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MERACH MR-2398B2-US

MERACH Vibration Plate Exercise Machine User Manual

Model: MR-2398B2-US
Brand: MERACH

Introduction

The MERACH Vibration Plate Exercise Machine is designed to provide an efficient and versatile workout experience from the comfort of your home. This vibrating platform utilizes high-frequency vibrations to engage muscles, promote circulation, and support overall wellness. Its compact design and user-friendly features make it suitable for various fitness levels and daily routines.

Safety Information

- Consult a healthcare professional before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a stable, level surface before use.
- Keep children and pets away from the machine during operation.
- Do not use the machine if you are pregnant, have a pacemaker, or any other medical implant.
- Always hold onto a stable support if you feel unsteady during operation.
- Unplug the machine from the power outlet when not in use or before cleaning.

Components and What's Included

Your MERACH Vibration Plate Exercise Machine package includes the following:

- Vibration Plate Exercise Machine
- User Manual
- Power Cord
- Remote Control (requires 2 AAA batteries, not included)



Image: The MERACH Vibration Plate Exercise Machine with its remote control.

Setup

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is enough clear space around the machine for safe operation. The compact size (20.3"D x 11.3"W x 4.7"H) allows for placement under desks or beside couches.
3. **Power Connection:** Connect the power cord to the machine's power input and then plug it into a standard electrical outlet.
4. **Remote Control Setup:** Insert 2 AAA batteries into the remote control.
5. **Initial Power On:** Locate the main power switch on the side of the machine and flip it to the "ON" position. The LED display will illuminate.

▶ **Watch video online**
MERACH 2398Slim Vibration Plate Exercise Machine

Video: This video demonstrates the initial setup and basic operation of the MERACH Vibration Plate Exercise Machine, including powering on and using the remote control.

Operating Instructions

Basic Operation

- **Power On/Off:** After flipping the main power switch, press the "ON/OFF" button on the remote control to start or stop the vibration.
- **Auto Mode:** Press the "AUTO" button on the remote to activate the pre-programmed automatic mode, which cycles through different speeds and intensities for a 10-minute session.
- **Manual Speed Adjustment:** In manual mode (not auto), use the "UP" and "DOWN" buttons on the remote to adjust the vibration speed from Level 1 to Level 10.
- **LED Display:** The integrated LED display tracks real-time calorie burn and workout duration, helping you monitor your progress.

Exercise Positions and Intensity

The MERACH Vibration Plate offers various foot positions to target different intensity levels:

- **Walking (Low Intensity):** Place your feet closer to the center of the plate. This position provides a gentle massage and is ideal for relaxation or warm-up.
- **Jogging (Medium Intensity):** Place your feet slightly wider apart, towards the middle of the plate. This simulates a jogging motion and helps burn calories.
- **Sprinting (High Intensity):** Place your feet wider apart, closer to the edges of the plate. This position delivers the most intense vibrations, suitable for advanced muscle activation and fat burning.

Remember to slightly bend your knees to absorb the vibrations and maximize benefits.



Image: Illustration of different foot placements on the vibration plate to achieve varying exercise intensities, from walking (1-3 gears) to jogging (4-6 gears) and sprinting (7-10 gears).

Full Body Exercise

Beyond standing, the vibration plate can be used for various exercises:

- **Standing Position:** Ideal for leg workouts and overall body vibration.
- **Prone Position:** Place your hands on the plate for arm and upper body workouts.
- **Supine Position:** Lie down with your legs on the plate for leg and glute workouts.
- **Seated Position:** Sit on the plate for internal benefits and relaxation.



Image: Examples of how to use the vibration plate for full-body exercises, including prone, standing, and supine positions.

Maintenance

- **Cleaning:** Wipe the surface of the machine with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight. Its compact size allows it to fit effortlessly under desks or beside couches.
- **Power Cord:** Ensure the power cord is not tangled or pinched when storing.



Image: The compact design of the vibration plate, measuring 20.3 inches by 11.3 inches by 4.7 inches, making it easy to store and use in small spaces like under a desk.

Troubleshooting

- **Machine Not Turning On:**
  - Ensure the power cord is securely plugged into both the machine and the wall outlet.
  - Check if the main power switch on the machine is in the "ON" position.
  - Verify that the power outlet is functional.
- **Remote Control Not Responding:**
  - Check and replace the AAA batteries in the remote control.
  - Ensure there are no obstructions between the remote and the machine's sensor.
- **Weak or Irregular Vibration:**
  - Ensure the machine is on a flat, stable surface.

- Adjust the speed setting using the remote control to a higher intensity.
- Verify that the weight on the plate does not exceed the maximum weight recommendation (136 kg / 300 lbs).

Specifications

Feature	Detail
Model Name	MR-2398B2-US
Brand	MERACH
Product Dimensions (LxWxH)	20.3" x 11.3" x 4.7"
Item Weight	13.2 Pounds
Maximum Weight Recommendation	136 Kilograms (approx. 300 lbs)
Material	Acrylonitrile Butadiene Styrene (ABS)
Number of Batteries (Remote)	2 AAA batteries required
Color	Black

Warranty and Support

The MERACH Vibration Plate Exercise Machine comes with a **1-year manufacturer's warranty**. For any product-related inquiries, technical assistance, or warranty claims, please contact MERACH customer support through the retailer's platform or visit the official MERACH website for contact information.
MERACH aims to provide lifetime technical support for a superior customer experience.

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