're not in the mood to exercise, just sit on a chair and rest your bare feet on the plate for a gentle massage. Using your plate for massage can be very soothing for sore muscles and joints. The If the magnetic beads are too stimulating for you, we recommend wearing shoes or slippers when you exercise.

**Bluefin's Foam Mat** has been included with the 4D plate to help absorb any vibrations from the machine which may otherwise reverberate through the floor. This is particularly useful for those of you exercising in apartment buildings. You can also use the mat as extra padding to perform any other workouts you choose on the floor.

Your 4D plate comes with **Resistance Cords** for use in upper body exercises in conjunction with the plate. Attach the the cable by looping it through the metal rings on either side of the bottom of the plate. Do not attempt to attach or detach accessories from the plate while in use.

The **Workout and Nutrition Guide** has been carefully designed by a dietary and fitness expert to give you ideas for healthy, delicious meals to compliment your new exercise regimen. Flip through the guide for inspiration when you'd like to prepare a tasty meal with your waistline in mind. You can also refer to the guide for workout scheduling and programming inspiration.

As a bonus, a **Bluefin Exercise Poster** has been included with your plate. Use this poster for tutorials to help you implement the plans in your exercise guide.

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# TECH SPECS

<b>MOTOR</b>	3 x Motors
<b>FUNCTIONS</b>	4D: Oscillation, Vibration, Massage
<b>POWER REQUIRED</b>	AC 100-240v / 50-60Hz
<b>LEVELS</b>	30 levels
<b>PROGRAMS</b>	3 built in programs
<b>MANUAL FUNCTION</b>	Variable levels & variable time control
<b>USER WEIGHT</b>	Maximum: 330 lbs
<b>UNIT WEIGHT</b>	42 lbs
<b>WARRANTY</b>	Lifetime Motor Warranty

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# WARRANTY

The Bluefin warranty covers any technical faults with your item. If you need to make a warranty claim contact us via email at [support@bluefintrading.co.uk](mailto:support@bluefintrading.co.uk)

## Your warranty does not cover the following:

- General wear and marks from use.
- Water damage.
- Damage due to improper use.
- Chassis damage and scratching due to improper use or dropping.
- Electronic damage due to improper use or dropping.

**Your warranty** begins on receipt of delivery, technical faults are covered for 12 months and the motor is covered for life!

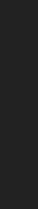
If you have any questions regarding your warranty please email us at:  
[support@bluefintrading.co.uk](mailto:support@bluefintrading.co.uk)



**LIFETIME MOTOR WARRANTY**

Chief Executive  
William Vaughan

**BLUEFIN**  
— FITNESS —



# **BLUEFIN** **— FITNESS —**

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