

## MERACH MR-2515

# MERACH 4D Vibrating Plate User Manual

Model: MR-2515

## 1. INTRODUCTION

---

The MERACH 4D Vibrating Plate is designed to enhance your fitness routine through advanced vibration technology. This manual provides essential information for safe and effective use, including setup, operation, maintenance, and troubleshooting.

## 2. PACKAGE CONTENTS

---

Please ensure all items listed below are included in your package:

- 4D Vibrating Plate x 1
- Power Cable x 1
- Resistance Bands x 2
- Damping Mat x 1
- Remote Control x 1
- User Manual x 1



Image: The MERACH 4D Vibrating Plate with included accessories: resistance bands, remote control, and damping mat.

### 3. SETUP

---

Follow these steps to set up your MERACH 4D Vibrating Plate:

1. Place the vibrating plate on a flat, stable surface. Ensure there is enough space around the unit for safe operation.
2. Connect the power cable to the power input port on the side of the vibrating plate. Plug the other end into a suitable power outlet.
3. If desired, attach the resistance bands to the designated hooks on the base of the plate.
4. Turn on the main power switch located near the power input port.

Video: A user demonstrates unboxing the vibrating plate, connecting the power cable, and attaching the resistance bands.

### 4. OPERATING INSTRUCTIONS

The MERACH 4D Vibrating Plate features an intuitive LED display and a remote control for easy operation.

## 4.1 Control Panel & Remote Control

The control panel on the vibrating plate and the remote control share similar functions:

- **Power Button:** Turns the unit on/off.
- **Time Buttons (+/-):** Adjusts the workout duration.
- **Speed Buttons (Up/Down Arrows):** Increases or decreases the vibration speed (1-120 levels).
- **Program Button (P):** Cycles through 5 pre-set smart programs (P1-P5).
- **Function Button:** Selects different vibration modes (4D, vertical, lateral, oscillating).
- **Start/Stop Button:** Begins or pauses the vibration.
- **Light Button (on remote):** Controls the ambient LED lights.



Image: Close-up of the LED display showing time, speed, and program indicators, along with the remote control for convenient adjustments.

## 4.2 Vibration Modes & Speed Levels

The 4D advanced vibration technology combines vertical, lateral, and undulating movements, offering 7 dynamic vibration effects. You can select from 120 adjustable speed levels to customize your workout intensity.

# 4D Pedana Vibrante

## Doble Quema de Grasa

Obtén Resultados Eficaces  
en Solo 10 Minutos

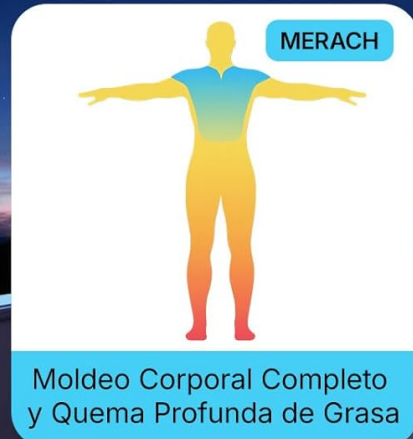


Image: A diagram illustrating the 7 distinct vibration movements offered by the 4D technology, including up/down, left/right, wave, and combined modes.

### 4.3 Smart Programs

Choose from 5 intelligent pre-set programs (P1-P5) designed for various fitness goals, including relaxation, fat burning, strength training, and professional workouts.

### 4.4 Bluetooth Speaker & Ambient Lights

The integrated Bluetooth speaker allows you to connect your device and enjoy music during your workout. The ambient LED lights provide visual feedback, changing color based on speed levels (e.g., pink for relaxation, green for warm-up, blue for intensive training).





Image: The vibrating plate's ambient LED lights illuminate in different colors, indicating various intensity levels or workout phases.

## 5. USAGE & EXERCISES

The MERACH 4D Vibrating Plate can be used for various exercises to target different muscle groups and achieve diverse fitness benefits. It aids in muscle toning, fat burning, muscle recovery, pain relief, lymphatic drainage, and improved circulation.

### 5.1 Recommended Positions

The user manual provides illustrations for various positions to maximize the benefits of vibration training. These include standing, squatting, sitting, and plank positions.



Image: A page from the user manual illustrating various body positions for effective use of the vibrating plate, targeting different muscle groups.

### 5.2 Incorporating Resistance Bands

Attach the included resistance bands to the plate to add an upper body workout component, engaging arms, shoulders, and back muscles while the plate vibrates.



Image: A woman performs bicep curls using the resistance bands while standing on the vibrating plate, demonstrating a combined full-body workout.

Video: A man demonstrates various exercises on the vibrating plate, including standing with resistance bands and performing squats, showcasing the plate's versatility.

## 6. MAINTENANCE

Proper maintenance ensures the longevity and optimal performance of your vibrating plate:

- **Cleaning:** Wipe the surface with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Storage:** Store the unit in a cool, dry place. Its compact design allows for easy storage under a bed or sofa.
- **Inspection:** Regularly check the power cable and resistance bands for any signs of wear or damage.

## Salvaspazio • Facile da Riporre



Image: The compact design of the vibrating plate allows it to be easily stored under a sofa or bed, highlighting its space-saving feature.

## 7. TROUBLESHOOTING

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

- **No Power:** Ensure the power cable is securely connected to both the unit and the power outlet. Check if the main power switch is in the 'ON' position. Verify the power outlet is functional.
- **No Vibration:** Confirm the unit is powered on and the 'Start' button has been pressed. Check if a program or speed level has been selected.
- **Remote Control Not Working:** Replace the batteries in the remote control. Ensure there are no obstructions between the remote and the unit's sensor.

For issues not covered here, please contact customer support.

## 8. SPECIFICATIONS



Feature	Specification
Brand	MERACH
Model	MR-2515
Dimensions (L x W x H)	67 x 39 x 16 cm (26.4 x 15.4 x 6.3 inches)
Weight	16.9 kg (37.2 lbs)
Max Load Capacity	200 kg (440 lbs)
Motor Power	440W (Triple Motor System)
Speed Levels	120
Vibration Modes	7 (4D Technology)
Programs	5 Smart Programs
Connectivity	Integrated Bluetooth Speaker
Display Type	LED
Control Type	Remote Control
Power Source	Corded Electric

## 9. SAFETY INFORMATION

---

To ensure safe operation and prevent injury, please read and adhere to the following safety guidelines:


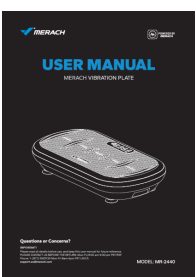
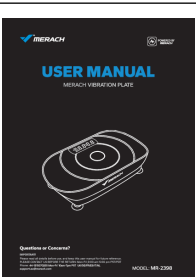
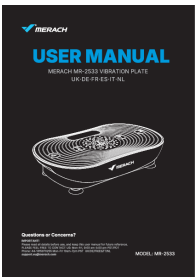
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- Do not use the vibrating plate if you are pregnant, have a pacemaker, or suffer from severe heart conditions, epilepsy, or acute thrombosis.
- Place the unit on a firm, level surface. Do not use on uneven floors or carpets that may obstruct ventilation.
- Ensure the power cord is not pinched or damaged. Keep it away from hot surfaces.
- Do not exceed the maximum weight capacity of 200 kg (440 lbs).
- Keep children and pets away from the unit during operation.
- Always maintain balance while on the plate. Use the resistance bands for added stability if needed.
- Stop using the unit immediately if you feel dizzy, nauseous, or experience any pain.

## 10. WARRANTY & SUPPORT

---

For warranty information or technical support, please refer to the contact details provided with your purchase documentation or visit the official MERACH website. Keep your proof of purchase for any warranty claims.



	<p><a href="#">MERACH MR-2515 4D Vibration Plate User Manual</a></p> <p>Comprehensive user manual for the MERACH MR-2515 4D Vibration Plate, detailing setup, operation, safety precautions, maintenance, and troubleshooting for effective home fitness.</p>
	<p><a href="#">MERACH Vibrationsplatte MR-2398 Benutzerhandbuch</a></p> <p>Umfassendes Benutzerhandbuch für die MERACH Vibrationsplatte Modell MR-2398. Enthält Sicherheitshinweise, Produktspezifikationen, Bedienungsanleitung, Wartungstipps und Garantieinformationen.</p>
	<p><a href="#">MERACH MR-2440 Vibration Plate User Manual</a></p> <p>Comprehensive user manual for the MERACH MR-2440 Vibration Plate, detailing setup, operation, safety warnings, maintenance, troubleshooting, and warranty information for optimal use.</p>
	<p><a href="#">MERACH MR-2398 Vibration Plate User Manual</a></p> <p>Comprehensive user manual for the MERACH MR-2398 Vibration Plate, covering setup, operation, safety guidelines, maintenance, and warranty information for home fitness users.</p>
	<p><a href="#">MERACH MR-2533 Vibration Plate User Manual</a></p> <p>User manual for the MERACH MR-2533 Vibration Plate, providing safety instructions, specifications, operation guides, and troubleshooting tips for household fitness use.</p>
	<p><a href="#">MERACH MR-2398 Vibration Plate User Manual</a></p> <p>Comprehensive user manual for the MERACH MR-2398 Vibration Plate, covering product specifications, safety warnings, operating instructions, maintenance, and troubleshooting.</p>

