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MERACH CV30

MERACH MR-2398Slim Vibration Plate Exercise Machine User Manual

Model: CV30

1. INTRODUCTION

Welcome to the MERACH MR-2398Slim Vibration Plate Exercise Machine. This device is designed to provide full-body vibrations to assist with muscle recovery, improve circulation, enhance flexibility, and support your overall fitness routine. This manual provides essential information for the safe and effective use of your new vibration plate. Please read it thoroughly before operation and retain it for future reference.

2. IMPORTANT SAFETY INSTRUCTIONS

To reduce the risk of serious injury, always read and follow all warnings and instructions before using this equipment.

- Consult your physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Keep children and pets away from the equipment during operation.
- Use the machine on a stable, level surface.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe osteoporosis, epilepsy, or acute thrombosis.
- Stop exercising immediately if you feel dizzy, nauseous, chest pain, or any other abnormal symptoms.
- Ensure the power cord is not damaged and is properly connected to a grounded outlet.
- Do not immerse the unit in water or expose it to excessive moisture.
- Maximum user weight: 330 lbs (150 kg).

3. PACKAGE CONTENTS

Upon unpacking, please ensure all items listed below are present and in good condition:

- MERACH MR-2398Slim Vibration Plate

- Remote Control
- Power Cable
- User Manual (this document)

4. SETUP

The MERACH MR-2398Slim Vibration Plate requires minimal setup.

1. **Placement:** Place the vibration plate on a flat, stable, and non-slip surface. Ensure there is enough clear space around the unit for safe operation.
2. **Power Connection:** Connect the power cable to the power input port on the vibration plate and then plug it into a standard electrical outlet.
3. **Remote Control Batteries:** Insert 2 AAA batteries (not included) into the remote control, observing the correct polarity.



Figure 4.1: The compact design of the MERACH Vibration Plate allows for easy storage under furniture. Dimensions are approximately 20.3 inches (length) x 11.3 inches (width) x 4.7 inches (height).

5. OPERATING INSTRUCTIONS

5.1 Powering On/Off

- To power on the unit, press the main power switch located on the side of the vibration plate. The LED display will illuminate.
- To power off, press the main power switch again.

5.2 Using the Remote Control and LED Display

The remote control allows you to adjust settings conveniently during your workout.

- **Start/Stop:** Press the START/STOP button on the remote to begin or pause the vibration.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the vibration intensity. There are 10 adjustable speed levels (1-10).
- **Mode Selection:** The unit may have pre-set modes. Refer to the remote control for specific mode buttons.
- **LED Display:** The display tracks calorie burn in real-time and the duration of your workout.



Figure 5.1: The LED display and an overview of the 10 intensity levels, categorized into Low (1-3), Medium (4-6), and High (7-10) for progressive training.

5.3 Recommended Usage

It is recommended to start with the lowest speed setting (Level 1) and gradually increase intensity as your body adapts. Sessions of 10-15 minutes per day are generally sufficient. The machine automatically stops after 10 minutes.

- **Beginners:** Start with 5-10 minutes at low intensity (Levels 1-3).
- **Intermediate:** Progress to 10-15 minutes at medium intensity (Levels 4-6).
- **Advanced:** Use for 15 minutes at high intensity (Levels 7-10).

5.4 Exercise Positions

Varying your body position on the plate can target different muscle groups.

Burn Fat Efficiently Maximize Workout Results



↗ PRONE POSITION

for arm workout



↗ STANDING POSITION

for leg workout



↖ SUPINE POSITION

for leg and buttock workout

Figure 5.2: Examples of exercise positions: **Prone Position** for arm workouts, **Standing Position** for leg workouts, and **Supine Position** for leg and buttock workouts.

- **Standing:** Stand with feet shoulder-width apart, knees slightly bent. This targets legs and glutes.
- **Squatting:** Perform squats on the plate for intensified leg and glute activation.
- **Prone:** Place hands on the plate for push-up variations, targeting arms and chest.
- **Sitting:** Sit on the plate or place feet on it while seated for lower body circulation and relaxation.

6. 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.
- **Storage:** Store the unit in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage under beds or sofas.
- **Inspection:** Periodically check the power cord for any signs of damage. If damaged, discontinue use and contact customer support.



Figure 6.1: The MERACH Vibration Plate features a strong motor designed for intense, full-body vibration.

7. TROUBLESHOOTING

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

Problem	Possible Cause	Solution
Unit does not power on.	Power cable not connected; Main switch off; Power outlet issue.	Ensure power cable is securely plugged in. Turn on the main power switch. Test the outlet with another device.
No vibration.	Unit is paused; Intensity level is too low.	Press START/STOP on the remote. Increase the intensity level using the '+' button.
Remote control not working.	Dead batteries; Obstruction between remote and unit.	Replace batteries (2 AAA). Ensure a clear line of sight to the unit's receiver.
Vibration feels too strong/weak.	Intensity level setting.	Adjust the intensity level using the '+' or '-' buttons on the remote control to suit your comfort.

If the problem persists after trying these solutions, please contact MERACH customer support.

8. SPECIFICATIONS

Feature	Detail
Model Number	CV30 (Designated as MR-2398Slim)
Maximum Weight Recommendation	330 lbs (approx. 150 kg)
Control Type	Remote Control
Display Type	LED
Power Source	Electric Cord
Remote Control Batteries	2 AAA (not included)
Product Dimensions (L x W x H)	51.56 x 28.7 x 11.94 cm (approx. 20.3 x 11.3 x 4.7 inches)
Product Weight	5.99 kg (approx. 13.2 lbs)
Material	Acrylonitrile Butadiene Styrene (ABS)
Noise Level	Below 40 dB

9. WARRANTY AND SUPPORT

MERACH stands behind the quality of its products. If your vibration plate arrives with any damage, has a manufacturing defect, or if you have any questions or concerns regarding its operation, please do not hesitate to contact our friendly customer service team.

We are committed to your complete satisfaction and will do our best to resolve any issues promptly.

- **Customer Service:** Refer to the contact information provided on the MERACH official website or your purchase documentation.
- **Online Resources:** Visit the [MERACH Brand Store](#) for additional product information and support.

