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MERACH MR-2398B1-US

MERACH Vibration Plate Exercise Machine User Manual

Model: MR-2398B1-US

INTRODUCTION

The MERACH Vibration Plate Exercise Machine is designed to enhance your fitness routine through whole-body vibration. This innovative equipment stimulates muscles, promotes circulation, and supports various fitness goals. It features multiple exercise modes, speed levels, Bluetooth connectivity, and a user-friendly design for convenient home use.



Figure 1: MERACH Vibration Plate Exercise Machine (Black model)

SAFETY INFORMATION

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Ensure the machine is placed on a flat, stable, and non-slip surface during use.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- 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.
- Maximum user weight capacity: 300 pounds.

PACKAGE CONTENTS

Please check the package to ensure all items are present and in good condition:

- MERACH Vibration Plate Exercise Machine
- Remote Control
- Resistance Band
- Power Cord
- User Manual (this document)

Package Including

- Vibration Plate
- Power Cord
- Remote Control
- Use Manual
- Resistance Band



Figure 2: Included components in the MERACH Vibration Plate package.

SETUP

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level, and stable surface. Ensure there is enough clear space around the machine for safe operation. The anti-slip suction cups on the bottom provide stability and reduce noise.
3. **Power Connection:** Connect the power cord to the machine's power input and then plug it into a standard electrical outlet.

OPERATING INSTRUCTIONS

Power On/Off

Locate the power switch on the side of the machine. Flip the switch to the 'ON' position to power on the device. The LED

display will illuminate.

Modes and Speed Adjustment

The MERACH Vibration Plate offers both manual and automatic modes with 10 levels of vibration speed. Use the remote control to switch between modes and adjust the intensity.

- **Manual Mode:** Allows you to manually select your desired vibration speed.
- **Automatic Mode:** Utilizes a built-in gravity sensor. The machine will automatically turn on if you rock from side to side on the plate and automatically pause if you leave the device for 30 seconds.

Smart AUTO ON/OFF

Built-in Gravity Sensor



Automatically turn on

Auto Mode if rock from side to side



Pausa automatica

if leave the device for 30 seconds



Figure 3: Smart AUTO ON/OFF functionality with gravity sensor.

Remote Control and LED Display

The included remote control allows for convenient operation, letting you adjust settings without bending down. The LED display screen clearly shows the current time, speed, and mode, enabling you to monitor your exercise progress.



Figure 4: The LED display shows time, speed, and mode settings.

Bluetooth Connectivity

Enhance your workout experience by connecting your smartphone via Bluetooth to play music directly through the machine. Refer to your phone's Bluetooth settings to pair with the MERACH device.

Enjoy Your Workout

Connect your phone with Bluetooth to Play Music



Figure 5: Enjoy your workout by connecting your phone with Bluetooth to play music.

Exercise Suggestions

The MERACH Vibration Plate supports various poses for a full-body workout. Experiment with different foot placements to adjust vibration intensity: a wider stance increases intensity (running), while a narrower stance provides a more relaxed vibration (walking).

- **Standing:** Stand upright with feet shoulder-width apart for general whole-body vibration.
- **Plank Pose:** Place forearms on the plate and extend legs back for core engagement.
- **Half-Kneeling Pose:** Kneel with one knee on the plate and the other foot on the floor for targeted leg and glute activation.
- **Leg Lifts:** Sit on the plate and perform leg lifts to target abdominal muscles.
- **Resistance Bands:** Attach the included resistance bands to the machine for upper body and full-body resistance training.

Pose **Multi-dunction Vibration Machine**

Plank Pose



Half-Kneeling pose



Leg Lifts



Figure 6: Examples of multi-function exercises for effective full-body workouts.

Vibrating for *Full-Body Conditioning*

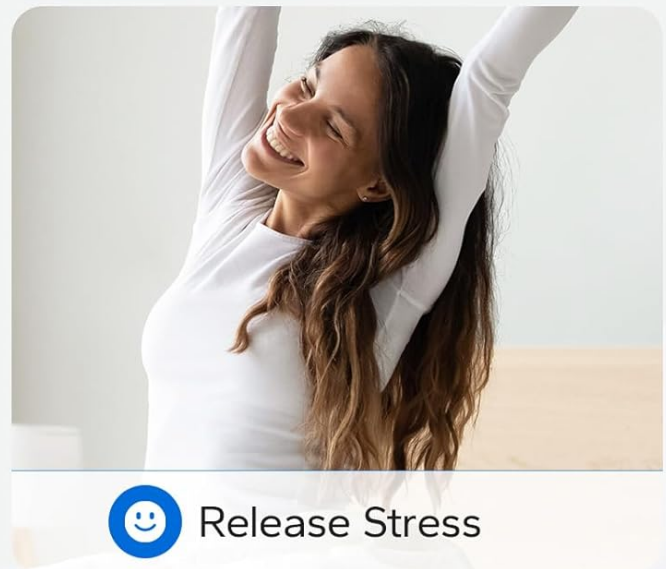


Figure 7: Benefits of vibrating for full-body conditioning, including relieving soreness, lymphatic drainage, relaxing muscles, and releasing stress.

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Video 1: Official MERACH 2398 Vibration Plate Exercise Machine overview, demonstrating various uses and features.

MAINTENANCE

- **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.
- **Inspection:** Periodically check the power cord for any damage. If damaged, contact customer support for assistance.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power switch is off; No power from outlet.	Ensure power cord is securely plugged in. Flip the power switch to 'ON'. Test the outlet with another device.
No vibration or weak vibration.	Incorrect mode selected; Speed level too low; Overload.	Adjust speed level using the remote. Ensure correct mode is selected. Check user weight against maximum capacity.
Remote control not working.	Battery low or dead; Obstruction between remote and machine.	Replace remote control battery (if applicable, not specified in input, but common). Ensure clear line of sight to the machine's sensor.
Unusual noise during operation.	Machine not on a flat surface; Loose components.	Ensure the machine is on a completely flat and stable surface. If noise persists, discontinue use and contact customer support.

SPECIFICATIONS

Feature	Detail
Brand	MERACH
Model Name	MR-2398B1-US
Maximum Weight Recommendation	300 Pounds
Controls Type	Remote
Display Type	LED
Number of Programs	1
Number of Resistance Levels	10
Operation Mode	Manual, Automatic
Power Source	Corded Electric
Item Package Dimensions L x W x H	24.8 x 15 x 6.9 inches
Package Weight	8.05 Kilograms
Item Dimensions L x W x H	22.8 x 13 x 6.3 inches
Suggested Users	unisex-adult
Included Components	User Manual, Resistance Band, Power Cord, Remote Control
Item Weight	17.6 Pounds

Feature	Detail
Color	Black
Material	Acrylonitrile Butadiene Styrene (ABS)
Product Dimensions	22.8"D x 13"W x 6.3"H

WARRANTY AND SUPPORT

The MERACH Vibration Plate Exercise Machine comes with a **1-year manufacturer's warranty**.

If you have any questions about the product's usage, require technical assistance, or need to claim warranty service, please feel free to contact MERACH customer support. Contact information can typically be found on the product packaging or the official MERACH website.

