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> MERACH Thigh Trainer MR-2397 Instruction Manual: Adjustable Resistance & Digital Counter

## MERACH MR-2397

# MERACH Thigh Trainer MR-2397 Instruction Manual

Model: MR-2397 | Brand: MERACH

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## 1. INTRODUCTION

This manual provides detailed instructions for the safe and effective use of your MERACH Thigh Trainer MR-2397. This device is designed to assist in strengthening various muscle groups, including the thighs, hips, arms, and pelvic floor. Please read this manual thoroughly before first use and retain it for future reference.

## 2. PRODUCT OVERVIEW

The MERACH Thigh Trainer MR-2397 is a versatile fitness device featuring adjustable resistance and a digital counter for tracking progress. Its ergonomic design supports various exercises for different body parts.

### 2.1 Key Features

- **Adjustable Resistance:** Offers a resistance range of 0-110 lbs, customizable via a red knob.
- **Digital Counter Display:** Tracks exercise repetitions in real-time.
- **360° Rotating Thigh Cushion:** Provides comfort and adaptability for various exercise angles.
- **Adjustable Velcro Straps:** Ensures stability and prevents slipping during use.
- **Multi-functional Design:** Suitable for thigh, hip, arm, and pelvic floor exercises.

### 2.2 Product Components



Figure 1: MERACH Thigh Trainer MR-2397. This image displays the overall structure of the device, highlighting its central unit, padded arms, and resistance adjustment knob.

- Central Unit with Digital Display
- Adjustable Resistance Knob (Red)
- Padded Thigh Cushions (2)
- Velcro Straps (2)

### 3. SETUP

The MERACH Thigh Trainer MR-2397 comes pre-assembled. No complex setup is required. Simply remove it from its packaging.

1. **Unpack:** Carefully remove the device from its packaging.
2. **Inspect:** Check for any visible damage or missing parts. If any issues are found, contact customer support.
3. **Familiarize:** Locate the adjustable resistance knob and the digital display counter.

### 4. OPERATING INSTRUCTIONS

## 4.1 Adjusting Resistance

# Adjustable Resistance

*Cater to customers of different workout levels*



Figure 2: Resistance adjustment knob. The red knob at the bottom of the device controls the resistance level.

- To **increase** resistance, turn the red knob clockwise.
- To **decrease** resistance, turn the red knob counter-clockwise.
- Adjust the resistance to a level that provides a challenge without causing discomfort or strain.

## 4.2 Using the Digital Counter

# Digital Counter Display

*Displays movement count in real-time for clear workout progress tracking*



Figure 3: Digital counter display. The screen shows the number of repetitions performed.

- The display automatically activates when you begin exercising.
- It tracks the number of repetitions performed.
- The display will automatically turn off after one minute of inactivity to conserve power. It will resume counting when exercise restarts.
- To reset the counter, press the white button located at the bottom of the screen.

## 4.3 Exercise Methods

The MERACH Thigh Trainer can be used for various exercises. Ensure the padded cushions are comfortably positioned against the body part being exercised.

# Multiple exercise methods



Figure 4: Multiple exercise methods. This image illustrates various ways to use the trainer for different muscle groups, including inner thighs, chest, and arms.

## Inner Thigh Exercise:

1. Sit on a chair or lie on your back with knees bent and feet flat on the floor.
2. Place the trainer between your inner thighs, ensuring the padded cushions are secure.
3. Squeeze your thighs together, compressing the trainer. Hold briefly, then slowly release.
4. Repeat for desired repetitions.

## Pelvic Floor Exercise (Kegel):

1. Follow the inner thigh exercise steps.
2. As you squeeze the trainer, focus on engaging your pelvic floor muscles (as if stopping urination).
3. Hold the contraction, then slowly release.
4. Repeat for desired repetitions.

## Arm/Chest Exercise:

1. Hold the trainer with both hands, placing the padded cushions against your forearms or chest.
2. Press your arms or hands together, compressing the trainer. Hold briefly, then slowly release.
3. Repeat for desired repetitions.



Figure 5: Total body trainer. This image demonstrates how the device can target forearms, back, chest, biceps, and abdominals.

The 360° rotating thigh cushions allow for comfortable positioning and varied angles during exercises. The adjustable Velcro straps can be used to secure the device to your legs or arms for added stability, preventing slipping during movement.

# 360° Rotating Thigh Cushion



Figure 6: 360° Rotating Thigh Cushion. This image highlights the adjustable angle and ergonomic contour of the padded cushions.

# Adjustable Velcro Straps

*Movement without slipping*



Figure 7: Adjustable Velcro Straps. A user demonstrates securing the trainer to their thighs with the straps for stable exercise.

## 5. MAINTENANCE

- **Cleaning:** Wipe the device with a damp cloth after each use to remove sweat and debris. Do not use abrasive cleaners or solvents.
- **Storage:** Store the trainer in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the device for any signs of wear or damage, especially the springs and padded cushions.

## 6. TROUBLESHOOTING

Problem	Possible Cause	Solution
Digital counter not displaying.	Device is inactive; display automatically turned off.	Begin exercising; the display will reactivate.

Problem	Possible Cause	Solution
Counter not resetting.	White reset button not pressed correctly.	Press the white button at the bottom of the screen firmly to reset.
Resistance feels too easy/hard.	Resistance knob needs adjustment.	Turn the red knob clockwise to increase resistance, counter-clockwise to decrease.
Device slips during exercise.	Velcro straps not used or not tightened.	Utilize and adjust the Velcro straps to secure the device.

## 7. SPECIFICATIONS

Feature	Detail
Model Name	MR-2397
Brand	MERACH
Resistance Range	0-110 lbs (Adjustable)
Controls Type	Push Button (for counter reset)
Operation Mode	Manual
Power Source	Self-Powered (for counter)
Material	PP, TPE, High Strength Springs
Item Weight	0.74 Kilograms
Item Package Dimensions	9.84 x 6.54 x 4.69 inches

## 8. WARRANTY AND SUPPORT

The MERACH Thigh Trainer MR-2397 comes with a **1-year warranty** from the date of purchase.

For any questions regarding product use, maintenance, or warranty claims, please contact MERACH customer support. Contact information can typically be found on the product packaging or the official MERACH website.

MERACH is committed to providing lifetime technical support for a superior customer experience.

