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MERACH MR-2398G1-US

MERACH Vibration Plate Exercise Machine User Manual

Model: MR-2398G1-US

INTRODUCTION

Thank you for choosing the MERACH Vibration Plate Exercise Machine. This manual provides essential information for the safe and effective use of your new vibration platform. Please read this manual thoroughly before operation and retain it for future reference. This machine is designed to provide a full-body workout, aid in lymphatic drainage, and assist with muscle relaxation and stress relief through high-frequency vibrations.

SAFETY INFORMATION

WARNING: Before starting any new exercise program, consult with your physician. This is especially important if you have pre-existing health conditions, are pregnant, or have recently undergone surgery.

- Always place the vibration plate on a flat, stable surface.
- Ensure adequate space around the machine during use.
- Do not exceed the maximum weight capacity of 136 kg (300 lbs).
- Keep children and pets away from the machine during operation.
- Do not use the machine if you feel dizzy, nauseous, or experience any pain. Stop immediately and consult a medical professional.
- Unplug the machine from the power outlet when not in use or before cleaning.
- Do not immerse the machine in water or expose it to excessive moisture.
- Use only the provided power cord and accessories.

PRODUCT OVERVIEW

Components

- Vibration Plate Unit
- Remote Control (requires 2 AAA batteries, included)

- Power Cord
- Resistance Bands (Loop Bands)
- User Manual (this document)

Machine Features



Enjoy Your Workout

Connect your phone with Bluetooth
to Play Music



Bluetooth Connectivity: Connect your smartphone via Bluetooth to play music through the integrated speaker, enhancing your workout experience. The image shows a user enjoying music while using the plate.

Vibrating for **Full-Body** Conditioning



Relieve Soreness



Lymphatic Drainage



Relax Muscles



Release Stress

Multi-Benefit Vibration: The vibration plate is designed to provide full-body conditioning, helping to relieve soreness, promote lymphatic drainage, relax muscles, and release stress. This image visually represents these key benefits.

Smart AUTO ON/OFF

Built-in Gravity Sensor



Automatically turn on

Auto Mode if rock from side to side



Automatically pause

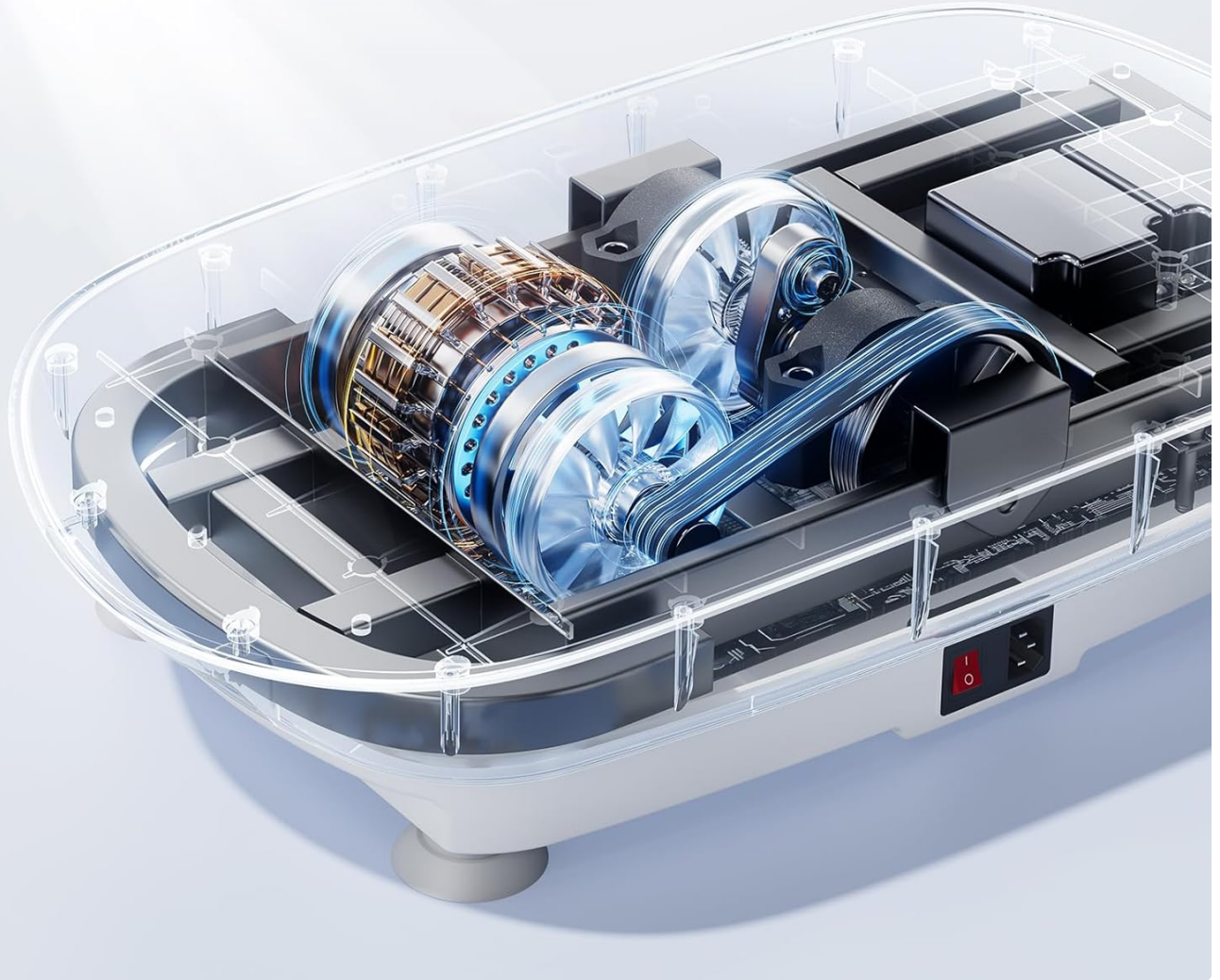
if leave the device for 30 seconds



Smart Auto ON/OFF: Equipped with a built-in gravity sensor, the machine automatically turns on in Auto Mode if rocked side to side and automatically pauses if you leave the device for 30 seconds, enhancing convenience and safety.

150W Powerful Motor

11mm Amplitude for Activate Deeply Muscles



Powerful Motor: The machine is powered by a 150W motor, providing an 11mm amplitude for deep muscle activation. This internal view highlights the robust motor design.

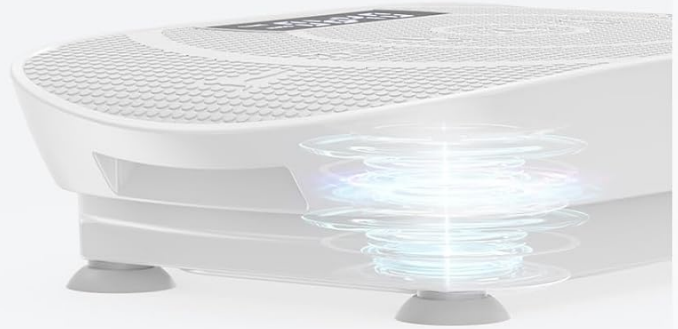
High-quality Construction

Comfortable & Durable

**Skin-friendly
silicone pedal**



**Shock-absorbing
construction**



Anti-slip suction cup



High-Quality Construction: Designed for comfort and durability, the plate features a skin-friendly silicone pedal, shock-absorbing construction, and anti-slip suction cups on the base for stability and noise reduction.

SETUP

1. **Unpack:** Carefully remove all components from the packaging. Retain packaging for future storage or transport.
2. **Placement:** Choose a flat, stable, and non-slip surface for the vibration plate. Ensure there is enough clear space around the machine for safe operation.
3. **Power Connection:** Insert the power cord into the power input port on the machine, then plug the other end into a standard electrical outlet.
4. **Remote Control Batteries:** Open the battery compartment on the remote control and insert the 2 AAA batteries, ensuring correct polarity.
5. **Resistance Bands:** If desired, attach the resistance bands to the designated attachment points on the sides of the vibration plate.

OPERATING INSTRUCTIONS

Getting Started

- Press the power button on the side of the machine or on the remote control to turn on the unit. The LED display will illuminate.
- The machine typically starts in a default mode or manual mode.

Modes of Operation

The MERACH Vibration Plate offers both manual and automatic modes for varied workout experiences.

- **Manual Mode:** Allows you to manually adjust the vibration speed (10 levels available) and time. Use the speed +/- buttons on the remote to increase or decrease intensity.
- **Automatic Mode:** The machine features pre-programmed workout routines that vary speed and intensity automatically. Select an auto program using the remote control. The Smart Auto ON/OFF feature (gravity sensor) is active in this mode.

Using the Remote Control

The remote control allows for convenient adjustment of settings during your workout.

- **Power Button:** Turns the machine ON/OFF.
- **Mode Button:** Switches between Manual and Automatic modes.
- **Speed +/-:** Adjusts vibration speed in Manual Mode.
- **Time +/-:** Adjusts workout duration.
- **Program Selection:** Selects different pre-set programs in Automatic Mode.

Recommended Poses and Exercises

Experiment with different poses to target various muscle groups and achieve different benefits. Start with shorter durations and lower speeds, gradually increasing as you become comfortable.

Multi-function Vibration Machine

Plank Pose



Half-Kneeling Pose



Seated Pose



Leg Lifts



Exercise Poses: The image demonstrates several effective poses for using the vibration plate, including Plank Pose, Half-Kneeling Pose, Seated Pose, and Leg Lifts. These positions allow for targeting different muscle groups and achieving various workout intensities.

- **Standing:** Stand with feet shoulder-width apart, knees slightly bent. This is a basic position for general full-body vibration.
- **Squats:** Perform shallow squats while standing on the plate to engage leg and glute muscles.
- **Calf Raises:** Stand on the balls of your feet to target calf muscles.
- **Plank:** Place forearms on the plate and extend legs back into a plank position to engage core muscles.
- **Seated:** Sit on the plate with legs extended or bent to target lower body and core.
- **Upper Body (with bands):** Use the resistance bands for bicep curls, tricep extensions, or shoulder presses while standing or sitting on the plate.

A typical session of 10-15 minutes per day is recommended for optimal results.

MAINTENANCE

Cleaning

- Always unplug the machine before cleaning.
- Wipe the surface of the vibration plate with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- Ensure no liquid enters the internal components.

Storage

- Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.
- Keep the machine covered to prevent dust accumulation.
- Its compact size allows for easy storage under a bed or in a closet.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not turn on.	No power connection; Power button not pressed; Remote control batteries dead.	Ensure power cord is securely plugged in; Press the power button on the machine or remote; Replace remote control batteries.
Vibration is weak or inconsistent.	Incorrect speed setting; Overload; Machine not on a flat surface.	Increase speed setting; Ensure user weight is within limits; Place machine on a flat, stable surface.
Remote control not responding.	Batteries dead or incorrectly inserted; Obstruction between remote and machine.	Replace batteries, check polarity; Ensure clear line of sight to the machine's sensor.
Unusual noise during operation.	Machine not stable; Foreign object under the machine.	Ensure all anti-slip suction cups are firmly on the surface; Check for and remove any objects under the machine.

If you encounter issues not listed here or if solutions do not resolve the problem, please contact MERACH customer support.

SPECIFICATIONS

Feature	Specification
Model Number	MR-2398G1-US
Brand	MERACH
Maximum Weight Capacity	136 kg (300.7 lbs)
Motor Power	150W
Amplitude	11mm
Control Type	Remote Control
Display Type	LED
Number of Programs	10
Number of Resistance Levels	10
Operating Modes	Automatic and Manual
Power Source	Corded Electric
Main Material	Alloy Steel
Color	Gray
Product Dimensions (L x W x H)	57.91 x 33.02 x 16 cm (22.8 x 13 x 6.3 inches)
Item Weight	7.98 kg (17.6 lbs)
Batteries Required	2 AAA (included for remote)

WARRANTY AND SUPPORT

MERACH products are manufactured with high-quality standards and come with a reliable guarantee. For specific warranty details, please refer to the warranty card included with your product packaging or contact MERACH customer support directly.

If you have any questions, require technical assistance, or need to report an issue, please contact MERACH customer service through the contact information provided on the product packaging or the official MERACH website.