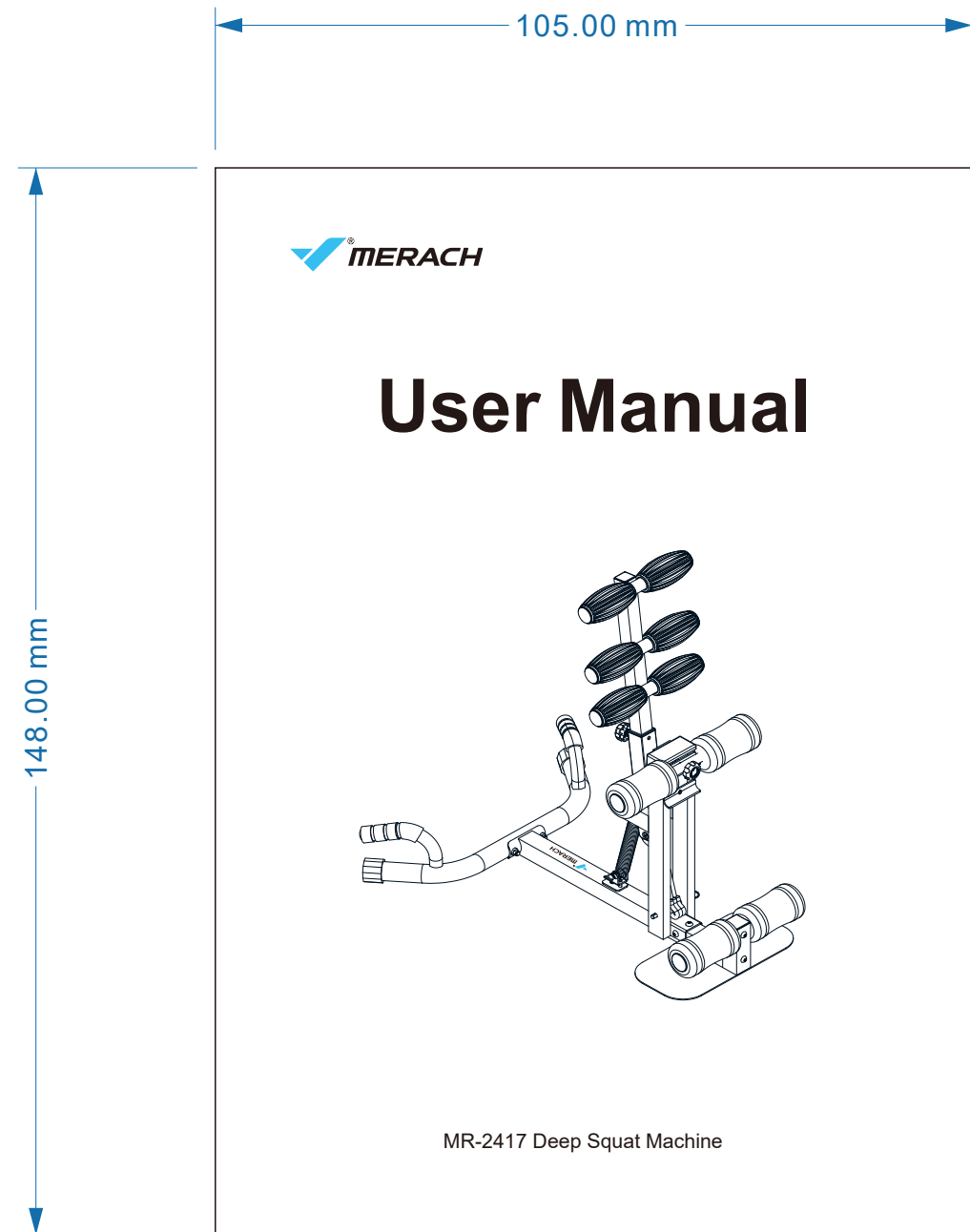




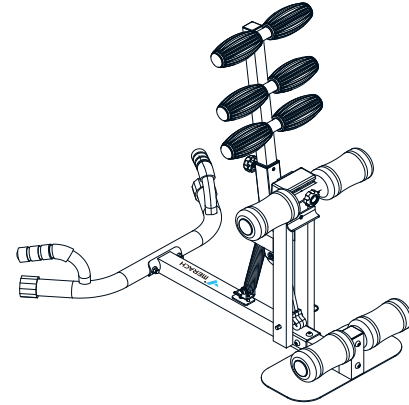
WARNINGS

- 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 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.

Warm Tips:

- Warm up before exercising.
- The training intensity should be gradual.
- Excessive training can cause injury.

PRODUCT INFORMATION



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

PACKING LIST

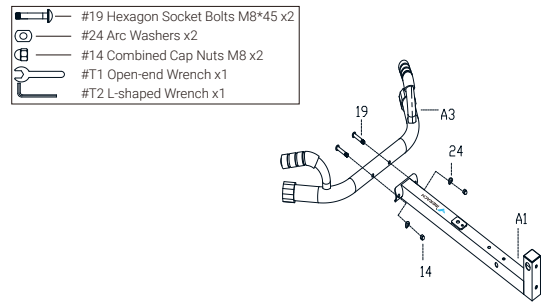
Check if all parts and accessories are in the package.

#A1 Chassis	#A2 Block Pipe	#A3 Rear Foot Tube
#A4 Backrest	#A5 Foot Pedal	#Z9 Curved Foam x4
#S3 Round Tube Stopper x4	#8 Hook Leg Tube	#9 Leg Tube
#28 Lock Knob MP-S3 x2	#12 Marble Latch-B6	
#T1 Open-end Wrench	#T2 L-shaped Wrench	User Manual

INSTALLATION GUIDE

Step 1: Installing Rear Foot Tube

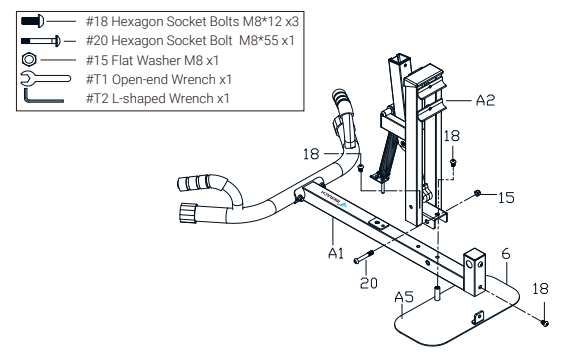
Use 2PCS Hexagon Socket Bolts (19) to pass through the Rear Foot Tube (A3) and connect it to the Chassis (A1). Install the Rear Foot Tube (A3) on the Chassis (A1) and screw it into place. Screw 2PCS Arc Washers (24) and 2PCS Combined Cap Nuts (14) onto the Hexagon Socket Bolts(19) to fix it. Use the L-shaped Wrench (T2) and the Open-end wrench (T1) to tighten the bolts.



Step 2: Installing Block Pipe and Foot Pedal

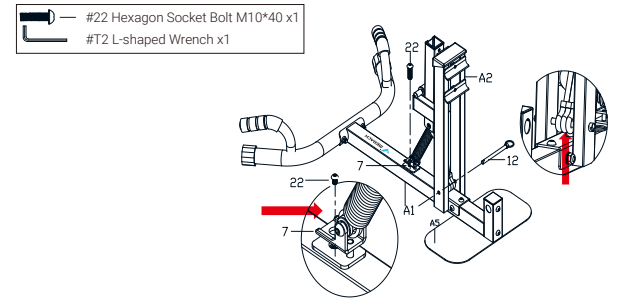
A. Use the L-shaped Wrench (T2) and the 1PCS Hexagon Socket Bolt (18) to install the Foot Pedal (A5) on the Chassis (A1) and do not tighten them yet.
B. Install the Block Pipe (A2) on the Chassis (A1), and after the hole positions are matched then pass 1PCS Hexagon Socket Bolt (20) through Block Pipe (A2) and Chassis (A1), and pass 1PCS Flat Washer (15) through the Hexagon Socket Bolt (20) to pre-lock it.
C. Then pass 1PCS Hexagon Socket Bolt (18) through Block Pipe (A2) and Chassis (A1) and lock it on Foot Pedal (A5). Pass 1PCS Hexagon Socket Bolt (18) through Block Pipe (A2) and lock it on Chassis (A1).

D. Finally, use the L-shaped Wrench (T2) and Open-end wrench (T1) to tighten all the bolts into place without any signs of looseness.



Step 3: Installing Spring Fixing Plate

A. First, 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 a few elastic ropes to pass through according to the force value you need and install it in place.

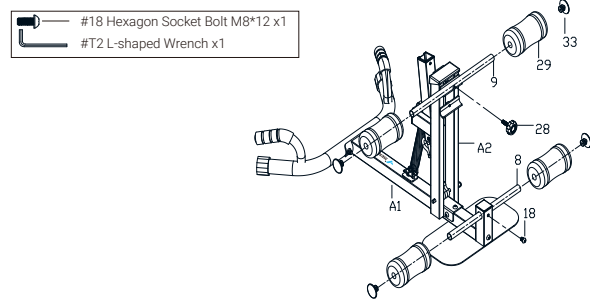


NOTE:

1. The force of the tension spring is adjustable. The force can be adjusted by the tightness of the Hexagon Socket Bolt (22). The force increases with clockwise rotation and decreases with counterclockwise rotation.
2. At the point indicated by the red arrow, you can choose how many elastic ropes to pass through according to their own exercise needs. The more elastic ropes passed through, the greater the force.

Step 4: Installing Leg Tube and Hook Leg Tube

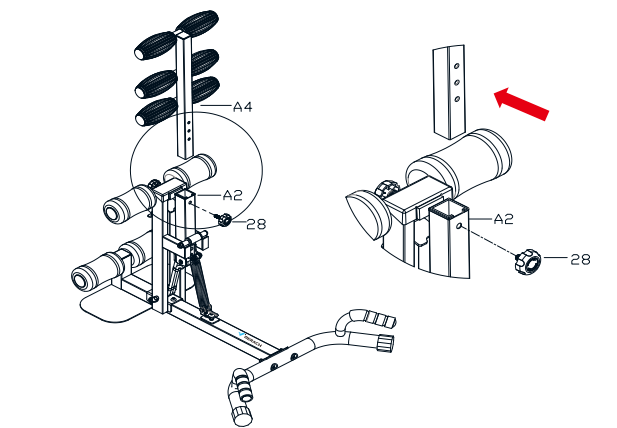
A. First, pass the Hook Leg Tube (8) through the two ends of the Chassis (A1) symmetrically, with the same length on the left and right sides. Continue to install the Curved Foam (Z9) on both ends of the Hook Leg Tube (8), and then install the Round Tube Stopper (S3) on both ends of the Hook Leg Tube (8). Finally, use the L-shaped Wrench (T2) and the 1PCS Hexagon Socket Bolt (18) to hold the Hook Leg Tube (8) against the Chassis (A1).
B. First install the Curved Foam (Z9) on the Leg Tube (9), and the outermost two ends of the Curved Foam (Z9) are on the same plane as the two ends of the Leg Tube (9). Continue to knock the Round Tube Stopper (S3) on both ends of the Leg Tube (9), and finally install the Leg Tube (9) on the Block Pipe (A2) and fix it with the Lock Knob (28).



NOTE: All Round Tube Stopper (S3) 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 the Backrest

First, install the Backrest (A4) on the Block Pipe (A2) and fix it with the Lock Knob (28).
NOTE: There are 3 round holes at the arrow points. You can adjust the height of the Backrest (A4) according to your height.



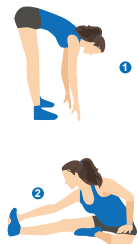
NOTE: After installation, carefully check whether each bolt is fully locked in place. Make sure it is fully locked in place and not shaking before starting training.

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.

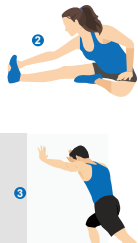
1. Stretch down

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 hands toe. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



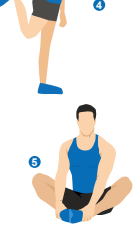
3. Calf and Achilles tendon stretch

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 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).



WARRANTY INFORMATION

Defective Products & Returns:

Should your product prove defective, please contact the Customer Support via service@merach.com with your invoice and order number.

DO NOT dispose of your product before contacting us. Once our Customer Support Team has approved your request, please return the product with a copy of your invoice and order number.

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 service@merach.com or Phone Support: ☎ 1-(877) 3563730 Mon-Fri 8am-5pm(PST)

• Please have your Order ID ready before contacting Customer Support.