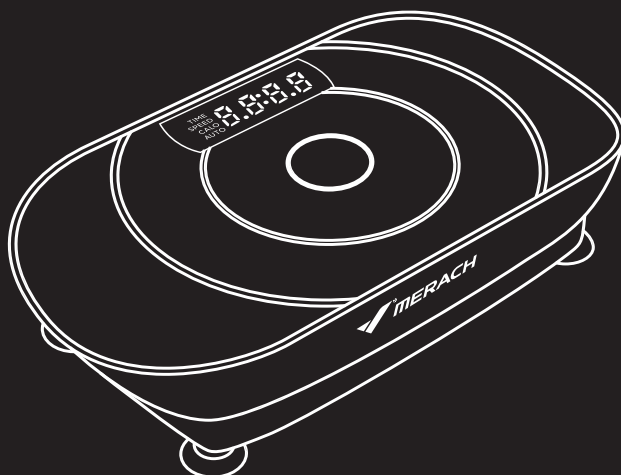


USER MANUAL

MERACH VIBRATION PLATE



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: 44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL
support.eu@merach.com

MODEL: MR-2398

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



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

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.
 - 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.
 - This equipment is a non-competitive equipment, limited to fitness exercise, beyond the scope of use will cause physical injury.
 - This product is intended for household use. The Maximum user weight is 400lbs and cannot be used for commercial purposes, or provided as a commercial facility for hotels or fitness clubs.
 - 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.
 - Do not operate the control panel with wet hands and do not use it in a damp environment to avoid electrical leakage and injury accidents caused by moisture.
 - This product is not recommended for outdoor use. Please do not expose the device to the sun for a long time to avoid aging or damage.
 - Please do not use power sources other than the rated voltage to avoid fire or damage to the product.
 - Components cannot be disassembled or replaced arbitrarily, or parts from other manufacturers must be replaced with corresponding accessories provided by the designated manufacturer.
 - If you feel abdominal pain, accompanied by irregular heartbeat or breathing difficulties, or feel abnormal fatigue or discomfort in the body, you need to stop training and consult a professional doctor in a timely manner.
- EN 01** ● When using the product, it is not allowed to immerse the product in liquid to avoid causing functional failure of the product.

- Do not use immediately after meals to avoid discomfort.
- Please do not use other therapeutic instruments while using this machine. Please do not use physical therapy purposes.
- When unplugging the power plug, please unplug the power plug on the front end of the device and do not pull the power cord.
- This product is limited to one person only and should not be used by two or more people at the same time. Do not damage, damage, excessively bend, pull, rotate, or tie the power cord.
- Do not fall asleep on the product while it is working, and do not use this product under the influence of alcohol or physical discomfort.
- When using it, please do not wipe it with gasoline, Tena water, or spray insecticide.
- Do not place heavy objects on the product to avoid injury or malfunction.
- When unplugging the power plug, please unplug the power plug on the front end of the device and do not pull the power cord.
- When the power cord is damaged, do not disassemble or replace it without permission. Please contact the customer service team or qualified professional to replace and repair it.
- Do not use it during sudden power outages or lightning strikes. When there is a power outage, please immediately cut off the power switch and unplug the power plug from the socket.
- When performing maintenance, please unplug the power plug from the socket. In addition, please do not insert the plug with wet hands to avoid electric shock and injury.
- 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.
- Long-term use will inevitably cause parts to loosen, please check in time to avoid damage to parts and personal harm.
- Before the use, you should do a warm-up exercise. When starting to use this machine, adjust the speed to the lowest gear, and then adjust the acceleration or delay according to your adaptability and needs, if you have any discomfort, please stop practicing.

- If the product is moved from a cold place to a warm place for use, please wait for 6 hours before use to avoid water the possibility of steam condensation on the machine, leading to the machine discovering problems.
- Please place the product on a flat surface for use.
- 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.

Warm Tips:

- Warm up before exercising.
- The training intensity should be gradual, in avoid of injured accidentally by fast speed.
- Excessive training can cause injury.
- lease keep this manual safe for others or those who are using the vibration plate for exercise training for the first time to read it.



This symbol stands for "Conformité Européene", which means "Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.



This symbol stands for "UK Conformity Assessed", which means "Conformity with British Standards". With the UKCA-marking the manufacturer confirms that this product complies with applicable British Standards.

SIMPLIFIED EU DECLARATION OF CONFORMITY

- Hereby, Zhejiang Yulu Electronic Technology Co.,Ltd. declares that the fitness equipment MR-2398 is in compliance with Directive 2014/53/EU.
- The full text of the EU declaration of conformity is available at the following internet address:<https://merachfit.com/pages/declarations-of-conformity>

NOTES ON DISPOSAL



Packaging materials are raw materials and can be recycled. Separate the packaging materials correctly and dispose of them properly in the interest of the environment.

Your local administration can provide additional information.



Used devices do not belong in household waste!

Dispose of used devices properly! Doing so helps fulfill our responsibility to protect the environment. Your local administration can provide information on collection points and opening hours.



Batteries do not belong in household waste!

As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

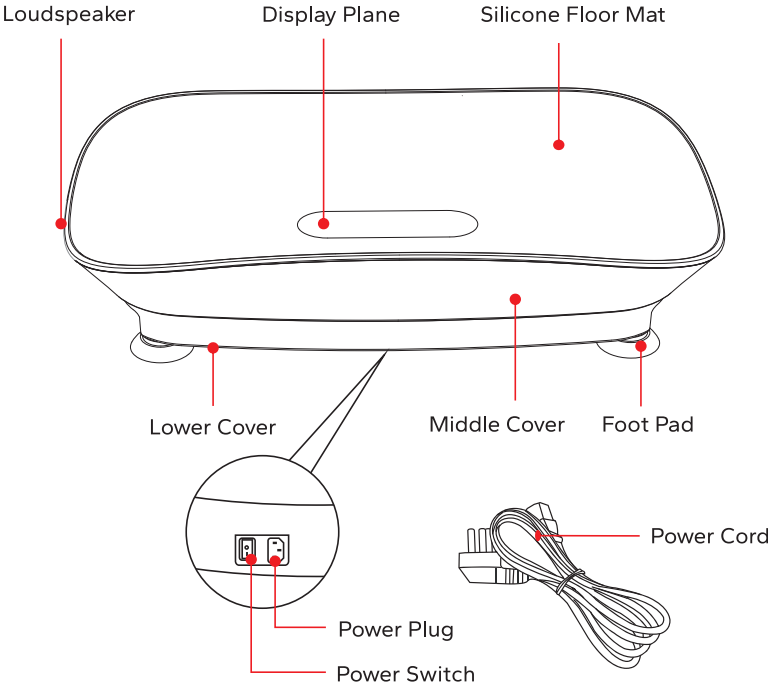
Manufactured by:

Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor,
Xianfeng Technology Building,
298 Weiye Road, Binjiang District,
Hangzhou, Zhejiang Province, China
yulu_mrk@merach.com

Imported by:

HANGZHOU JINGGE E-COMMERCE LTD
Room 1205,Xianfeng TechnologyBuilding,
298 Weiye Road, Puyan Subdistrict,
Binjiang District,
Hangzhou, Zhejiang Province, China
jingge_mrk@163.com

PRODUCT SPECIFICATIONS



Name:	MERACH Vibration Plate
Model:	MR-2398
Bluetooth Name:	MR-2398 Vibration Plate Machine
Max Weight:	400lbs/180kg
Item Dimensions:	22.8*13*6.3 inch/580*330*160 mm
N.W.:	14.3lbs/6.5kg
Auto Off Time:	10 Minutes
Rated Voltage:	220-240V 50Hz
Rated Power:	150W
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	4.16dBm

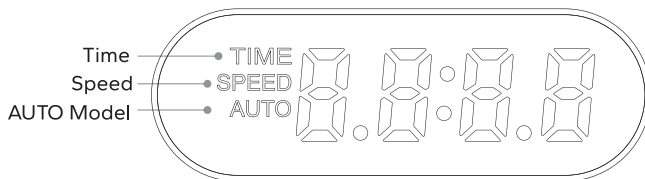
PARTS LIST:

- Vibration Plate x1
- Remote Control x1 AAA Batteries x2
- Resistance Band x1
- Power Cord x1
- User Manual x1

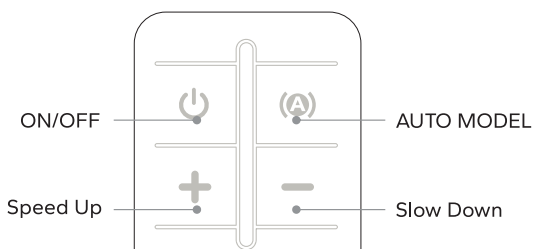


PRODUCT USAGE INSTRUCTIONS

Display Plane Instructions



Remote Control Instructions



ON/OFF: Plug in and turn on the power switch, press this button to light display up;
Press it again to pause. (The product is set to work for 10 minutes).

AUTO MODE: Switch the operation mode from MANUAL MODE to AUTO MODE.

+/- : Adjust the speed level in MANUAL MODE(1-10).

⚠ Caution:

- Please point the remote control at the machine to adjust.
- Do not dipped the remote control into the water.
- Please install the battery in the correct direction.
- Don't expose the remote control to anywhere of heat and moisture for longtime.
- Take out the batteries if don't use the device in a long time.

OPERATING MODES

AUTO MODEL:

- * Once people stand on the equipment for rocking from side to side, it will auto on and speed up to 10 gradually,
- * If people leave the device for 30 seconds, the device will automatically pause, and enter the standby mode for 3 minutes without any operation.

MANUAL MODEL:

- * Press the ON/OFF button of remote control, the equipment will operate in 1 on manual mode.
- * Press the +/- button to adjust the speed level in MANUAL MODE(1-10).



Caution:

- The auto off time is 10 minutes.
- If you feel abdominal pain, accompanied by irregular heartbeat or breathing difficulties, or feel abnormal fatigue or discomfort in the body, you need to stop training and consult a professional doctor in a timely manner.

USAGE QUICK GUIDE

- A. Place the product flat on a flat (paved) ground, connect the power cord plug to the power plug on the product, and then insert the power plug into the power socket with a voltage of 220-240V~.
- B. Turn on the main power switch at the front and bottom of the product.
- C. Stand on the product, press the "ON/OFF" button on the remoter control and press the "A" button to choose the operation mode (AUTO MODE/MANUAL MODE).
(Please refer to the remote control operation instructions for details).
- D. After use, wait for the machine to come to a stable stop before disembarking from the product.

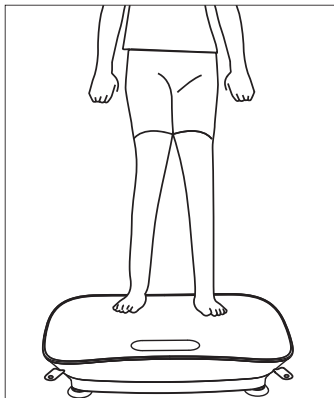


Caution:

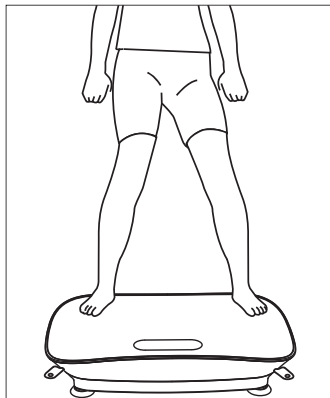
- When standing on the product, it is necessary to maintain body balance to avoid accidents.
- Please keep children and other pets away.
- The Maximum user weight is 400lbs.
- For beginners, confirm the movement and start at a slow pace. Based on their own situation, choose the appropriate amount of exercise to prevent excessive use or forgetting to turn off the device. From the beginning to the end of the movement, stop without movement for 10 minutes.
- After use, turn off the "Power Switch" and unplug the power plug.

EXERCISE USAGE

Correct Posture (for reference only)



Stand with your feet slightly bent apart on the product, in an upright position.
(Mainly exercises the muscles throughout the body.)



Stand with your feet apart on the product in a squat position, tighten the core.
(Mainly exercise the waist and buttocks.)



Place your hands on the product, feet on the floor, and keep your body level.
(Mainly exercises the arms, chest, and upper body.)



Caution:

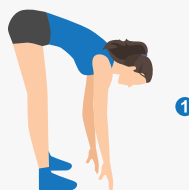
- Do not use the product with two people at the same time.
- Do not put all the weight on one side of the product.

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).



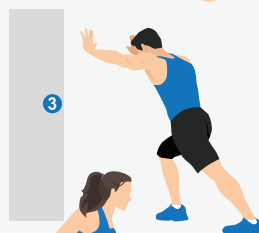
2. Seated hamstring stretch

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 Figure 4).



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 Figure 5).



MAINTENANCE & TROUBESHOOTING

Care & Maintenance

- If you need to store the equipment for a long time when you are not using it temporarily, store it and keep it around the environment is dry and can be covered with a layer of cloth or a film bag provided with the box to ensure that long-term storage does not contaminate the surface of the product with too much dust or soil.
- Regularly wipe the soft adhesive and other components with a cloth soaked in water and wring dry to ensure their smoothness and cleanliness;
- Avoid forceful pressure or wiping with a damp cloth on the electronic watch to prevent water from entering and affecting normal use.

Troubleshooting

NO.	Problem	Possible Causes	Solutions
1	Unable to power on.	The power plug is not properly plugged in.	Plug in the power switch properly.
		The product power switch is not turned on.	Turn on the power switch.
2	The machine makes a sound during use, which is normal for the machine.	The sound is normal operation.	No processing required.
3	Remote control operation did not respond.	Remote control is far from the product.	Keep the distance with in 1.2 meters.
		The remote control is out of power.	Replacing the battery
4	Stopping work during use.	The default setting time has arrived	Start again after a 20 minute interval.

WARRANTY INFORMATION

Product Name	MERACH Vibration Plate
Model	MR-2398
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 14 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.



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