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MERACH MR-2398G1

Merach Vibration Plate Exercise Machine User Manual

Model: MR-2398G1
Brand: MERACH

1. Important Safety Instructions

Please read all instructions carefully before using the Merach Vibration Plate Exercise Machine. Retain this manual for future reference.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions or are pregnant.
- Use the machine only on a flat, stable surface. Ensure adequate space around the machine for safe operation.
- Do not exceed the maximum weight capacity of 330 pounds (150 kg).
- Keep children and pets away from the machine during operation.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.
- If you experience pain, dizziness, or discomfort during exercise, stop immediately and consult a physician.
- Ensure the power cord is not damaged or pinched.

2. Product Overview

The Merach Vibration Plate Exercise Machine is designed to provide a full-body workout through high-frequency vibrations. It features a silent motor, an LED display, and remote control operation for convenience.



Image: The Merach Vibration Plate Exercise Machine, showcasing its sleek design and integrated LED display.

Included Components:

- Vibration Plate
- Remote Control
- Resistance Bands
- Power Cord
- User Manual



Image: A visual representation of all items included in the product package, such as the vibration plate, remote, resistance bands, power cord, and user manual.

3. Setup

Follow these steps to set up your vibration plate:

1. Unpack all components from the box.
2. Place the vibration plate on a firm, level surface. Ensure the anti-slip suction cups on the bottom are securely gripping the floor to prevent movement during use.
3. Connect the power cord to the machine's power input and then to a suitable electrical outlet.
4. Insert batteries into the remote control (if not pre-installed).
5. The machine is now ready for use.



Image: Detail of the robust anti-slip suction cups at the base of the vibration plate, designed for enhanced stability during operation.

4. Operating Instructions

Powering On/Off:

- Press the power button on the machine or the remote control to turn the unit on or off.
- The machine features a Smart AUTO ON/OFF function: it automatically turns on in Auto Mode if it rocks from side to side, and automatically pauses if you leave the device for 30 seconds.



Image: Illustration of the Smart AUTO ON/OFF feature, showing the device activating when stepped on and pausing when left idle.

Using the Remote Control and LED Display:

- The remote control allows you to adjust settings conveniently.
- The LED display on the machine clearly shows the current time, speed, and selected mode.
- Use the speed buttons on the remote to select from 10 levels of vibration intensity.
- Switch between manual and automatic modes as desired.

Bluetooth Connectivity:

Connect your smartphone via Bluetooth to play music during your workout, enhancing your exercise experience.



Image: A person relaxing on a couch with their feet on the vibration plate, demonstrating the Bluetooth music playback feature.

Exercise Poses and Intensity:

The Merach Vibration Plate supports various poses for different muscle groups and intensity levels:

- **Plank Pose:** Engage core muscles.
- **Half-Kneeling Pose:** Target lower body and core.
- **Seated Pose:** Relax and stimulate circulation.
- **Leg Lifts:** Focus on abdominal and leg muscles.

The intensity of vibration can be adjusted by changing your stance on the plate. A wider stance generally results in stronger vibration.



Image: A collage demonstrating different exercise positions on the vibration plate, including plank, half-kneeling, seated, and leg lifts, to target various muscle groups.

Benefits of Use:

Regular use of the vibration plate can contribute to:

- Efficient fat burning and weight management.
- Muscle strength enhancement and activation.
- Improved blood circulation and lymphatic drainage.
- Relief from muscle soreness and chronic pain.
- Stress reduction and overall physical well-being.



Image: Visual representation of the health benefits, including relief from soreness, lymphatic drainage, muscle relaxation, and stress release.

5. Maintenance

Proper maintenance ensures the longevity and optimal performance of your Merach Vibration Plate.

- **Cleaning:** Wipe the surface of the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the machine is unplugged before cleaning.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and moisture. Its compact size allows for easy storage under furniture or in a closet.
- **Inspection:** Periodically check the power cord for any signs of damage. Ensure all components are securely attached.

6. Troubleshooting

If you encounter any issues with your Merach Vibration Plate, refer to the following common problems and solutions:

- **Machine does not power on:**
  - Ensure the power cord is securely plugged into both the machine and a working electrical outlet.
  - Check if the power outlet is functional by plugging in another device.
- **Remote control is not working:**
  - Replace the batteries in the remote control with new ones.
  - Ensure there are no obstructions between the remote control and the machine's sensor.
- **Vibration is weak or inconsistent:**
  - Check the selected speed level on the LED display; increase it if necessary.
  - Ensure the machine is on a flat, stable surface and the suction cups are properly engaged.

If the problem persists after attempting these solutions, please contact customer support.

7. Specifications

Feature	Specification
Model Name	MR-2398G1
Brand	MERACH
Maximum Weight Recommendation	330 Pounds
Controls Type	Remote
Display Type	LED
Number of Resistance Levels	10
Operation Mode	Automatic
Power Source	Corded Electric
Item Dimensions (LxWxH)	22.83 x 14.96 x 6.29 inches
Item Weight	17.6 Pounds
Material	Alloy Steel
Color	Grey

8. Warranty and Support

Warranty Information:

The Merach Vibration Plate Exercise Machine comes with a**12-month warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

Customer Support:

If you have any questions regarding the product's usage, setup, maintenance, or require assistance with troubleshooting, please do not hesitate to contact our customer support team. We are committed to providing reliable assistance.

For support, please refer to the contact information provided on the product packaging or the official MERACH website.

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