Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

MERACH MR-2398-US

MERACH Vibration Plate Exercise Machine User Manual

Model: MR-2398-US | Brand: MERACH

Introduction

The MERACH Vibration Plate Exercise Machine is designed to enhance your fitness routine by utilizing vibrations to stimulate muscles. This equipment supports various workout goals, including calorie burning, muscle toning, and overall fitness improvement. It features multiple exercise modes and speed selections to cater to different user needs and preferences.

Safety Information

Please read all instructions carefully before using the MERACH Vibration Plate Exercise Machine. Failure to follow these safety guidelines may result in injury or damage to the product.

- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Place the machine on a flat, stable surface. Ensure adequate space around the unit for safe operation.
- Do not use the machine if you are pregnant, have a pacemaker, or suffer from severe heart conditions, 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. Do not exceed this limit.

Package Contents

Verify that all components are present in the package:

- 1 x MERACH Vibration Plate
- 1 x Remote Control
- 1 x Resistance Band
- 1 x Power Cord

- 1 x User Manual (this document)



Figure 1: Package Contents and Dimensions. The image shows the vibration plate, remote control, resistance band, power cord, and user manual, along with approximate dimensions of 22.8 inches length, 13 inches width, and 6.3 inches height.

Setup

1. **Unpacking:** Carefully remove all components from the packaging.
2. **Placement:** Place the vibration plate on a firm, level surface. Ensure the anti-slip suction cups on the bottom are securely gripping the floor to prevent movement during use.
3. **Power Connection:** Connect the power cord to the machine's power input port and then plug it into a standard electrical outlet.



Figure 2: Main Product View. This image displays the MERACH Vibration Plate, highlighting its design and the integrated LED display.

Operating Instructions

Power On/Off

To power on the machine, press the power button located on the side or the remote control. The LED display will illuminate. To power off, press the power button again.

Modes of Operation

The MERACH Vibration Plate offers both Manual and Automatic modes:

- **Manual Mode:** Allows you to manually adjust the vibration speed from 1 to 10 levels using the remote control or control panel.
- **Automatic Mode:** The machine will automatically adjust vibration intensity and patterns. This mode can be activated by rocking the device from side to side, thanks to the built-in gravity sensor.

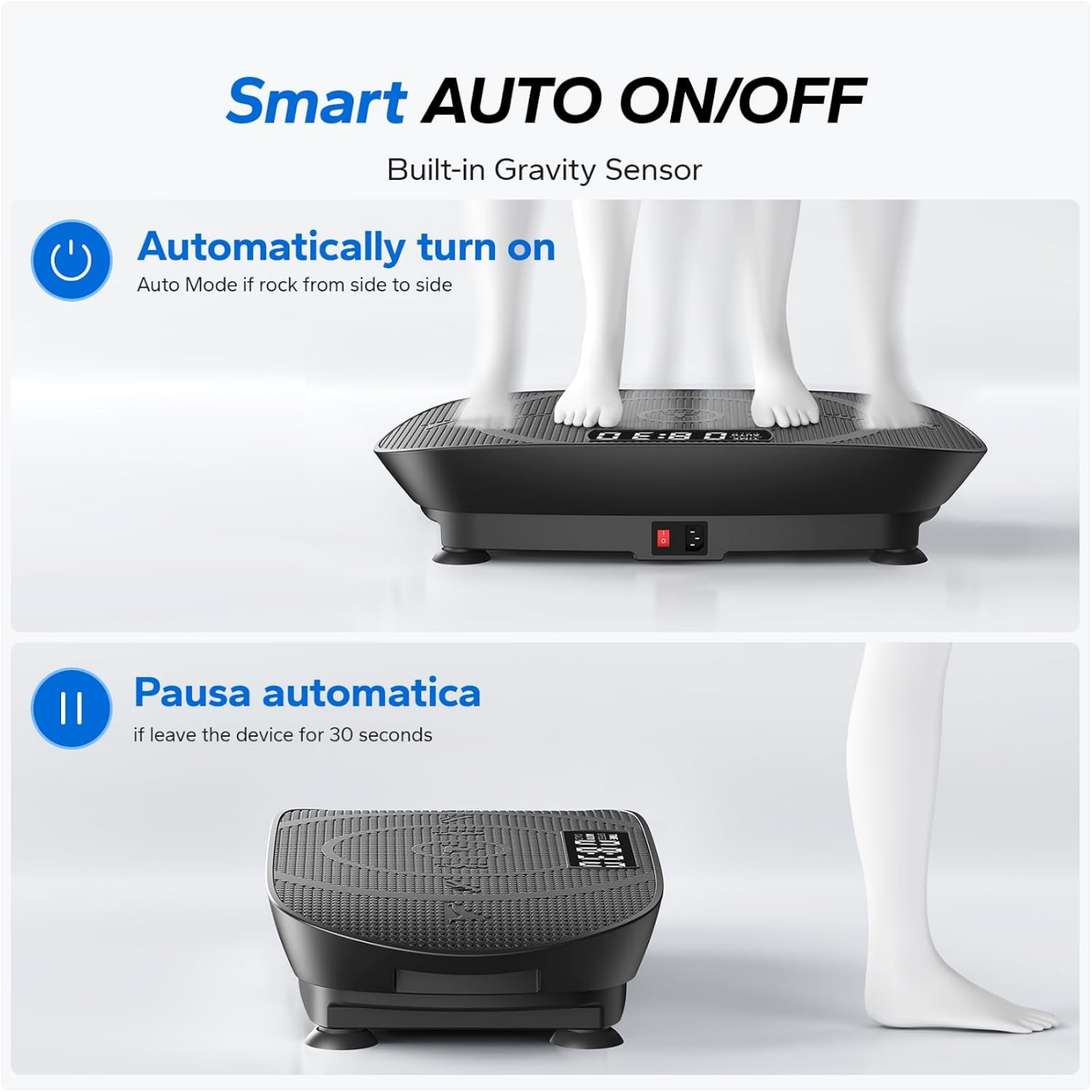


Figure 3: Smart Auto On/Off Feature. The machine can automatically turn on in Auto Mode if rocked, and automatically pause if left for 30 seconds.

Bluetooth Connectivity

Connect your smartphone or other Bluetooth-enabled device to the vibration plate to play music during your workout. Refer to your device's Bluetooth settings to pair with "MERACH" or a similar device name.



Figure 4: Bluetooth Music Playback. The vibration plate allows for Bluetooth connection to play music, enhancing the workout experience.

Exercise Poses and Intensity

The intensity of the vibration can vary depending on your standing position on the plate. Wider stances generally result in stronger vibrations. Experiment with different poses to target various muscle groups and achieve desired intensity.

- **Plank Pose:** Position hands or forearms on the plate for core engagement.
- **Half-Kneeling Pose:** Place one knee on the plate for leg and glute activation.
- **Leg Lifts:** Perform leg lifts while standing or sitting on the plate.
- **Seated Pose:** Sit on the plate or place feet on it while seated for lower body and lymphatic drainage benefits.



Figure 5: Multi-function Exercise Poses. This image illustrates different ways to use the vibration plate for a full-body workout, including plank, half-kneeling, leg lifts, and seated positions.

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 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 signs of damage. If damaged, discontinue use and contact customer support.



Figure 6: High-Quality Construction Details. This image shows the textured silicone pedal for comfort and grip, the internal shock-absorbing mechanism, and the stable anti-slip suction cups on the base.

Troubleshooting

Problem	Possible Cause	Solution
Machine does not power on.	Power cord not properly connected; Power outlet issue.	Ensure power cord is securely plugged into both the machine and a working outlet. Try a different outlet.
Vibration is weak or inconsistent.	Incorrect mode selected; User position on plate.	Adjust speed settings in Manual Mode. Experiment with foot placement on the plate (wider stance for stronger vibration).

Problem	Possible Cause	Solution
Machine powers off unexpectedly.	Overheating; Loose connection; Auto-pause feature.	Allow machine to cool down. Check power connections. If in Auto Mode, ensure continuous presence on the plate. If problem persists, contact customer support.
Bluetooth connection issues.	Device not in pairing mode; Interference.	Ensure Bluetooth is enabled on your device and the machine. Move closer to the machine. Restart both devices.

Specifications

Model Name: MR-2398-US

Brand: MERACH

Color: Black

Material: Acrylonitrile Butadiene Styrene (ABS)

Product Dimensions (LxWxH): 22.8" x 13" x 6.3"

Item Package Dimensions (LxWxH): 24.8 x 15 x 6.9 inches

Package Weight: 7.48 Kilograms

Maximum Weight Recommendation: 300 Pounds

Number of Programs: 1 (referring to auto mode program)

Number of Resistance Levels: 10 (vibration speeds)

Operation Mode: Manual, Automatic

Motor Power: 150W

Amplitude: 11mm

Included Components: User Manual, Resistance Band, Power Cord, Remote Control



Figure 7: Powerful Motor and Amplitude. This image highlights the 150W motor and 11mm amplitude, which contribute to the machine's effective vibration.

Warranty and Support

The MERACH Vibration Plate Exercise Machine comes with a**1-year manufacturer's warranty** from the date of purchase.

For any questions regarding product usage, troubleshooting, or warranty claims, please contact MERACH customer support. Refer to the contact information provided in your purchase documentation or visit the official MERACH website for assistance.

Online Resources: For additional tips and exercise routines, you may visit theMERACH Store on Amazon.

© 2025 MERACH. All rights reserved.

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.

Name

Anonymous

Email

you@example.com

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.

Submit question

Open the live page

https://manuals.plus/asin/B0FHDK33BY

More documents and user manuals: **https://manuals.plus/**