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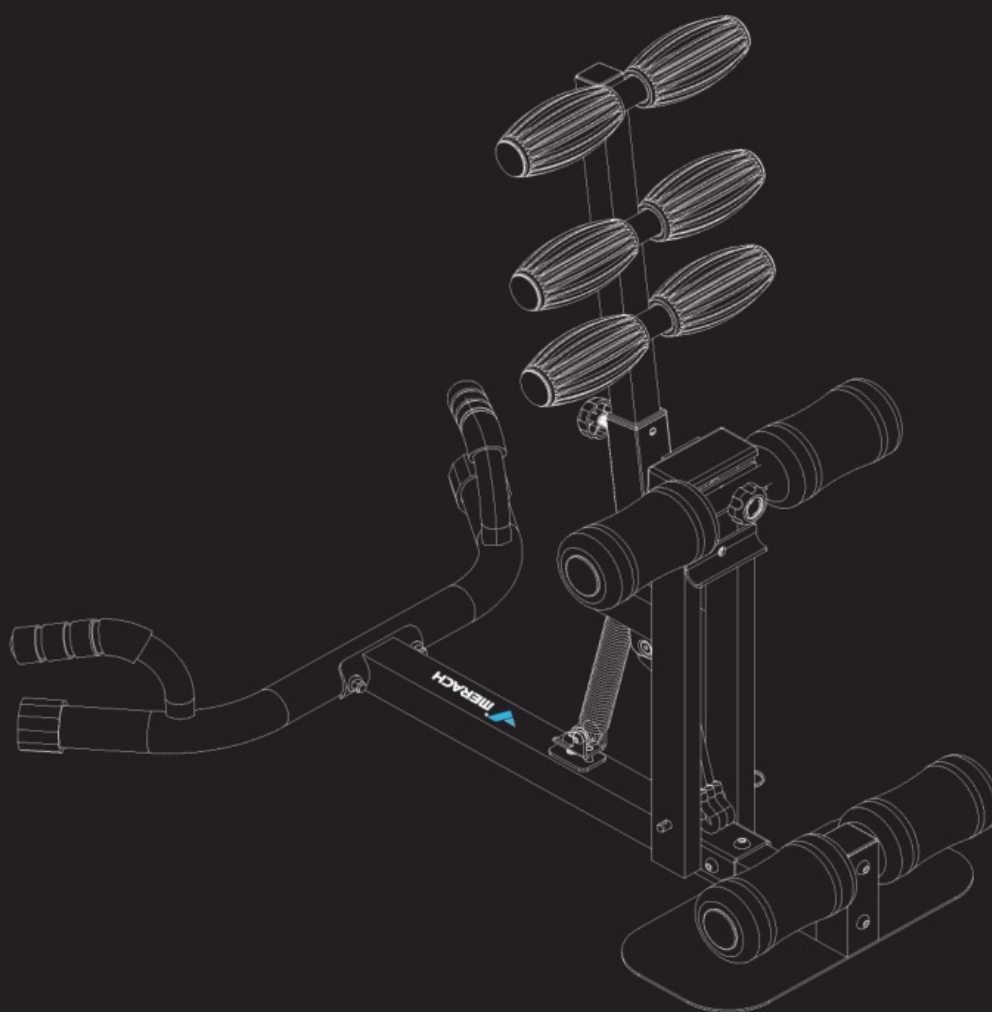
[Home](#) » [MERACH](#) » **MERACH MR-2417 Deep Squat Machine User Manual** 

***MERACH MR-2417 Deep Squat Machine User Manual***



# USER MANUAL

MERACH MR-2417 DEEP SQUAT MACHINE



## Questions or Concerns?

### IMPORTANT!

Please read all details before use, and keep this user manual for future reference.  
PLEASE CONTACT US BEFORE THE RETURN: Mon-Fri, 9:00 am-5:00 pm PST/PDT  
Phone: 1- (877) 3563730 Mon-Fri 8am-5pm (PST) US/CA  
[support@merach.com](mailto:support@merach.com)

MODEL: MR-2417

[support@merach.com](mailto:support@merach.com)



## WHO WE ARE

Our customers aren't just important; their health, fitness, and pure enjoyment for life is at the core of everything we do at MERACH. From innovative fitness research and cutting-edge product development, to our exceptional purchasing & after-sales service, we are our customers' life-long partner in crafting a better fitness future.

Through quality fat-burning & muscle-building fitness equipment such as our quality rowing machines and exercise bikes, plus our innovative MERACH APP, and digital courses, we give the opportunity and support to all to pursue their health and fitness goals and discover a new way of healthy living.

## Welcome to MERACH

# THANK YOU FOR YOUR PURCHASE!

(We hope you love your new Deep Squat MACHINE as much as we do.)



## Join

Join the MERACH Fitness Community on Facebook  
**[facebook.com/groups/merachfitness](https://facebook.com/groups/merachfitness)**



## Explore

Explore fitness courses  
**[merachfit.com/blogs/courses](https://merachfit.com/blogs/courses)**



## Enjoy

Enjoy weekly, featured courses  
**made exclusively by our in-house fitness instructor**

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[merachfit.com/blogs/courses](https://merachfit.com/blogs/courses)

## WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



Register your warranty via  
**[merachfit.com/pages/warranty](https://merachfit.com/pages/warranty)**



Email your item model to  
**[register@merach.com](mailto:register@merach.com)**

**If purchased outside Us/Canada:** To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor.

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## SELF-SERVICE CUSTOMER SUPPORT FAQ

**1. The outer package was broken, which makes me worried that the product may be damaged.**

Please contact us via the after-sales email to ask for FREE return /replacement in time.

**2. This was the first time I bought your product, is there a user manual or tutorial video available?**

A detailed user manual is included in the package and you can also watch the installation video by scanning the QR code on the packaging.



### **3. I just received the parcel today, but it doesn't come with accessories.**

You'll get twice the price refund of the accessories if the missing accessories don't affect your user experience. you can also contact us for a refund or free accessories via the after-sales email service.

### **4. Purchased it six months ago, I want to return it but can't find the return window.**

#### **What should I do?**

Great after-sales service including 12-month exchange or return, [support@merach.com](mailto:support@merach.com)

### **5. Where can I get your latest product information and related promotions?**

Search our products on Office Website or visit our Facebook, Twitter, TikTok, Instagram @merachfit, and also you can send us the product list you're interested in and ask if there is any discount.

Contact us by [support@merach.com](mailto:support@merach.com)



Please read the entire manual carefully before installing and using the machine, and save it for further use.

## **SAFETY INSTRUCTIONS**

**Please keep this manual in a safe place for future reference.**

- Before using this product, please always read this manual carefully.
- Children, the elderly or people with physical disabilities shall use the goods under the supervision of the guardian according to the doctor's advice.
- Use with caution old injuries to the knee, waist, elbow, shoulder or other joints and muscles.
- Do not expose the equipment to damp places, which will cause failure.
- Please confirm whether the parts are loose, detached, damaged or cracked before each use. If there is any damage, do not use it.
- Check the surrounding environment before use, and it is recommended that the barrier-free space is 3x3m.
- Please avoid ground cracks, slippery ground and uneven areas when using.
- The Company shall not be responsible for the damage to the personal damage

caused by the use of the product in violation of the operating rules.

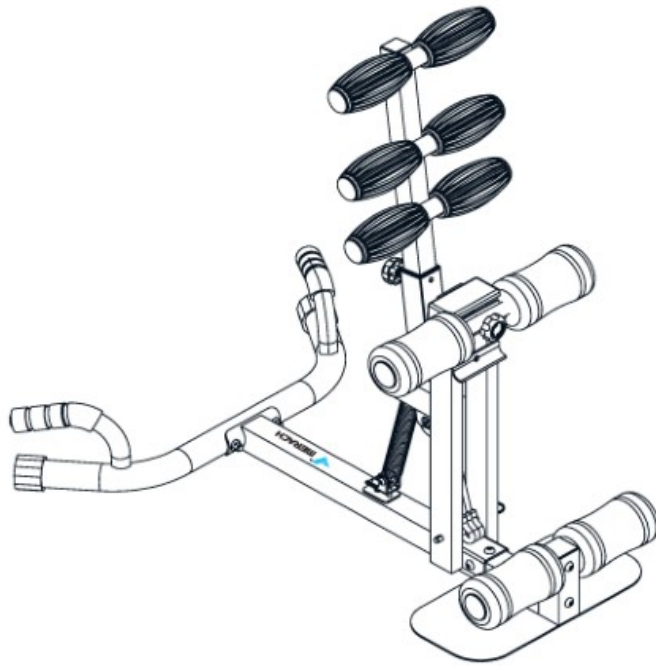
- This equipment is a non-competitive equipment, limited to fitness exercise, beyond the scope of use will cause physical injury.
- Before the use, you should do a warm-up exercise, please take exercise with your own condition, strengthen the exercise load step by step, if you have any discomfort, please stop practicing.
- The equipment can only be used for the intended purpose described by the manufacturer, do not change the equipment or use accessories not recommended by the manufacturer.
- The user must weigh no more than 300lbs.
- CHOKING HAZARD-Small Parts, Not for children under 3yrs

## **Care & Maintenance**

- Do not store the machine in a place exposed to direct sunlight, wind and rain, or with high humidity. If needed, please pack the machine to keep children away from touching or playing with it.
- Please check if there's rust or cracks after long-term storage.
- Please understand that for the consumable parts, the wear and tear may also occur even with proper maintenance.
- For long-term use of this machine, please wipe the dust regularly. Do not water it directly, or wipe with gasoline, abrasive powder, etc. Otherwise, it might cause cracks on the parts or main body, electric shock or fire. Please use Dilute neutral detergent for maintenance.

## **SPECIFICATIONS**


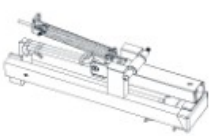






















Product Name:	MERACH Deep Squat Machine
Model:	MR-2417
Size:	31.1*23.6*30.3inch/790*600*770mm
Material:	Iron, Plastic
N.W.:	18.5lbs/8.4kg
Max Load:	300lbs/136kg

## PARTS & ACCESSORIES LIST

Check if all parts and accessories are in the package before assembling.

 #A1 Chassis	 #A2 Block Pipe	 #A3 Rear Foot Tube
 #A4 Backrest	 #29 Curved Foam x4	 #12 Marble Latch $\Phi 8$
 #A5 Foot Pedal	 #8 Hook Leg Tube	 #9 Leg Tube
 #33 Round Tube Stopper x4	 #28 Lock Knob M8*33 x2	 #42 Lock Knob M8*13
 #T1 Open-end Wrench	 #T2 L-shaped Wrench	 #15 Flat Washer M8 x1
 #18 Hexagon Socket Bolts M8*12 x3	 #19 Hexagon Socket Bolts M8*45 x2	 #20 Hexagon Socket Bolt M8*55 x1
 #22 Hexagon Socket Bolt M10*40 x1	 #24 Arc Washers x2	 User Manual

## INSTALLATION GUIDE



**Tips** | Scan QR code to watch  
installation video

<https://www.merachfit.com/pages/assembly-guides>

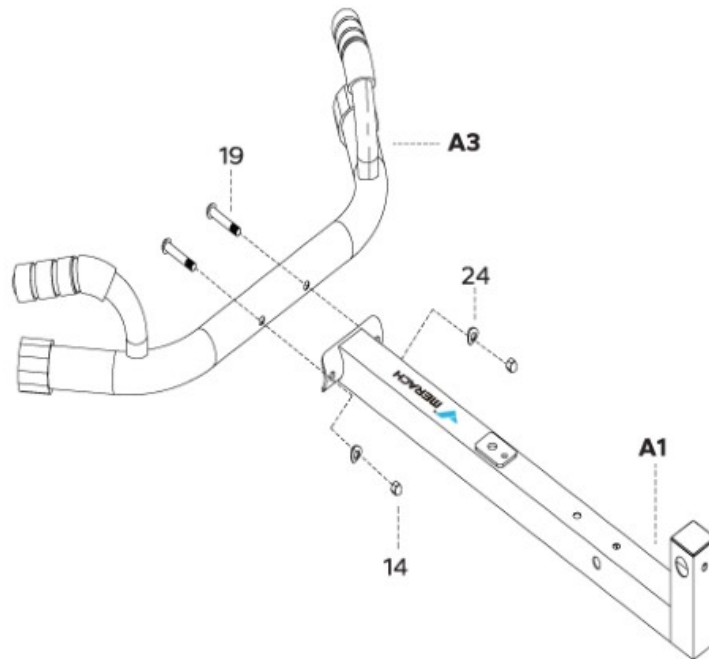
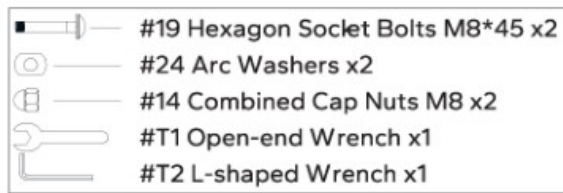
### Step 1: Installing the Rear Foot Tube

Insert 2PCS Hexagon Socket Bolts (19) through the Rear Foot Tube (A3) and connect it to the Chassis (A1). Screw 2PCS Arc Washers (24) and 2PCS Combined Cap Nuts (14)

onto the Hexagon Socket Bolts(19) to fix it.

**NOTE:**

Use the L-shaped Wrench (T2) and the Open-end Wrench (T1) to tighten the bolts

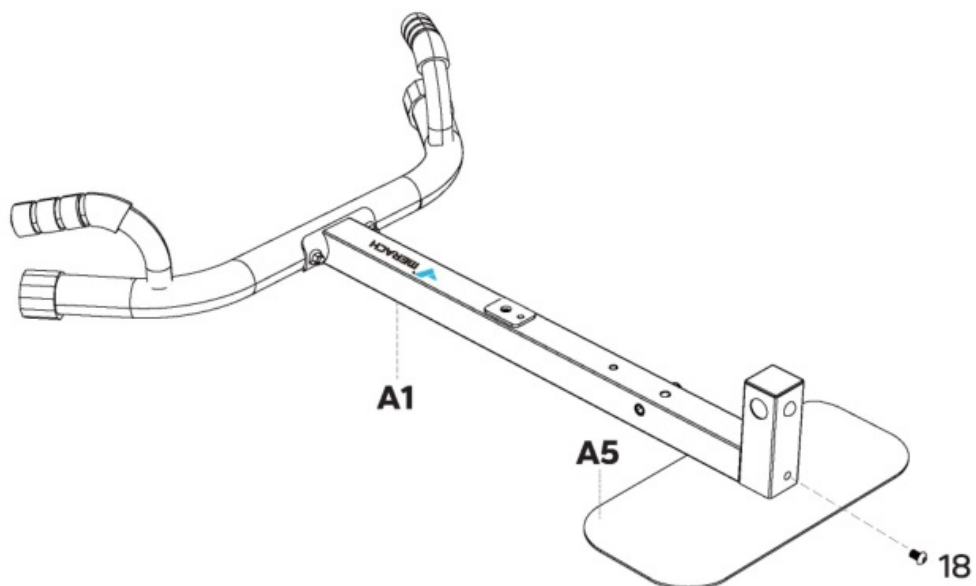
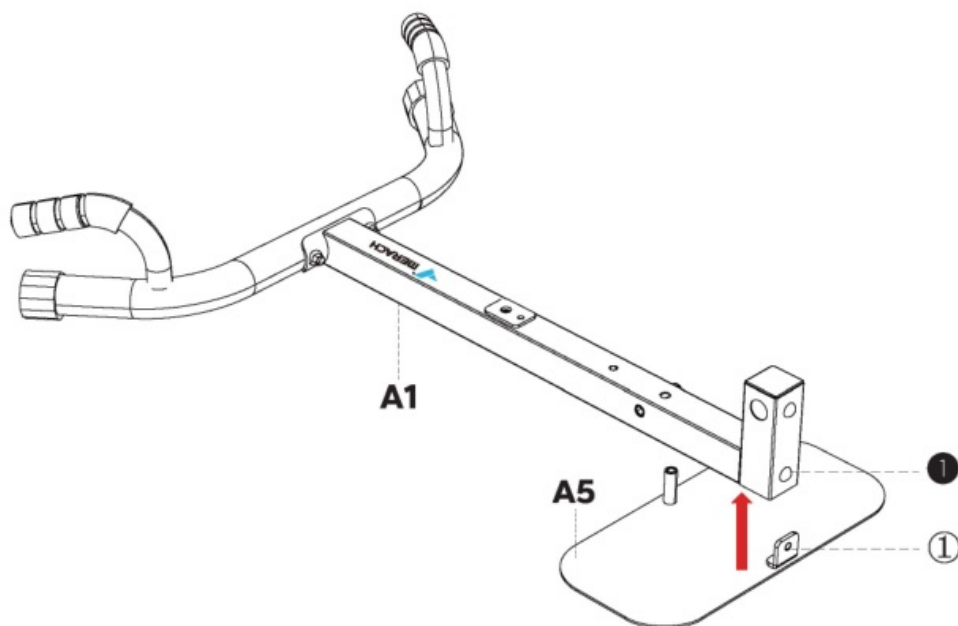


**Step 2: Installing Block Pipe and Foot Pedal**

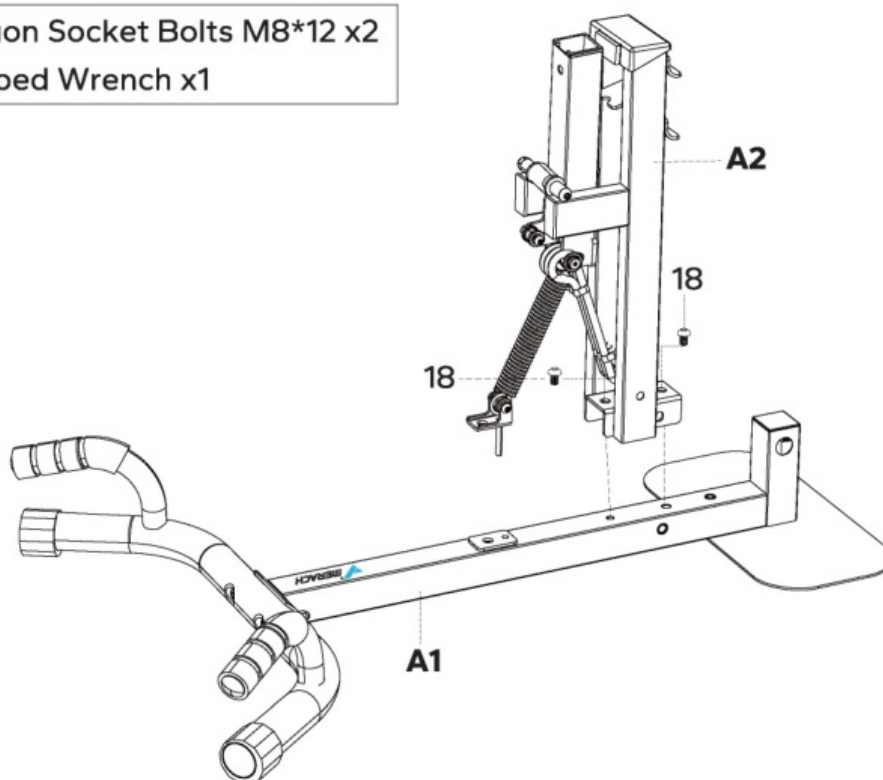
A. Align hole ① of the Foot Pedal(A5) with the hole ❶ of the Chassis(A1). Use the L-shaped Wrench (T2) and 1PC Hexagon Socket Bolts (18) to install the Foot Pedal (A5) onto the Chassis (A1).

**NOTE:**

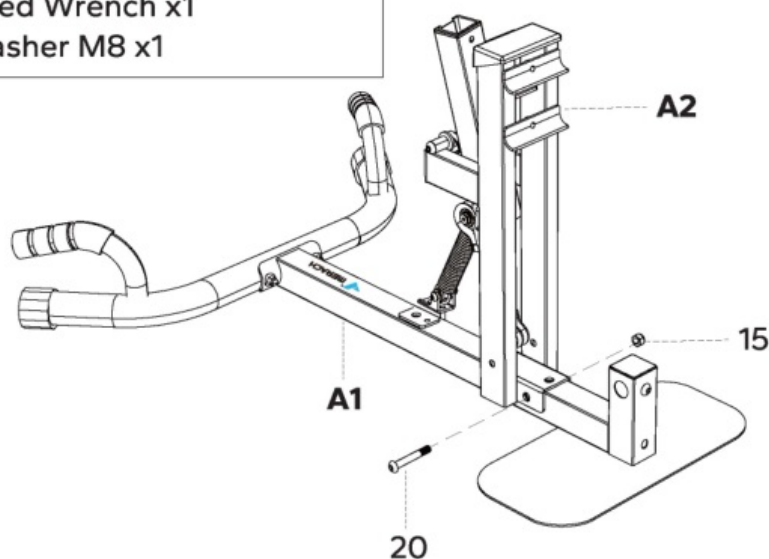
- 1.Do not fully tighten the bolts at this stage
- 2.The Foot Pedal Hole(1) is located at the rear



B. Install the Block Pipe(A2) onto the Chassis(A1), and after the holes are aligned, pass 1 PC Hexagon Socket Bolt (18) through the Block Pipe(A2) and the Chassis(A1). Pass the Hexagon Socket Bolt (18) through the Stopper Tube (A2) and lock it to the Chassis (A1).



C. Pass Hexagon Socket Bolt (20) through the Block Pipe (A2) and Chassis (A1), and pre-lock it by Flat Washer(15).  
Finally, use the L-shaped Wrench (T2) and the Open-end Wrench (T1) to tighten all bolts in place without any signs of looseness.

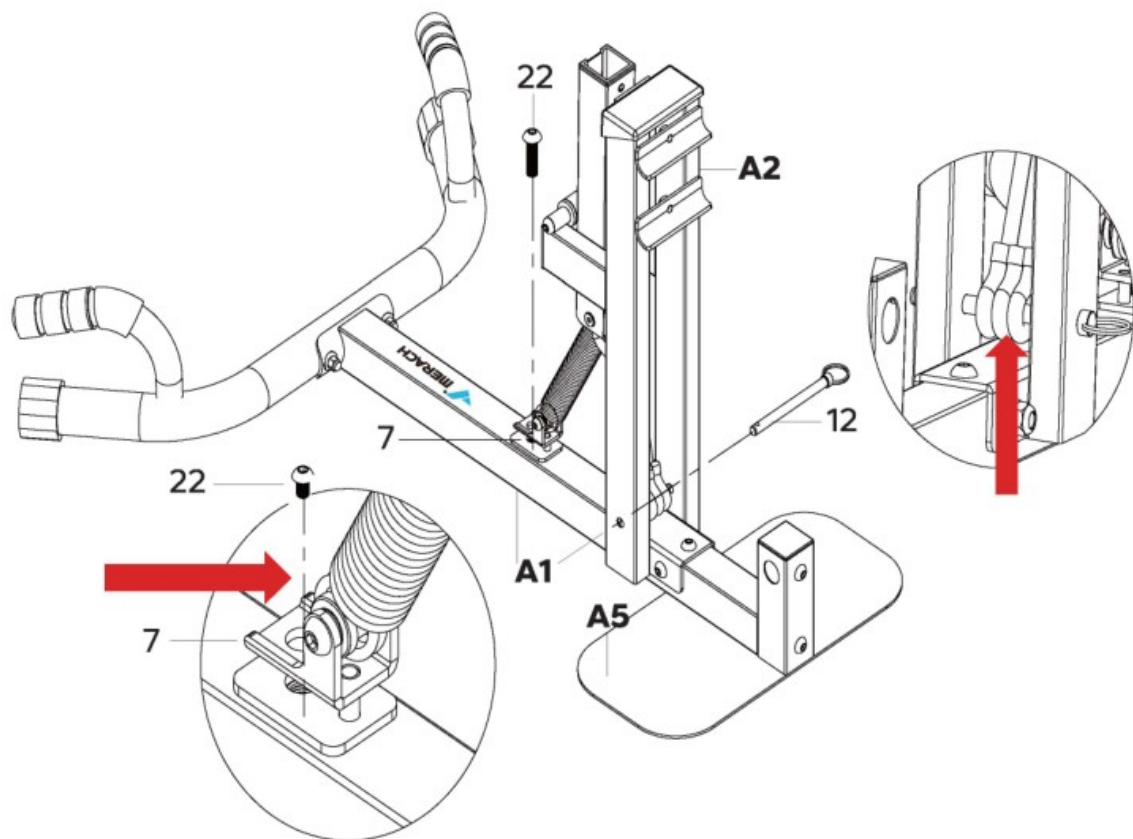


### Step 3: Installing Spring Fixing Plate

A. Use one hand to hold the Spring Fixing Plate (7) to the hole on Chassis (A1), and use

the other hand to pass 1PCS Hexagon Socket Bolt (22) through Block Pipe (A2) and screw it onto Chassis {A1) and install it in place using the L-shaped Wrench (T2).

B. Use the Marble Latch {12) to pass through Block Pipe (A2), and select the appropriate number of elastic ropes to pass through according to the force value you need and install it in place.



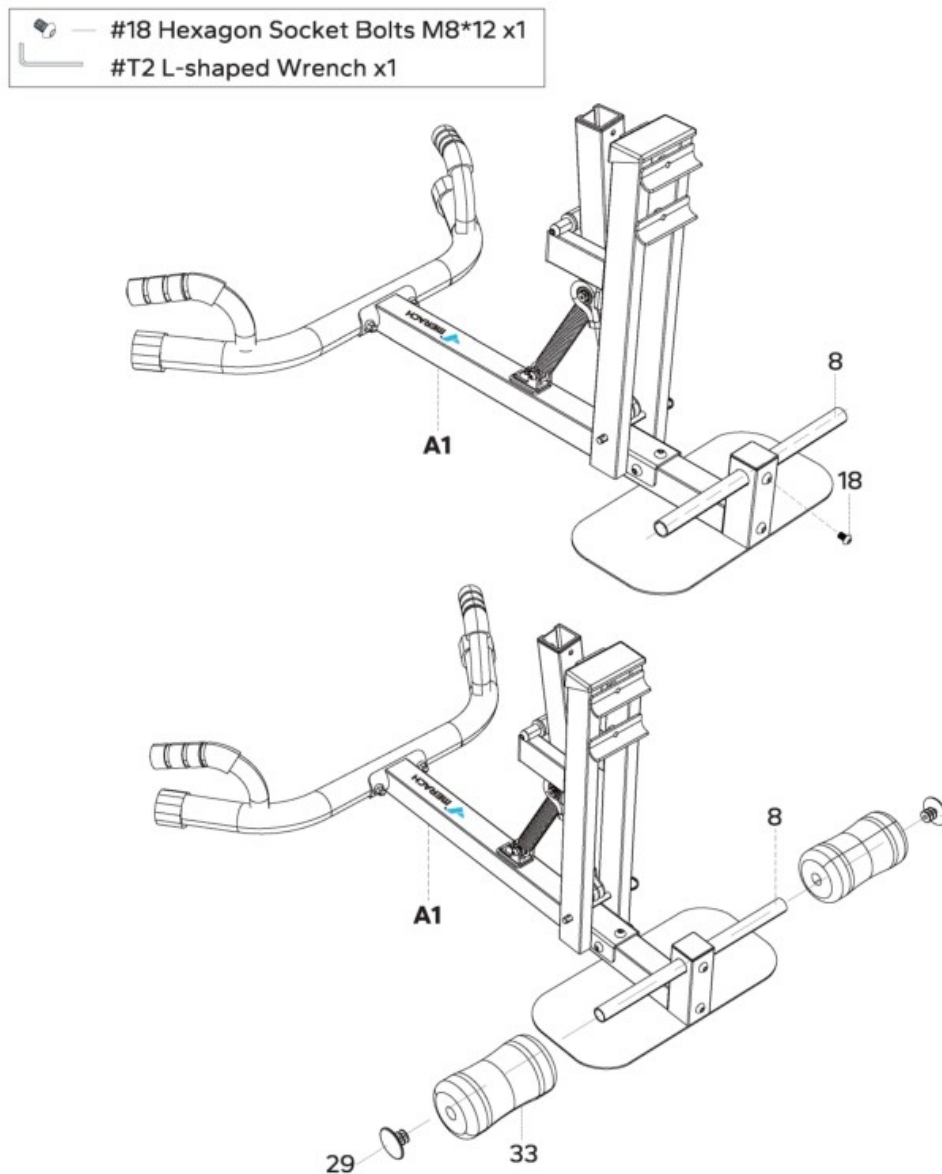
#### Step 4: Installing Hook Leg Tube

A. First, pass the Hook Leg Tube (8) through the two end of the Chassis (A1) symmetrically, with the same length on the left and right sides.

B. Use the L-shaped Wrench (T2) and the 1PCS Hexagon Socket Bolt (18) to hold the Hook Leg Tube (8) against the Chassis (A1).

C. Install the Curved Foam (29) on both ends of the Hook Leg Tube (8), and then install the Round Tube Stopper (33) on both ends of the Hook Leg Tube (8).

NOTE: All Round Tube Stopper (33) must be assembled in place, and the end faces of the stoppers must be close to the end faces of the tubes.



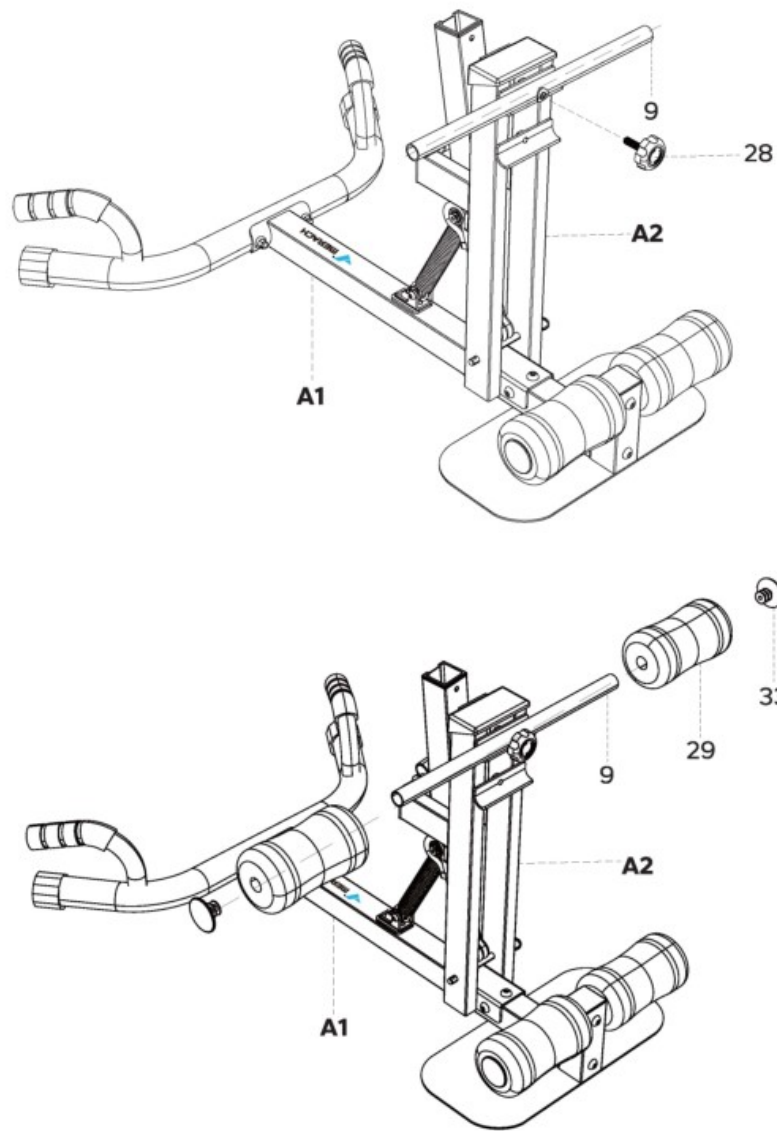
### Step 5: Installing Leg Tube

A. Install the Leg Tube (9) on the Block Pipe (A2) and fix it with the Lock Knob (28).

B. Install the Curved Foam (29) on the Leg Tube (9), and the outermost two ends of the Curved Foam (29) are on the same plane as the two ends of the Leg Tube (9). Continue to knock the Round Tube Stopper (33) on both ends of the Leg Tube (9)

NOTE: All Round Tube Stopper (33) must be assembled in place, and the end faces of the stoppers must be close to the end faces of the tubes.

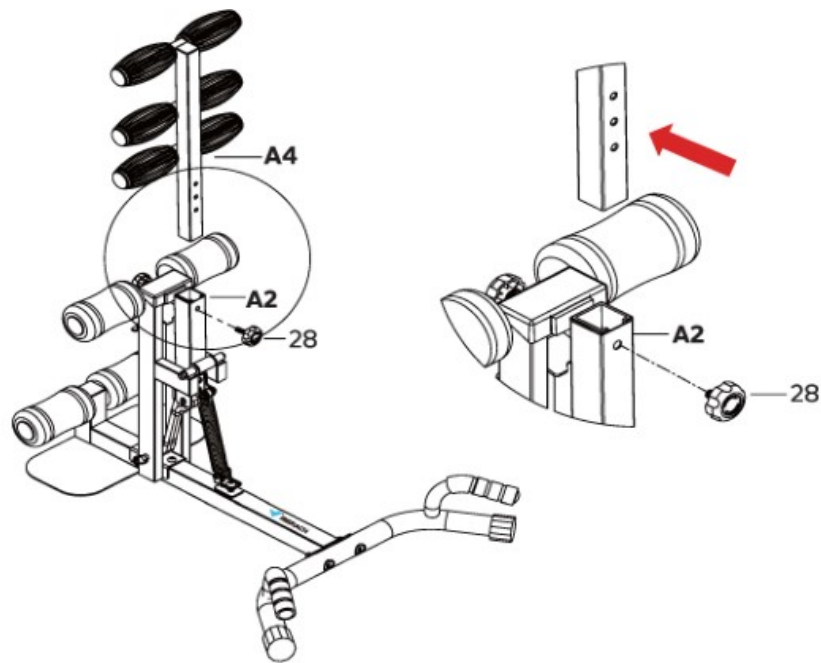




### Step 6: Installing the Backrest

Install the Backrest (A4) on the Block Pipe (A2) and fix it with the Lock Knob (28).

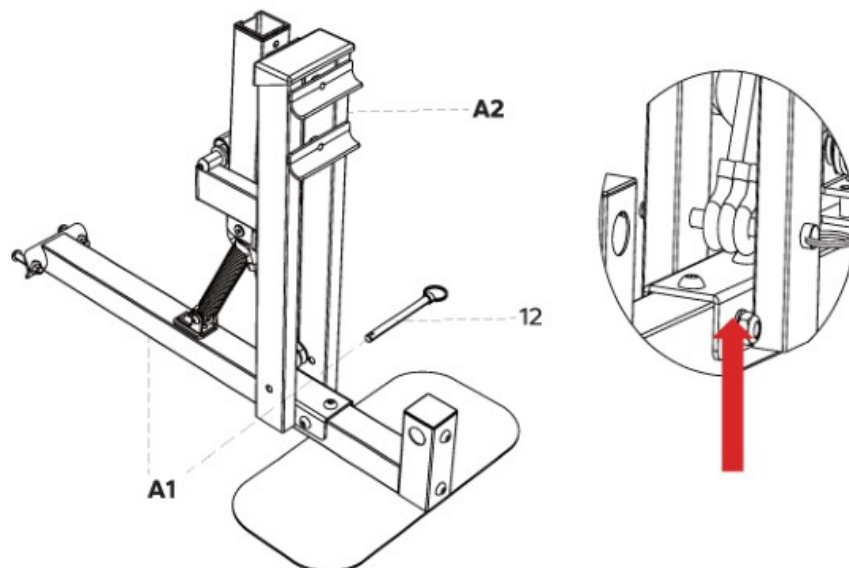
NOTE: After installation, carefully check whether each bolt is fully locked in place, and not shaking before starting training.



## RESISTANCE ADJUSTMENT

### Resistance Adjustment

Use Marble Latch {12} to select a number of elastic ropes to pass through according to the required resistance. The more elastic ropes passed through, the greater the resistance.

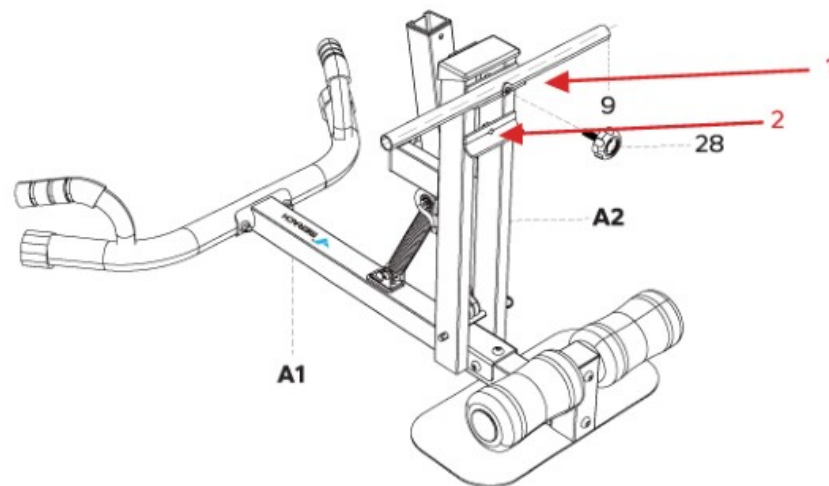


## SIZE ADJUSTMENT

### 1. Height Adjustment

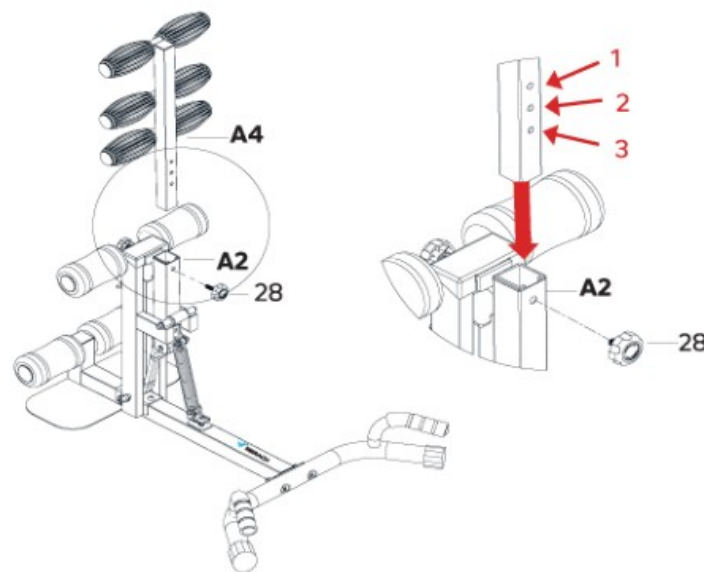
Use Lock Knob (28) to adjust Leg Tube (9)

**NOTE:** The height of the Leg Tube (9) should not exceed the knee pit, so that it can provide support for the knee when squatting.

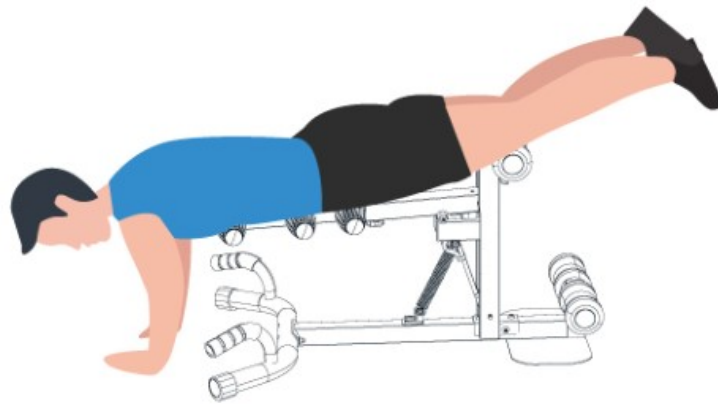


## 2. Length Adjustment

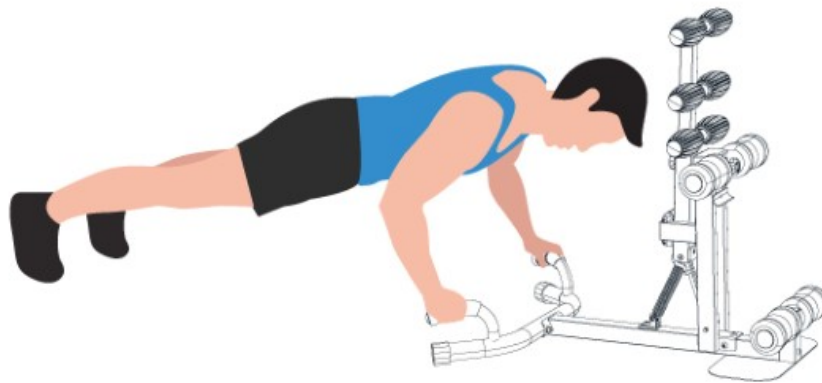
Adjust the height of the Backrest (A4) through Lock Knob ( 42) according to your height.



## INSTRUCTIONS FOR PUSH-UP EXERCISE



**Decline Push-Up**



**Incline Push-Up**

**WARM-UP**

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then do some stretches shown below – 5 times, 10 seconds or more per leg. Do it again after the workout.

### 1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

### 2. Seated hamstring stretch

Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

### 3. Calf and Achilles tendon stretch

Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

### 4. Quadriceps stretch

Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure4).

### 5. Sartorius (inner thigh muscle) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times(see Figure5).

**NOTE:** This machine is full body training equipment, please follow the above steps to warmup.



## WARRANTY INFORMATION

Product Name	MERACH DEEP SQUAT MACHINE
Model	MR-2417
Default Warranty Period	12 Months
For your own reference, we strongly recommend that you record your order number and date of purchase.	
Date of Purchase	
Serial Number	

### Terms & Policy

The MERACH products are premium in material, craftsmanship, and service. MERACH 1-year limited warranty is effective from the date of purchase. MERACH will replace defective products based on eligibility. Refunds are available to the original purchasers of our products within the first 30 days of purchase.

This warranty extends only to personal use, doesn't apply to the commercial, rental, or any other uses for which the product is not intended for. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferable. MERACH is not responsible for any damages, losses or inconveniences caused by equipment's failure, user's negligence, user's abuse, or improper operation that does not follow the included user manual.

This warranty does not apply to the following situations:

- Damage due to abuse, accident, alteration or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 13 years old.
- MERACH and its subsidiaries are only responsible for damages caused by the intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses, so the above disclaimer may not apply to you. This warranty gives you specific legal rights and you may also

have other rights, which may vary from state to state.

All expressed and implied warranties, including the warranty of merchantability, are limited to the period of the limited warranty.

### **Additional 12-month Warranty:**

You can enjoy an additional 12-month warranty. Just active your warranty by sending the product's model name via [register@merach.com](mailto:register@merach.com), or log onto [merachfit.com/pages/warranty](https://merachfit.com/pages/warranty) and enter your order number within the first 14 days of purchase to register your new product for the extended warranty. If you are unable to provide the order number for your product, please type a short note in the order number field along with the date you received your product.

### **Defective Products**

Should your product prove defective within the specified warranty period, please contact the Customer Support via [support@merach.com](mailto:support@merach.com) with your invoice and order number. DO NOT dispose of your product before contacting us. Feel free to reach out to our support team for assistance with any issues you may be facing.

### **Customer Support**

Your satisfaction is our goal! Should you encounter any issues or have any questions about your new product, feel free to contact our Customer Support Team via [support@merach.com](mailto:support@merach.com) or Phone Support:

US/CA 1- (877) 3563730 Mon-Fri 9am-5pm(PST)

TikTok Shop Exclusive after-sales: [service@merach.com](mailto:service@merach.com)

\* Please have your Order ID and serial number (usually on the equipment) ready before contacting Customer Support.





[support@merach.com](mailto:support@merach.com)

[merachfit.com](http://merachfit.com)

## Documents / Resources

	<p><a href="#">MERACH MR-2417 Deep Squat Machine [pdf]</a> User Manual</p> <p>2417, 20250707, MR-2417 Deep Squat Machine, MR-2417, Deep Squat Machine, Squat Machine, Machine</p>
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## References

- [User Manual](#)

📁 MERACH

🔍 20250707, 2417, Deep Squat Machine, Machine, MERACH, MR-2417, MR-2417 Deep Squat Machine, Squat Machine

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