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> MERACH Mini Vibration Plate User Manual

MERACH MR-2441

MERACH Mini Vibration Plate User Manual

Model: MR-2441

1. INTRODUCTION

Thank you for choosing the MERACH Mini Vibration Plate. This device is designed to provide an effective full-body workout, promoting weight loss, muscle activation, lymphatic drainage, and overall physical well-being. Its compact design and advanced features make it an ideal addition to your home fitness routine.

The MERACH Mini Vibration Plate offers 99 adjustable speed levels and 9 pre-set programs, allowing for a customized workout experience suitable for various fitness levels. Its quiet operation and stable design ensure a comfortable and effective exercise session.



Effective Full-Body Workout



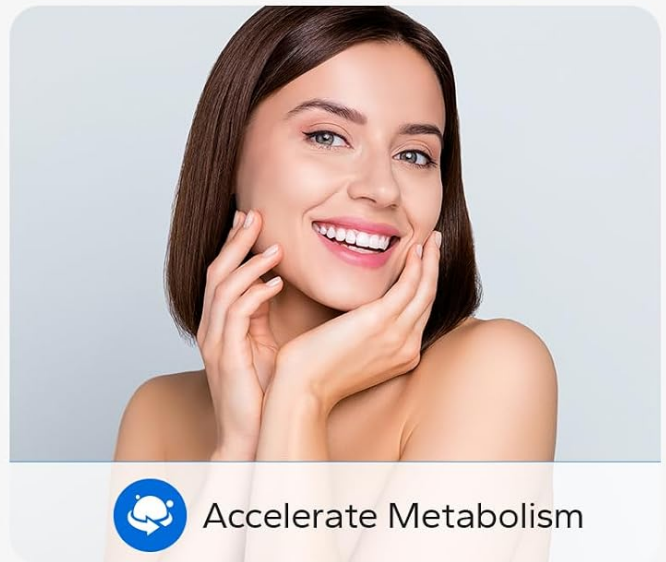
Activate Deeply Muscles



Promote Lipolysis



Higher Fat Burning Efficiency



Accelerate Metabolism

Figure 1.2: Key Benefits of the MERACH Mini Vibration Plate

2. PACKAGE CONTENTS AND SETUP

2.1 What's Included

Please check the package contents to ensure all items are present:

- 1 x MERACH Mini Vibration Plate
- 1 x Remote Control (2 AAA batteries included)
- 1 x Power Cord
- 2 x Resistance Bands
- 1 x User Manual

Package Included

- | | |
|-------------------|------------------|
| 1 Resistance Band | 2 Power Cord |
| 3 Manual | 4 Remote Control |



Figure 2.1: Package Contents

2.2 Placement and Initial Setup

The MERACH Mini Vibration Plate is designed for easy placement and storage. Its compact dimensions (42 x 30 x 12 cm / 16.5 x 11.8 x 4.7 inches) allow it to fit conveniently under a sofa or bed.

1. Choose a flat, stable surface for the vibration plate. Ensure there is enough space around the device for safe operation.
2. Connect the power cord to the vibration plate and then to a suitable power outlet.
3. Insert the included AAA batteries into the remote control.
4. The non-slip suction cup base ensures stability during use. Ensure the suction cups are firmly attached to the floor.

Base à ventouse antidérapante de ventouses antidérapantes

Offre une grande stabilité



Figure 2.2: Space-saving Design

3. OPERATING INSTRUCTIONS

3.1 Powering On/Off

- Press the power button on the vibration plate or the remote control to turn the device on.
- Press the power button again to turn the device off.

3.2 Using the LED Display and Remote Control

The integrated LED display shows time, speed, and mode. The remote control allows for convenient adjustment of settings during your workout.

Remote Control and LED Display



Speed



Time



Mode



Figure 3.1: Remote Control and LED Display

3.3 Adjusting Speed and Programs

- **Speed Levels:** The device offers 99 speed levels. Use the '+' and '-' buttons on the remote or the plate to increase or decrease the vibration intensity.
- **Programs:** There are 9 pre-set programs. Press the 'M' (Mode) button on the remote or plate to cycle through the programs. Each program has a unique vibration pattern and duration.
- **Time:** Adjust the workout duration using the time setting buttons on the remote.

99 Speed

Suitable for Different People

Low

1-33

Slow Rhythm
Beginner-Friendly

Medium

34-66

Moderate Vibration
Whole Body Fat Burning

High

67-99

Strong Vibration
Rhythmic Sweating



Figure 3.2: Speed Level Guidance



99 Speed levels

More options

VS

10 Speeds

Narrow selection



12.8 lbs Weight

Easy to carry

VS

≥13 lbs

Difficult to move



LED Panel

Clear display

VS

Mechanical buttons

Fuzzy display

OTHERS



Figure 3.3: MERACH Advantage: More Options and Clear Display

3.4 Exercise Suggestions

The MERACH Mini Vibration Plate can be used for various exercises. Utilize the included resistance bands for a more comprehensive full-body workout.

- **Standing:** Stand with feet shoulder-width apart for general vibration.
- **Squats:** Perform squats while on the plate to engage leg and glute muscles.
- **Plank:** Place hands or forearms on the plate for core engagement.
- **Upper Body:** Use resistance bands while standing on the plate for arm and shoulder exercises.

Multi-function Vibration Machine



Figure 3.4: Multi-function Vibration Machine for Various Workouts



MR-2441

Mini Plateforme Vibrante

Concilier travail et santé en toute simplicité



Figure 3.5: Vibration for Muscle Conditioning and Overall Well-being



Figure 3.6: Enhanced Weight Loss with MERACH Vibration

4. MAINTENANCE

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

- **Cleaning:** Wipe the surface of the vibration plate with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place away from direct sunlight and moisture. Its compact size allows for easy storage under furniture.
- **Silicone Pedal:** The skin-friendly silicone pedal is designed for comfort and durability. Keep it clean for optimal grip.
- **Non-slip Base:** Ensure the suction cups on the base are clean and free of debris to maintain maximum stability.



Figure 4.1: Skin-friendly Silicone Pedal

Aucune perturbation sonore

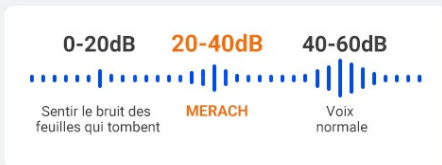


Figure 4.2: Non-slip Suction Cup Base

5. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Device does not power on.	Power cord not properly connected; Power outlet not working; Remote control batteries dead.	Check power cord connection; Try a different outlet; Replace remote control batteries.
Vibration is weak or inconsistent.	Incorrect program/speed selected; Overload (exceeding max weight).	Adjust speed/program; Ensure user weight is within limits (max 120 kg).
Unusual noise during operation.	Device not on a flat surface; Debris under the plate.	Ensure plate is on a flat, stable surface; Check for and remove any debris.
Remote control not responding.	Batteries dead or incorrectly inserted; Obstruction between remote and plate.	Replace batteries; Ensure clear line of sight to the plate's sensor.

The MERACH Mini Vibration Plate operates quietly, typically between 0-20dB, ensuring minimal disturbance during use.

Affichage LED

Heure, vitesse, mode



Figure 5.1: Quiet Operation of MERACH Vibration Plate

6. SPECIFICATIONS

Feature	Specification
Model	MR-2441
Dimensions (L x W x H)	42 x 30 x 12 cm (16.5 x 11.8 x 4.7 inches)
Weight	6.6 kg (14.5 lbs)
Maximum Weight Recommendation	120 kg (264 lbs)
Number of Speed Levels	99
Number of Programs	9
Material	Acrylonitrile Butadiene Styrene (ABS)
Power Source	Corded Electric
Batteries for Remote	2 x AAA (included)

7. WARRANTY AND SUPPORT

MERACH is committed to providing high-quality products and reliable customer support. Your MERACH Mini Vibration Plate is manufactured with rigorous quality control to ensure a long service life.

For any questions, concerns, or technical assistance, please contact MERACH customer support. We offer competent service via phone or email to ensure you can use your product without worry.

- **24/7 Technical Support:** MERACH provides lifetime technical support for a superior customer experience.
- **Global Presence:** MERACH products are available in over 30 countries worldwide.
- **Innovation:** With over 120 patents, MERACH continuously innovates to help you achieve your fitness goals.

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.

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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.

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