Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

MERACH Deep Squat Machine

MERACH Deep Squat Machine User Manual

Model: Deep Squat Machine | Brand: MERACH

1. Safety Information

Please read all instructions carefully before using the MERACH Deep Squat Machine. Retain this manual for future reference.

- Consult a physician before starting any new exercise program.
- Ensure all parts are securely assembled and tightened before each use.
- Place the machine on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum user weight of 300 lbs (136 kg).
- Stop exercising immediately if you experience pain, dizziness, or discomfort.
- Wear appropriate athletic footwear during use.

2. Product Overview

The MERACH Deep Squat Machine is a versatile piece of home fitness equipment designed to assist with squats and other exercises, focusing on glutes, legs, and core. It provides enhanced squat form support, reducing strain and minimizing injury risk.



Figure 2.1: Woman demonstrating proper squat form using the MERACH Deep Squat Machine.



Figure 2.2: The machine is designed to shift weight pressure from knees to glutes, promoting joint protection.

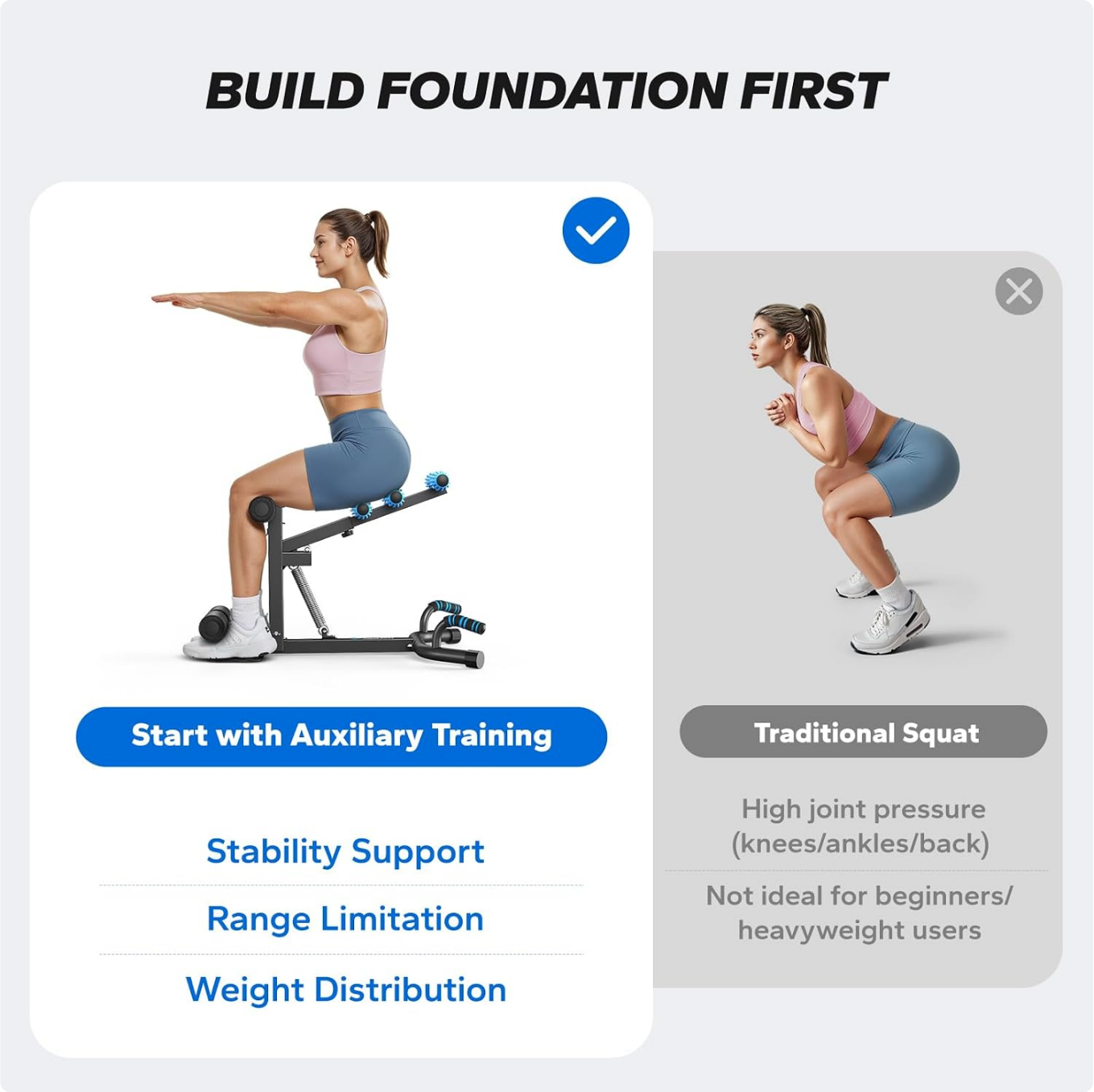


Figure 2.3: Auxiliary training with the machine offers stability support, range limitation, and improved weight distribution compared to traditional squats.

The machine features a heavy-duty steel frame with high-quality springs, ensuring durability and stability. It is designed to be compact, fitting easily into various home spaces.



Figure 2.4: The compact design allows for easy placement and storage in a home environment.

3. Setup and Assembly

The MERACH Deep Squat Machine is designed for quick and hassle-free assembly. The main frame comes pre-built, and all necessary tools are provided. For detailed step-by-step instructions, please refer to the included user manual.



Figure 3.1: Assembly process, highlighting the pre-built frame and included tools.

An official video guide is also available to assist with the assembly process and initial setup.

▶ **Watch video online**

Fire up up!!!

Video 3.1: Assembly and initial usage demonstration of the MERACH Deep Squat Machine.

4. Operating Instructions

The MERACH Deep Squat Machine offers customizable settings to accommodate various fitness levels and body types. It features 4 resistance levels, 2 height settings, and 3 length adjustments.



Figure 4.1: Adjustments for height and length ensure a proper fit for all users. The correct height is achieved when the roller sits just behind your knees.



Figure 4.2: The machine supports various squat depths, including quarter, parallel, and full squats, to target different muscle groups and fitness goals.

4.1 Squat Exercises

1. **Adjust Settings:** Set the machine to your desired height and length. The roller should comfortably support your lower back/glutes.
2. **Foot Placement:** Place your feet on the footrests, ensuring they are stable.
3. **Initiate Squat:** Begin to lower your body as if sitting in a chair, allowing the machine's support pads to guide your form. Maintain a straight back and engage your core.
4. **Return to Start:** Use your leg and glute muscles to push back up to the starting position.
5. **Resistance:** The machine provides upward support. For increased resistance, you can add external weights or utilize the built-in resistance bands (up to 226 lbs basic resistance, with 4 bands added for dynamic resistance).



Figure 4.3: The machine offers dynamic resistance with additional bands for progressive training.

4.2 Push-Up Exercises

The MERACH Deep Squat Machine also includes handles for performing push-ups, allowing for a more comprehensive upper

body workout.

1. **Positioning:** Place the machine on a flat surface. Grip the push-up handles firmly.
2. **Execution:** Perform push-ups as usual, using the handles for added stability and a deeper range of motion.



Figure 4.4: The integrated handles provide support for push-up exercises.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH Deep Squat Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose components.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter any issues with your MERACH Deep Squat Machine, please refer to the following common solutions:

Problem	Possible Cause	Solution
Machine feels unstable	Loose bolts or uneven surface.	Ensure all bolts are tightened. Move the machine to a flat, level surface.
Difficulty adjusting height/length	Adjustment knob not fully loosened or debris.	Ensure the knob is fully unscrewed. Check for any obstructions and clear them.
Squeaking noises during use	Lack of lubrication on moving parts or loose connections.	Apply a small amount of silicone-based lubricant to moving joints. Tighten any loose connections.

If the issue persists, please contact MERACH customer support for assistance.

7. Specifications

Feature	Detail
Brand	MERACH
Model Name	Deep Squat Machine
Product Dimensions (LxWxH)	24"D x 7"W x 15"H
Item Weight	18.5 Pounds (8.39 kg)
Material	Alloy Steel
Maximum Weight Recommendation	300 Pounds (136 kg)
Tension Level	300 pounds (referring to max user weight/resistance capacity)
Strap Type	Cable/Pulley straps (for resistance bands)
Adjustments	4 Resistance Levels, 2 Height Settings, 3 Length Adjustments

8. Warranty and Support

The MERACH Deep Squat Machine comes with a **free 12-month warranty**. For any questions or concerns, our dedicated customer service team is available via email or phone to provide **24-hour after-sales support**.
When contacting customer service, please have your order number and product model number ready for a quality buying experience.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0DFCDQCW8

More documents and user manuals: **https://manuals.plus/**