



MANUAL

MAXBURN®

F I T N E S S P L A T E

FROM E&M ACTIVE® TO YOU

THANK YOU FOR CHOOSING E&M ACTIVE®. E&M ACTIVE® IS DEVOTED ITSELF TO ENHANCE WELL-BEING AND IT HAS SET ITSELF THE MISSION OF OFFERING EVERYONE WORLDWIDE THE BEST PRODUCTS CREATED TO MEET THE HIGHEST STANDARD OF QUALITY, EFFICACY AND DESIGN.

WE HOPE YOU ENJOY USING YOUR NEW E&M ACTIVE® PRODUCT. PLEASE READ THE INSTRUCTION MANUAL THOROUGHLY BEFORE USE AND KEEP IT IN A SAFE PLACE FOR FUTURE REFERENCE.

FIND OUT MORE ABOUT OUR BRAND. VISIT US AT WWW.EMACTIVE.LONDON

LET'S GET STARTED

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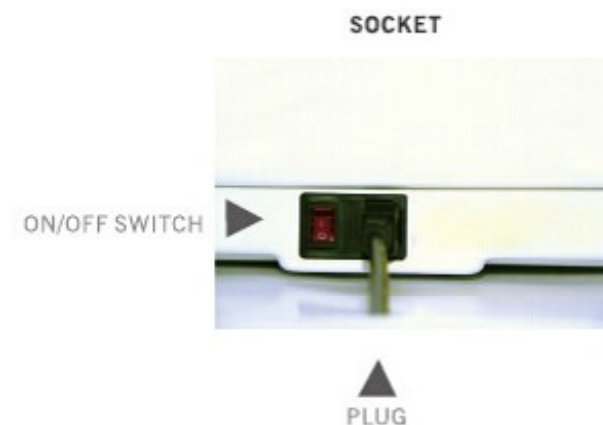
THINGS TO CHECK BEFORE YOU START

- ✓ FOR DOMESTIC USE ONLY.
- ✓ NEVER ALLOW CHILDREN OR PERSONS UNABLE TO OPERATE THE APPLIANCE SAFELY, TO USE THE PRODUCT WITHOUT SUPERVISION.
- ✓ PLEASE DISPOSE OF PLASTIC BAGS AND THE APPLIANCE BOX CAREFULLY; AND KEEP THEM AWAY FROM CHILDREN.
- ✓ THIS APPLIANCE MUST ONLY BE USED IN THE CORRECT UPRIGHT POSITION AND ON FLAT FLOOR.
- ✓ DO NOT USE THE APPLIANCE UNILATERALLY.
- ✓ PLEASE CONSULT YOUR PHYSICIAN BEFORE EMBARKING ON ANY NEW EXERCISE ROUTINE. NO INFORMATION PROVIDED BY E&M ACTIVE® IS TO BE TAKEN AS MEDICAL OR OTHER HEALTH ADVICE PERTAINING TO ANY INDIVIDUAL'S SPECIFIC HEALTH OR MEDICAL CONDITION. THE RATE OF CALORIES BURNED WILL VARY DEPENDING ON WEIGHT, HEIGHT AND METABOLISM. BY USING THE APPLIANCE, YOU ACCEPT LIABILITY OF ANY AND ALL LOSSES, INJURIES OR DAMAGES SUSTAINED FROM ANY AND ALL DECISIONS OR RECOMMENDATIONS YOU MAKE USING THE APPLIANCE.

REMEMBER

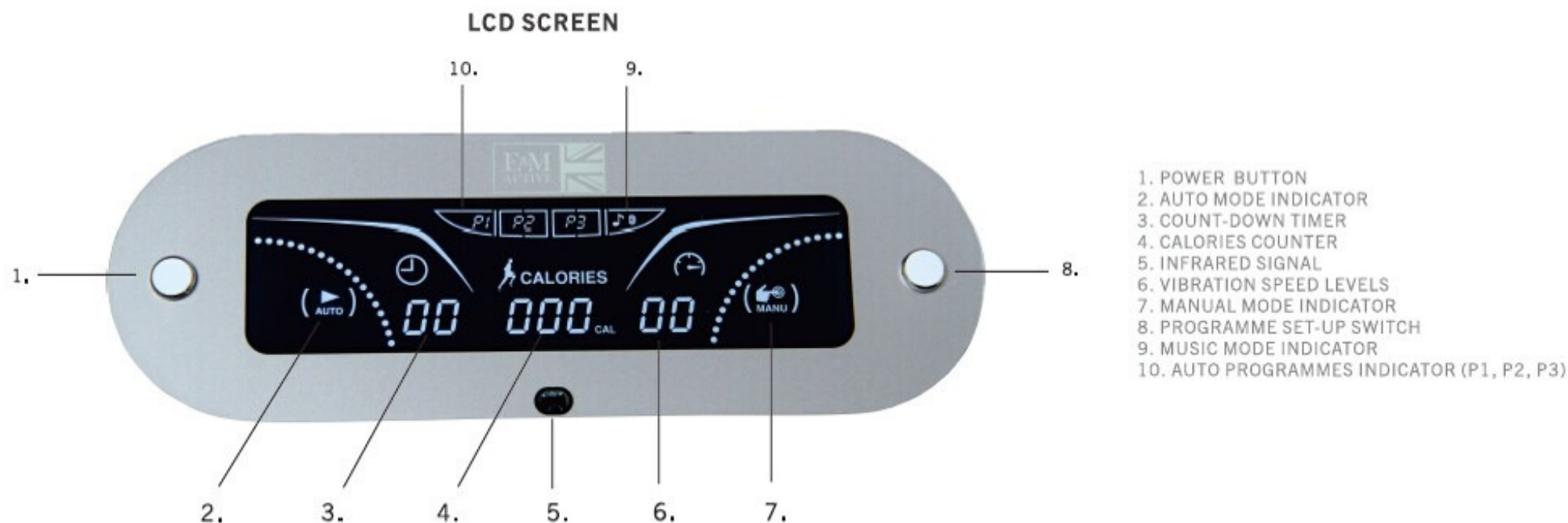
AS YOU STAND OR HOLD VARIOUS POSITIONS ON THE APPLIANCE, ALWAYS SLIGHTLY BEND YOUR KNEES. KEEP YOUR ELBOWS SOFT FOR UPPER BODY EXERCISES ON THE APPLIANCE, SUCH AS: PRESS UP AND PLANK. NEVER PLACE YOUR HEAD OR CHEST ON THE APPLIANCE. ALWAYS ENSURE CORRECT POSTURE DURING EXERCISE TO AVOID INJURY.

YOUR PRODUCT



THE APPLIANCE COMES FULLY ASSEMBLED. BEFORE USING PLEASE ENSURE THAT ALL COMPONENTS AND FIXINGS ARE SECURE AND MAKE SURE THE APPLIANCE IS IN PERFECT CONDITION BEFORE OPERATION. PLEASE DO NOT USE ANY ATTACHMENTS THAT ARE NOT RECOMMENDED BY E&M ACTIVE®. THE APPLIANCE WILL AUTOMATICALLY SHUT DOWN IF IT STARTS TO OVERHEAT. BEFORE THE PRODUCT CAN BE TURNED BACK ON, IT MUST BE LEFT TO COOL DOWN.

YOUR PRODUCT



PREPARATION BEFORE USE

- ✓ OPEN THE BOX AND REMOVE THE APPLIANCE.
- ✓ CONNECT THE APPLIANCE TO THE MAINS POWER OUTLET AFTER REMOVING ALL THE PROTECTIVE PACKAGING.
- ✓ MAKE SURE THAT THE VOLTAGE COMING FROM THE OUTLET IS IDENTICAL TO THE ONE ON THE RATING LABEL.

YOUR PRODUCT

REMOTE CONTROL



ON/OFF FUNCTION

AUTO

PRESS THIS BUTTON TO ENTER AUTO MODE. PRESS REPEATEDLY TO CIRCULATE THROUGH THE THREE AUTO PROGRAMS – P1, P2 AND P3. FOR EACH PROGRAMME THE VIBRATION SPEED PATTERN WILL VARY AUTOMATICALLY. FOR THE MUSIC MODE THE MAXBURN® VIBRATION SYNCHRONISES TO YOUR MUSIC.

MANUAL

PRESS THIS BUTTON TO ENTER MANUAL MODE AND THEN PRESS THE SPEED BUTTON TO ADJUST THE SPEED.

SPEED

PRESS (+) TO INCREASE THE SPEED OR (-) TO DECREASE THE SPEED. THERE ARE 10 SPEED LEVELS TO SELECT.

TIME

DEFAULT TIME IS 10 MINUTES WHICH CAN ADJUSTED BY (-) OR (+).

HOW TO CONNECT MAXBURN® BLUETOOTH SPEAKERS TO A BLUETOOTH-ENABLED DEVICE

- ① **ENABLE BLUETOOTH ON THE MAXBURN® PLATE.** ACTIVATE THE MUSIC MODE.
- ② **ENABLE BLUETOOTH ON YOUR DEVICE.** GO TO SETTINGS, FIND BLUETOOTH, HIT THE BUTTON TO TURN BLUETOOTH 'ON'.
- ③ **MAKE THE CONNECTION.** NOW THAT BLUETOOTH IS ENABLED ON YOUR PLATE AND YOUR DEVICE, 'MAXBURN' NAME SHOULD APPEAR ON YOUR DEVICE. SELECT IT TO CONNECT, ENJOY WORKING OUT TO YOUR FAVOURITE TRACKS!

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY BEFORE USING THE APPLIANCE.

WHEN USING THIS APPLIANCE, ALWAYS FOLLOW THE INSTRUCTIONS FOR ASSEMBLY, USE AND MAINTENANCE. ALSO CONSIDER THE FOLLOWING:

1. CAREFULLY READ AND RETAIN THESE INSTRUCTIONS.
2. BEFORE CONNECTING THE APPLIANCE, BE SURE THAT THE MAINS VOLTAGE AVAILABLE MATCHES THE VOLTAGE STIPULATED ON THE APPLIANCE'S RATING LABEL.
3. IF USING AN EXTENSION LEAD PLEASE ENSURE YOU DO NOT EXCEED THE MAXIMUM RATED OPERATING WATTAGE/LOAD OF THE EXTENSION LEAD.
4. KEEP SHARP THINGS AWAY FROM THE APPLIANCE, E.G. KNIVES, NEEDLES, FORKS, ETC.
5. DO NOT USE: ON EMPTY STOMACH; IF YOU ARE DEHYDRATED, SUFFERING FROM EXHAUSTION; OR AFTER A PERIOD OF STRENUOUS EXERCISE.
6. USE THE APPLIANCE AT LEAST AN HOUR AFTER A MEAL.
7. WE DO NOT RECOMMEND THE USE OF THE APPLIANCE TO ANY PERSONS WITH PHYSICAL INJURIES, MALIGNANT TUMORS, OSTEOPOROSIS, HEART CONDITIONS OR ANY OTHER AILMENT.
8. THIS APPLIANCE IS NOT INTENDED FOR USE BY PERSONS (INCLUDING CHILDREN) WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES, OR LACK OF EXPERIENCE AND KNOWLEDGE.
9. CHILDREN SHOULD BE SUPERVISED TO ENSURE THAT THEY DO NOT PLAY WITH THE APPLIANCE. ADULTS SHOULD PAY SPECIAL ATTENTION WHEN USING THIS APPLIANCE CLOSE TO CHILDREN.
10. THE USE OF THE APPLIANCE SHOULD BE COMFORTABLE; WHENEVER IN DOUBT PLEASE CONSULT YOUR PHYSICIAN.
11. THE APPLIANCE IS NOT A MEDICAL DEVICE ITSELF. PLEASE STOP USING THE APPLIANCE IF YOU FEEL UNCOMFORTABLE.
12. THE APPLIANCE IS LIMITED FOR ONE PERSON USE ONLY.
13. THE LOAD CAPABILITY OF THE PRODUCT IS 110 Kg. THE USE OF THE APPLIANCE IS RECOMMENDED FOR PEOPLE WITH EQUAL TO OR LESS THAN SUCH WEIGHT.
14. DO NOT USE THE APPLIANCE IN THE IMMEDIATE SURROUNDINGS OF A BATH, A SHOWER OR A SWIMMING POOL.
15. BE SURE TO AVOID USING IT IN LOCATIONS (E.G. THE KITCHEN) WHERE HOT OIL MAY SPLASH ONTO PLASTIC PARTS. CONTACT WITH OIL AS WELL AS WATER OR ANY OTHER LIQUID (E.G. BENZENE, DILUENTS OR CORROSIVE SOLVENT) ALWAYS CAUSES DAMAGE AND DETERIORATION.
16. DO NOT PULL THE POWER CORD TO AVOID IT BRAKING OR DAMAGING THE CONNECTION.
17. THE POWER CORD MUST NOT PASS CLOSE TO HEATED APPLIANCES OR FIRE SOURCES.
18. THIS APPLIANCE SHOULD NEVER BE PLACED NEARBY HIGH TEMPERATURES, OPEN FIRES OR EXPOSED TO DIRECT SUN SHINE.
19. NEVER DIP THE APPLIANCE INTO WATER OR ANY OTHER LIQUID.
20. UNPLUG OR DISCONNECT THE APPLIANCE FROM THE MAINS POWER SUPPLY WHEN NOT IN USE AND BEFORE CLEANING IT.
21. STORE THE APPLIANCE IN A CLEAN, DRY LOCATION.
22. IF THE SUPPLY CORD IS DAMAGED, PLEASE CONTACT PLACE OF PURCHASE OR A PROFESSIONAL ELECTRICIAN IN ORDER TO AVOID HAZARDS.
23. DO NOT ALTER OR DISASSEMBLE THE APPLIANCE.
24. DO NOT USE THE APPLIANCE IF ANY INTERNAL COMPONENT IS EXPOSED.

TECHNICAL SPECIFICATIONS

PRODUCT	MAXBURN
ITEM NO.	EM-313
RATED VOLTAGE	DC 24V/3.2A
RATED POWER	100 W
DEFAULT TIME	10 MINUTES
POWER SUPPLY	AC 110-220V/50-60Hz
WEIGHT	18.8 Kg

DESIGNED & DEVELOPED BY E&M ACTIVE IN THE UK.



MADE IN CHINA.

THIS APPLIANCE CONFORMS TO ALL RELEVANT EUROPEAN AND INTERNATIONAL DIRECTIVES.

CARE AND MAINTENANCE

1. ALWAYS DISCONNECT THE MAINS POWER SUPPLY BEFORE CLEANING THE APPLIANCE.
2. DO NOT POOR WATER OR ANY OTHER LIQUID (E.G. BENZENE, DILUENTS OR CORROSIVE SOLVENT) ONTO OR INTO THE APPLIANCE.
3. DO NOT USE A WET CLOTH TO CLEAN THE APPLIANCE. INSTEAD USE A SOFT DRY CLOTH TO CLEAN THE SURFACE OF THE PRODUCT.
4. WE SUGGEST USING THE ORIGINAL (OR APPROPRIATELY SIZED) BOX TO STORE YOUR APPLIANCE AFTER USAGE. IT IS IMPORTANT TO KEEP IT IN A SAFE, DRY AND DUSTLESS LOCATION.

WARRANTY INFORMATION

THE PARTNER OF E&M ACTIVE® GRANTS THE STATUTORY WARRANTY PERIOD. THE APPLIANCE CARRIES A MINIMUM GUARANTEE PERIOD OF ONE (1) YEAR FROM THE DATE SHOWN ON THE ORIGINAL PURCHASE INVOICE OR SALES RECEIPT. IF YOU NEED HELP WITH USING YOUR APPLIANCE, SERVICE OR REPAIRS; PLEASE CONTACT THE ORIGINAL PLACE OF PURCHASE. ITEMS SHOULD USUALLY BE RETURNED TO THE ORIGINAL PLACE OF PURCHASE AT YOUR COST.

THE WARRANTY GRANTED BY THE E&M ACTIVE® PARTNER IS LIMITED TO REPAIR OR REPLACEMENT OF THE PRODUCT. THE E&M ACTIVE® PARTNER UNDERTAKES WITHIN THE SPECIFIED PERIOD TO REPAIR OR REPLACE ANY PART OF THE APPLIANCE, FREE OF CHARGE FOUND TO BE DEFECTIVE. THE WARRANTY DOES NOT COVER WEAR AND TEAR, USER ERROR, ACCIDENTAL DAMAGE, NATURAL DISASTERS, COMMERCIAL OR COMMUNAL USE, SECOND-HAND ACQUISITIONS, MISUSE OR REPAIR BY A PERSON OTHER THAN AN AUTHORISED SERVICE AGENT FOR THE DEALER. UNDER NO CIRCUMSTANCES SHALL THE APPLICATION OF THE WARRANTY GIVE RISE TO THE COMPLETE REPLACEMENT OF THE APPLIANCE OR ENTITLE THE CONSUMER TO DAMAGES.

TROUBLE SHOOTING

TROUBLES	POSSIBLE REASON	SOLUTION
IT DOES NOT WORK.	THE SWITCH IS OFF.	TURN ON THE SWITCH.
	THE PLUG IS NOT CORRECTLY INSERTED.	CHECK THE SWITCH. MAKE SURE THE JACK IS IN CONTACT WITH THE OUTLET.
	THE REMOTE CONTROL IS TOO FAR AWAY FROM THE APPLIANCE.	THE EFFECTIVE DISTANCE OF INFRARED SIGNAL NEEDS TO BE LESS THAN 2.5M.
	TOO MANY COMMANDS SENT TO THE APPLIANCE AT THE SAME TIME.	TURN OFF THE SWITCH AND SWITCH IT ON.
	PRODUCT DAMAGE.	CONTACT PLACE OF PURCHASE.
SOUND DURING USE.	THE APPLIANCE PRODUCES A NORMAL SOUND GENERATED BY ITS MOTOR AND/OR FROM THE ABRASION BETWEEN MECHANICAL UNITS.	NO ADDITIONAL TREATMENT IS REQUIRED.
SUDDENLY THE APPLIANCE STOPS WORKING.	STRONGER POWER THAN THE RECOMMENDED RATED POWER OR VOLTAGE IS BEING USED.	FOLLOW THE TECHNICAL SPECIFICATIONS OF THE APPLIANCE.
	DEFAULT WORKING TIME IS UP.	RESTART THE APPLIANCE.
VIBRATION SLOWS DOWN.	A LOWER THAN RECOMMENDED VOLTAGE IS BEING USED.	PLEASE ENSURE THAT YOU ARE USING THE CORRECT VOLTAGE.
	A HIGHER THAN RECOMMENDED WEIGHT ON THE APPLIANCE.	THE LOAD CAPABILITY OF THE PRODUCT IS 110 Kg. THE USE OF THE APPLIANCE IS RECOMMENDED FOR PEOPLE WITH EQUAL TO OR LESS THAN SUCH WEIGHT.

IN CASE YOU NEED HELP WITH USING YOUR APPLIANCE, SERVICE OR REPAIRS; PLEASE CONTACT THE ORIGINAL PLACE OF PURCHASE.

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