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MERACH MR-2512

MERACH MR-2512 Vibration Plate Armrest Instruction Manual

Comprehensive guide for assembly, operation, and maintenance.

Introduction

Thank you for choosing the MERACH MR-2512 Vibration Plate Armrest. This accessory is designed to enhance stability and safety during your vibration plate workouts, particularly for seniors and beginners. This manual provides essential information to ensure correct assembly, safe operation, and proper care of your armrest.



MERACH Vibration Plate Armrest, front view. This image displays the armrest as a standalone unit.

Safety Information

- This product is a standalone handrail bracket and does**NOT** include a vibration plate. It must be used with a

compatible vibration plate.

- Ensure all screws and connections are securely tightened before each use.
- Place the vibration plate and armrest on a flat, stable surface.
- Do not exceed the maximum recommended weight capacity of your vibration plate when using this armrest.
- Consult a healthcare professional before starting any new exercise regimen, especially if you have pre-existing medical conditions.
- Keep children and pets away from the equipment during operation.

Package Contents

Verify that all components are present before beginning assembly:



All parts included in the MERACH Vibration Plate Armrest package. This includes the support handle rail, vertical support rails, support rail bases, padding blocks, screws, and suction cup screws.

1. Support Handle Rail

2. Vertical Support Rail (2 pieces)
3. Vertical Support Rail Base (2 pieces)
4. Left Suction Cup Base
5. Right Suction Cup Base
6. Adjustable Height Knob for Support Rail
7. Padding Blocks (32x15mm) x4
8. Padding Blocks (40x5mm) x1
9. Screws
10. Suction Cup Screw

Assembly Instructions

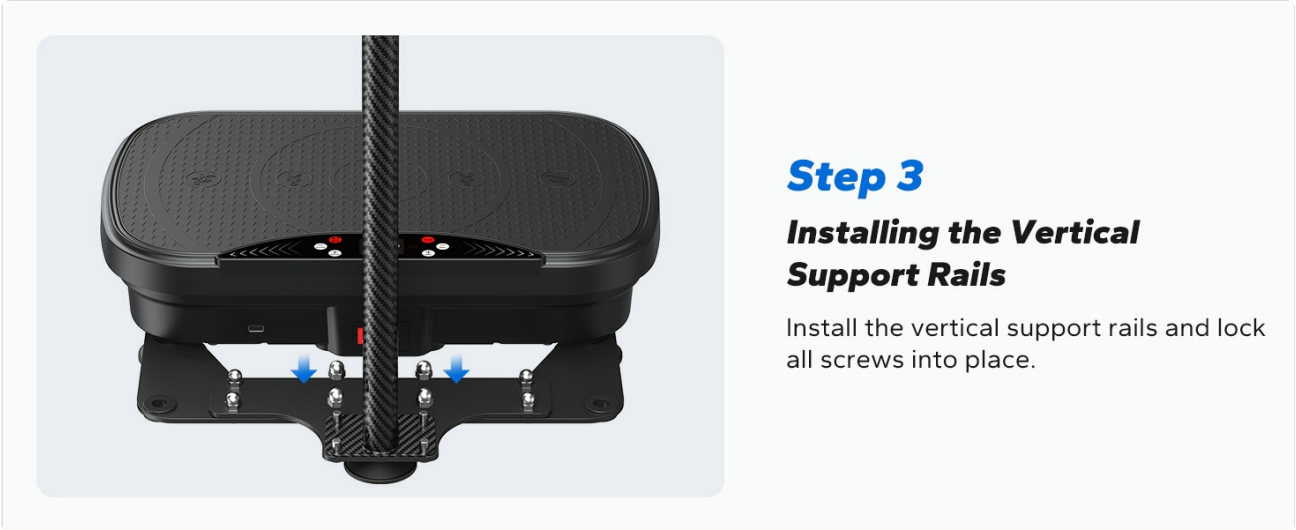
Follow these steps to assemble your MERACH Vibration Plate Armrest:

1. **Step 1: Install Padding Blocks**
   Remove the original suction cups from your vibration plate. Install the four (4) 32x15mm padding blocks and one (1) 40x5mm padding block onto the designated areas of your vibration plate.



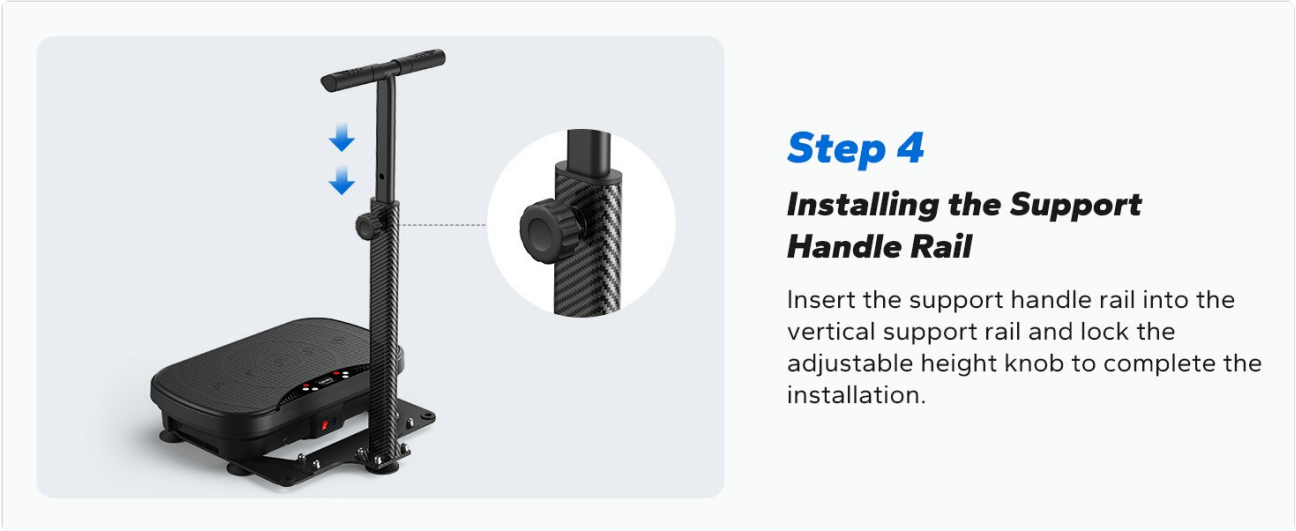
Step 1: Installing padding blocks onto the vibration plate. This image shows the underside of a vibration plate with padding blocks being installed.

2. **Step 2: Mounting Base**
   Use the provided screws to attach the vertical support rail bases and the suction cup bases together. Then, use the suction cup screws to securely connect this assembly to your vibration plate.



Step 2: Mounting the armrest base to the vibration plate using screws and suction cups. This image illustrates the base being attached to the vibration plate.

3. **Step 3: Installing the Vertical Support Rails**
   Install the vertical support rails into the mounted base. Lock all screws into place to ensure a firm connection.



Step 3: Installing the vertical support rails onto the mounted base. This image shows the vertical posts being inserted into the base.

4. **Step 4: Installing the Support Handle Rail**
   Insert the support handle rail into the top of the vertical support rail. Secure it by tightening the adjustable height knob.

Step 4: Inserting the handle rail and locking the adjustable height knob. This image demonstrates the final step of attaching the handle.

Operating Instructions

The MERACH MR-2512 armrest provides stable support for your vibration plate exercises. It is designed for ease of use and adaptability.

Compatibility

This handrail stand is compatible with MERACH MR-2439, MR-2441, MR-2480, MR-2491, and MR-2398 slim models, as well as other vibration plates with a depth ranging from 12.7 inches to 22.8 inches.



MERACH armrest base showing multi-hole design for various vibration plate sizes. This image highlights the adjustable base to fit different vibration plate dimensions.

Adjustable Height

The armrest's height can be adjusted between 27.2 inches and 38.6 inches. To adjust, loosen the adjustable height knob, slide the handle rail to your desired height, and then securely tighten the knob. This allows for personalized comfort and support whether you are squatting or standing.



Detail of the MERACH armrest's height adjustment knob and range. This image illustrates the mechanism for adjusting the armrest height.

Usage

Once assembled and secured to your vibration plate, grip the soft rubber handles for balance and stability during your workout. The non-slip base with 5 suction cups ensures the stand remains firmly in place.



Woman using the MERACH armrest with a vibration plate, demonstrating stable support. This image shows a user holding the armrest while standing on a vibration plate.

Care and Maintenance

- Wipe down the armrest with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents, as these may damage the finish.
- Regularly inspect all screws and connections to ensure they remain tight. Tighten if necessary.
- Store the armrest in a dry, cool place away from direct sunlight.

Troubleshooting

If you encounter any issues with your MERACH Vibration Plate Armrest, please refer to the following common solutions:

- **Instability:** Ensure all assembly screws are fully tightened. Check that the suction cups are clean and firmly

pressed onto a smooth, non-porous surface.

- **Difficulty Adjusting Height:** Loosen the adjustable height knob completely before attempting to slide the handle rail. Ensure no debris is obstructing the sliding mechanism.
- **Compatibility Issues:** Verify that your vibration plate's dimensions fall within the specified depth range (12.7"D-22.8"D) for proper fit with the armrest's multi-hole design.

For further assistance, please contact MERACH customer support.

Specifications

Feature	Detail
Model Name	MR-2512
Brand	MERACH
Material	Alloy Steel
Color	Black
Adjustable Height Range	27.2 inches - 38.6 inches
Compatible Vibration Plate Depth	12.7 inches - 22.8 inches
Item Weight	10.4 Pounds
Item Package Dimensions (L x W x H)	24 x 13 x 4.31 inches

Warranty and Support

Your MERACH MR-2512 Vibration Plate Armrest comes with a**1-year warranty**. We are committed to your satisfaction and provide full customer support and a clear after-sales guarantee.
For any issues, questions, or to claim warranty service, please contact MERACH customer support. We offer lifetime technical support to ensure a superior customer experience.
You can visit the official MERACH store for more information:MERACH Official Store

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