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Merach MR-2490H1-US

MERACH 4D Vibration Plate Exercise Machine MR-2490H1-US User Manual

Model: MR-2490H1-US | Brand: Merach

Introduction

This manual provides essential instructions for the safe and effective use of your MERACH 4D Vibration Plate Exercise Machine. Please read this manual thoroughly before operating the device and retain it for future reference. The MERACH 4D Vibration Plate is designed to offer a comprehensive whole-body workout experience through its unique glide, swing, and massage vibration modes.

Important Safety Information

WARNING: To reduce the risk of serious injury, read all instructions and warnings before using this product.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions, are pregnant, or have recently undergone surgery.
- Keep children and pets away from the machine during operation.
- Place the machine on a flat, stable surface. Ensure adequate space around the machine for safe use.
- Do not use the machine if it is damaged or malfunctioning. Contact customer support immediately.
- Ensure the power cord is not pinched or damaged. Do not operate with a damaged cord or plug.
- Unplug the machine from the power outlet when not in use and before cleaning or maintenance.
- Do not stand or jump on the machine with excessive force. The maximum user weight capacity is 350 lbs (approximately 158 kg).
- Use the machine only for its intended purpose as described in this manual.
- Stop exercising immediately if you feel dizzy, nauseous, or experience any pain.

Package Contents

Verify that all components are present and undamaged:

- MERACH 4D Vibration Plate Exercise Machine
- Remote Control
- Resistance Bands (if included with your model)
- Power Cord
- User Manual (this document)



Image 1: Contents of the MERACH 4D Vibration Plate package, including the main unit, remote control, exercise mat, and resistance bands.

Setup

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Position the vibration plate on a firm, level surface. Ensure there is sufficient clear space around the machine for safe movement. Avoid placing it on thick carpets that might obstruct ventilation or stability.
3. **Power Connection:** Insert the power cord into the machine's power inlet, then plug the other end into a grounded electrical outlet.

4. **Remote Control:** Ensure the remote control has working batteries.

Operating Instructions

The MERACH 4D Vibration Plate offers multiple modes and speed settings for a customized workout.



Image 2: A visual comparison highlighting the advanced features of the MERACH 4D Vibration Plate, including 7 vibration modes, whole-body exercise capability, and fitness with massage, compared to traditional single-mode devices.

Control Panel and Remote Control

The machine can be operated using the integrated control panel or the included remote control. The control panel features a clear LED display showing time, speed, and selected mode.



Image 3: Detailed view of the control panel and remote control, illustrating the seven distinct vibration modes available on the MERACH 4D Vibration Plate.

- **Power Button:** Turns the machine on/off.
- **Time Adjustment:** Increases or decreases workout duration.
- **Speed Adjustment:** Increases or decreases vibration intensity (1-120 levels).
- **Mode Button:** Cycles through the 7 vibration modes and preset programs (P1, P2, P3).
- **Start/Stop:** Begins or pauses the vibration.
- **Function Button:** Selects specific vibration types (Translation, Swing, Massage).

Vibration Modes (7-in-1)

The MERACH 4D Vibration Plate features three independent motors, allowing for seven distinct vibration modes:

1. **Translation:** Linear up-and-down motion.
2. **Swing:** Side-to-side oscillating motion.
3. **Massage:** Gentle, rhythmic vibration.

4. **Translation + Swing:** Combines linear and oscillating movements.
5. **Swing + Massage:** Combines oscillating and rhythmic massage.
6. **Translation + Massage:** Combines linear and rhythmic massage.
7. **Swing + Translation + Massage:** All three vibration types combined for a comprehensive experience.

Use the "Mode" or "Function" button to select your desired vibration type. The display will indicate the active mode.

Smart Auto Design and Speed Levels

The machine features an intelligent stride-tracking system with 120 speed levels. By adjusting your foot placement on the plate, you can influence the intensity:



Image 4: Illustration of the Smart Auto Design, demonstrating how foot placement on the vibration plate corresponds to low, middle, and high intensity zones (Levels 1-40, 40-80, 80-120 respectively).

- **Low (Levels 1-40):** Feet closer together, for comfortable and relaxing vibrations.
- **Middle (Levels 40-80):** Feet slightly wider, ideal for warm-up stretching.
- **High (Levels 80-120):** Feet widest apart, for intensive training.

The system detects foot movement in real-time and automatically adjusts the vibration rhythm to match your pace, optimizing efficiency and muscle stimulation.

Exercise Guidelines

Begin with short sessions (5-10 minutes) at lower speeds and gradually increase duration and intensity as your body adapts. Maintain proper posture during exercises.

Recommended Usage

- **For Office Workers:** Utilize the Glide+Swing mode to help relieve back and waist tension.
- **For Seniors:** The Swing+Massage mode can assist in reducing leg soreness and improving joint flexibility.
- **For Fitness Enthusiasts:** The Glide+Swing+Massage combo mode targets the waist, abs, and legs for enhanced toning and fat burning.

The ergonomic curved design of the plate is intended to conform to waist, abdominal, and hip curves, activating deep muscle groups for targeted workouts.

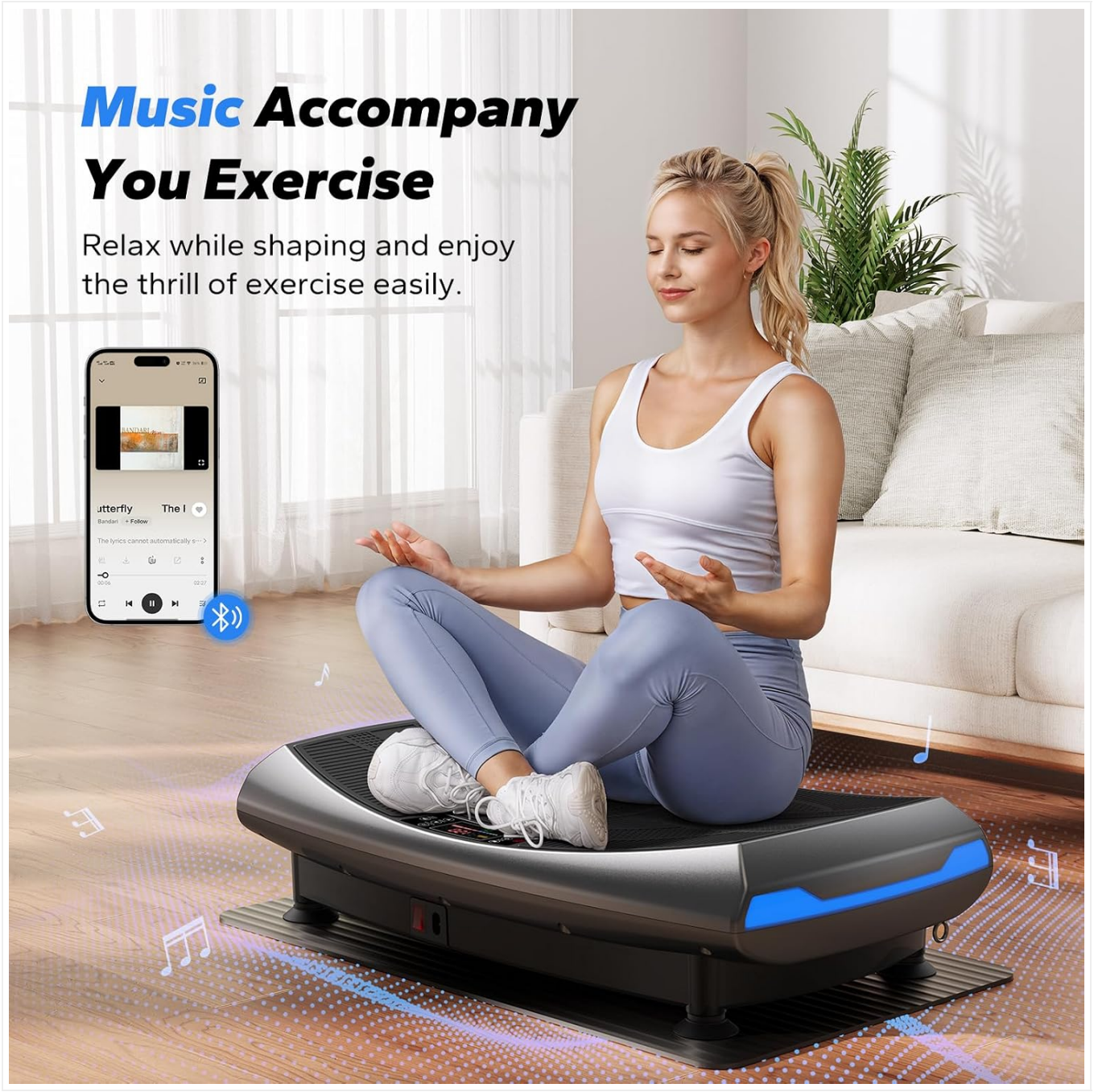

Image 5: A user demonstrating a meditative pose on the MERACH 4D Vibration Plate, suggesting its use for relaxation or light exercise. The machine's quiet operation allows for accompanying activities like listening to music.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your vibration plate.

- **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 design allows for easy storage, such as under a sofa.
- **Inspection:** Periodically check the power cord and all connections for any signs of wear or damage.



Image 6: The MERACH 4D Vibration Plate shown stored discreetly under a sofa, highlighting its compact dimensions (6.8 inches height, 16.3 inches width, 28.1 inches length) for convenient storage.

Troubleshooting

If you encounter issues, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power outlet malfunction; Machine fault.	Ensure power cord is securely plugged into both the machine and a working outlet. Try a different outlet. If problem persists, contact customer support.
Vibrations are weak or inconsistent.	Incorrect mode/speed setting; Overload; Machine fault.	Adjust speed to a higher level. Ensure user weight does not exceed 350 lbs. If issue continues, contact customer support.
Remote control not working.	Dead batteries; Obstruction between remote and machine; Remote fault.	Replace remote control batteries. Ensure no objects are blocking the signal. Try operating directly from the control panel.
Unusual noise during operation.	Loose components; Machine fault.	Stop using the machine immediately. Inspect for any loose parts. Contact customer support.

Specifications

Feature	Detail
Brand	Merach
Model Number	MR-2490H1-US
Material	Acrylonitrile Butadiene Styrene (ABS)
Color	Black
Item Weight	18 kg 400 g (approximately 40.5 lbs)
Max User Weight	350 lbs (approximately 158 kg)
Vibration Modes	7 (Translation, Swing, Massage, and combinations)
Speed Levels	120
Amplitude	11mm
Motors	3
Dimensions (Approximate)	Length: 28.1 in, Width: 16.3 in, Height: 6.8 in



Image 7: The MERACH 4D Vibration Plate emphasizing its generous platform size (27.95 inches) and robust 350 lbs weight capacity, ensuring comfort and stability for users.

Warranty and Support

For warranty information, technical support, or any inquiries regarding your MERACH 4D Vibration Plate Exercise Machine, please contact Merach customer service. Refer to the product packaging or the official Merach website for contact details.

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