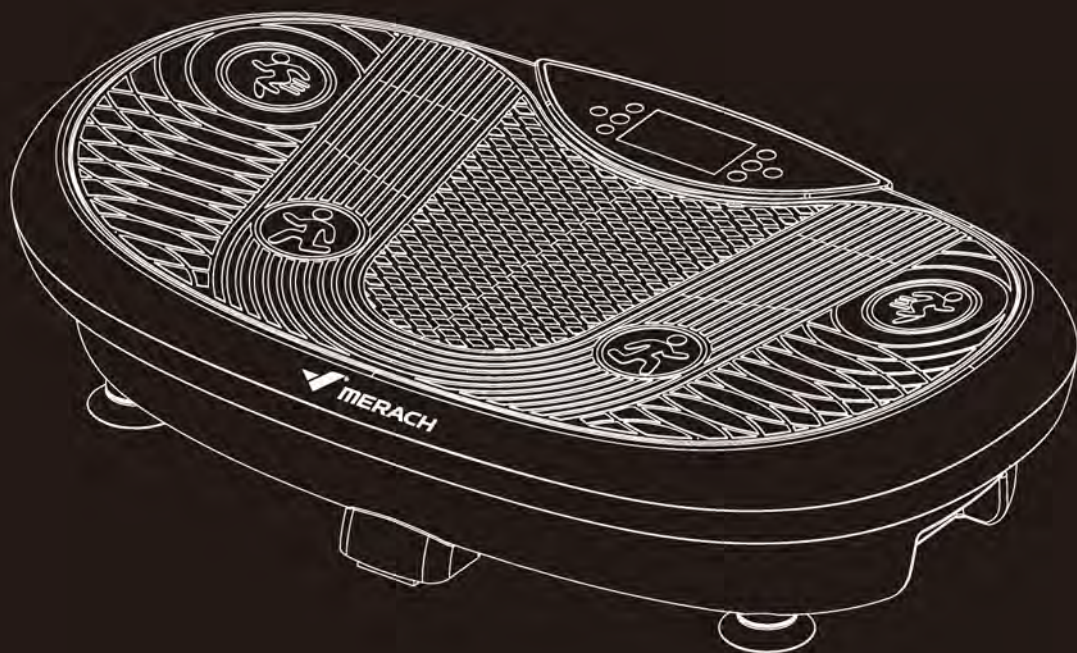




USER MANUAL

4D 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: 1- (877) 3563730 Mon-Fri 8am-5pm (PST) US/CA
support@merach.com

MODEL: MR-2515



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 vibration plate as much as we do.)



Join

Join the MERACH Fitness Community on Facebook
facebook.com/groups/merachfitness



Explore

Explore fitness courses
merachfit.com/blogs/courses



Enjoy

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

WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



Register your warranty via
merachfit.com/pages/warranty



Email your item model to
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.



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. or you can 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***, or AMZ live chat.

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

Search our products on AMZ 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***

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

IMPORTANT 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.
- 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 440 lbs 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.
- 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.

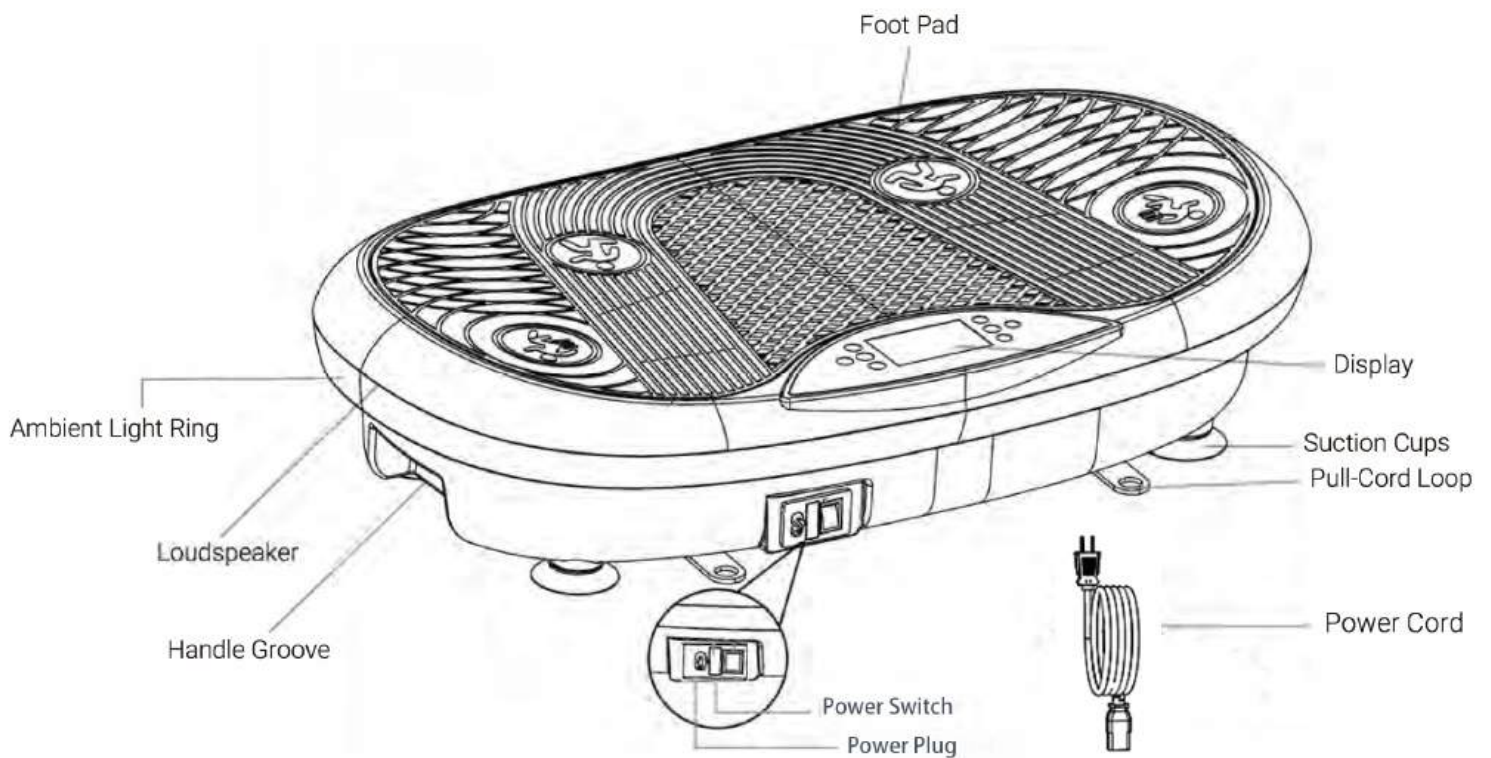
- When performing maintenance, please unplug the power plug from the socket. In addition, please do not insert the plug with wet hands to avoid electric shock and injury.
- The equipment can only be used for the intended purpose described by the manufacturer, do not change the equipment or use accessories 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 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.
- Do not use this product if you are under 10 years old, pregnant experiencing your menstrual cycle, or have a malignant tumor.
- Do not use this product if you have an implanted pacemaker or other electrical device.
- Do not use this product within 30 minutes of consuming alcohol.
- To avoid electrical shock or electromagnetically failure, do not use this product in humid or dusty environments.
- This product should not be used in environments that have temperatures of over 40 degrees Celsius.

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.

SPECIFICATIONS

Warm Tips: For reference only, please refer to the actual product.



PARTS LIST

4D VIBRATION PLAE X 1
 VB Remote Control x1
 AAA Batteries x2
 Pull-Cord x2
 Power Cord x1
 Mate x1
 User Manual x1
 Pad X 1

SPECIFICATIONS

Product Name:	4D VIBRATION PLAE
Model:	MR-2515
Bluetooth Name:	MR-2515 4D VD MACHINE
Training Modes:	MODE1-MODE7
Speed Level:	120 Level
Max Weight:	200kg/440lbs
AUTO MODE:	P1-P5
Item Dimensions:	L670*W387*H160 mm L26.4*W15.2*H16.3 inch
Weight:	15kg/33lbs
Auto Off Time:	Default 10 minutes (Adjustable within 1-30 minutes)
The Color of Ambient Light:	Pink-Green-Blue
Rated Power:	440W
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	1.15dBm

PRODUCT USAGE INSTRUCTIONS

Display Instructions



Power ButtonⓈ: In standby mode, press the button to control panel to enter the default state. When the control panel is in the default state or the machines moving, press the button to control panel to enter the standby mode.

Decrease Time ButtonⓇ: In the default state of MANUAL MODE, press the button to increase the time from 1 to 30 minutes (default is 10min).

Increase Time ButtonⓇ: In the default state of MANUAL MODE, press the button to decrease the time from 1 to 30 minutes (default is 10min).

Increase Speed ButtonⓇ: In the motion state of MANUAL MODE, press the button to increase the speed(Level 1-Level 120).

Decrease Speed ButtonⓇ: In the motion state of MANUAL MODE, press the button to decrease the speed(Level 1-Level 120).

Start/Stop ButtonⓇ: In default state, press the button to start the selected preset program or manual mode training. During machine movement, press the button to stop the exercise.

Program ButtonⓇ: In the default state, pressing the button cycles through five preset programs(P1-P5) and MANUAL MODE.

NOTE: On the AUTO MODE, time and speed cannot be adjusted.

Function Button: In the default state of MANUAL MODE to press the button to switch between seven training modes:

MODE1 Oscillation

MODE2 Linear

MODE3 Vibration

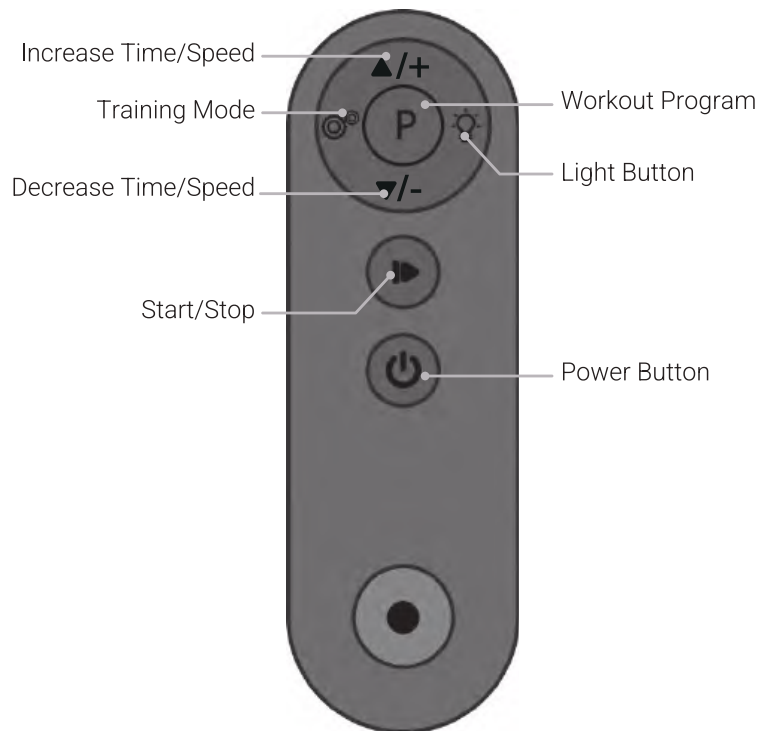
MODE4 Oscillation+Linear

MODE5 Oscillation+Vibration

MODE6 Linear+Vibration

MODE7 Oscillation+Vibration+Linear

VB Remote Control Instructions



Power Button⏻: Press the button to power on the display panel(STANDY MODE), repress the power off the display panel.

Start/ Stop Button▶: In the default state, press the button to start the selected preset program or MANUAL MODE workout.

NOTE: In machine motion, press the button to stop the workout.

Increase Time/Speed (▲/+) Button: In standby, the time is displayed by default for 10 minutes. On the MANUAL MODE, press the button to increase the time duration(1-30minutes).

Decrease Time/Speed (▼/-) Button: In standby, the time is displayed by default for 10 minutes. On the Manual Mode, press the button to decrease the time duration(1-30minutes).

Program ButtonⓅ: To switch the AUTO MODE(P1-P5) and MANUAL MODE(Level 1-Level 120).

Light💡: To turn on/off the ambient light.

Button⦿: In standby, with MANUAL MODE selected, press the button to toggle through seven training modes.

NOTE: Speed, Time, and Training Mode cannot be adjusted on the AUTO MODE.

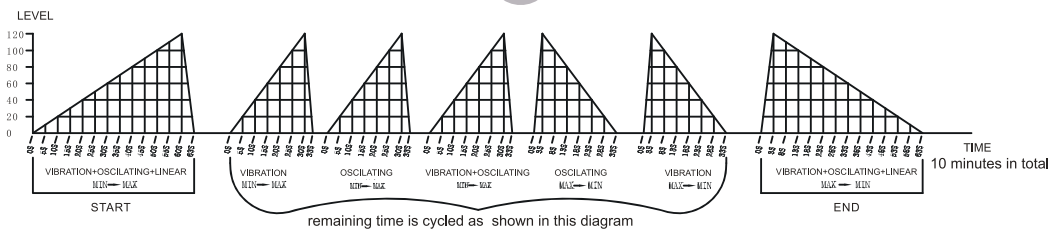
MODES INSTRUCTIONS

STANDY MODE: The control panel is powered on, but no workout is in progress.

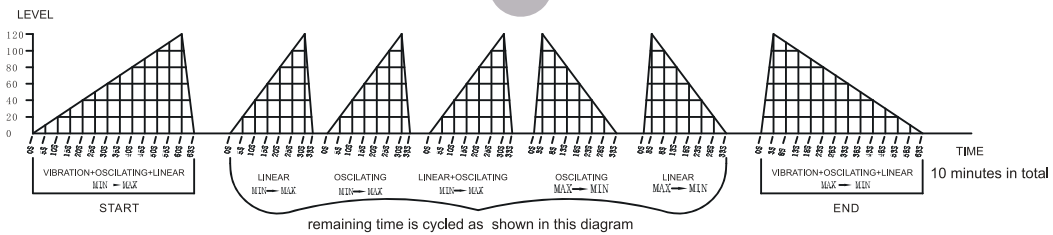
MANUAL MODE: Choose from 7 training modes and set a time duration and vibration speed (Create your own custom workout).

AUTO MODE: Choose workout programs:P1-P5.

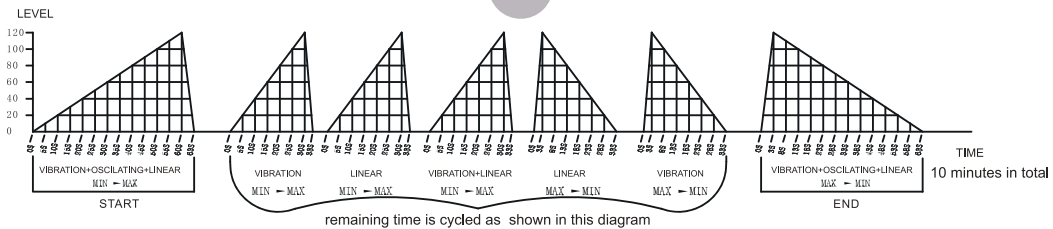
P1



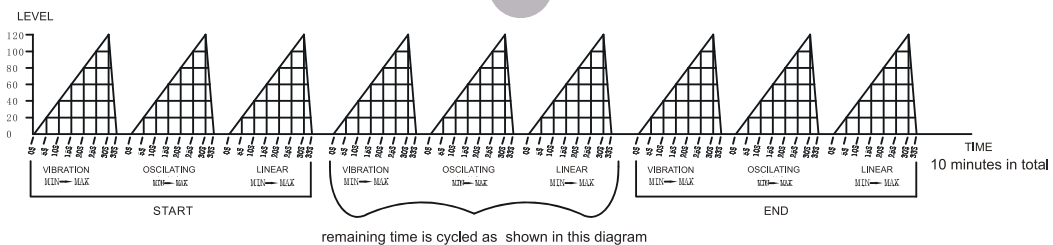
P2



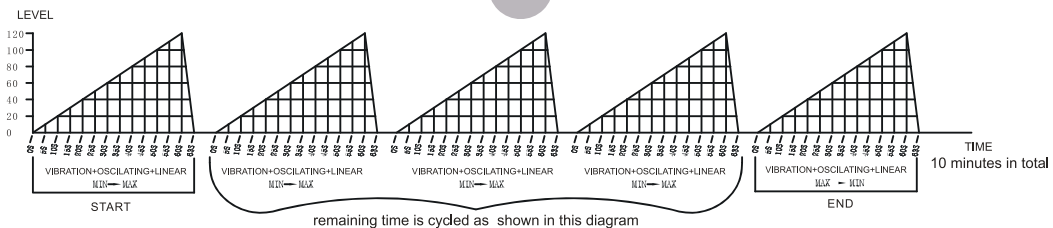
P3



P4



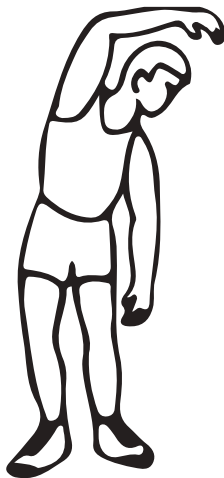
P5



MOVEMENT INSTRUCTIONS

Warm-up

We recommend that users perform the following stretches, each of which take about 30 seconds. Do not forcefully or violently pull on muscles, Stop if you experience injury.



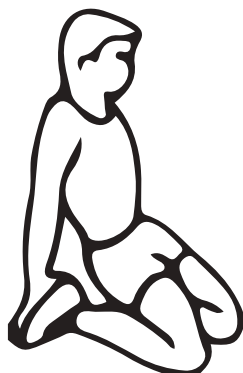
SIDE BENDS



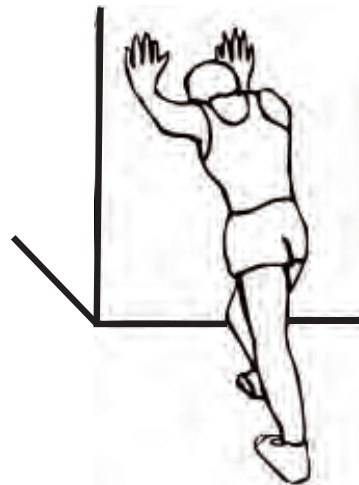
FORWARD



OUTER



INNER THIGH



CALF/ACHILLES

Pull-Cords Instructions

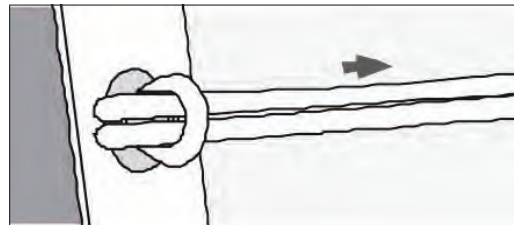
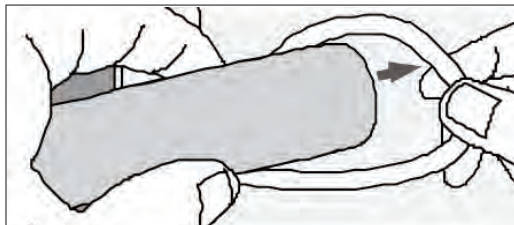
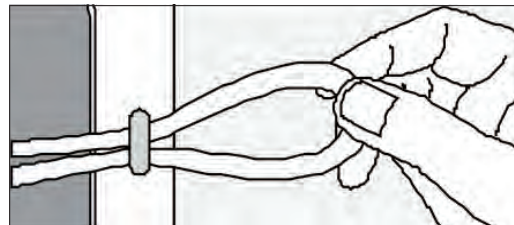
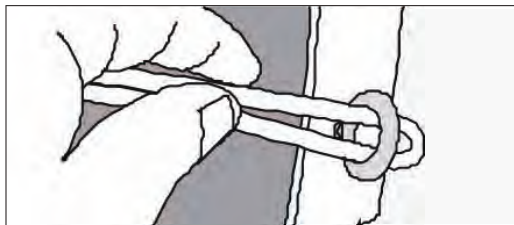
A. Pull the ends of the pull-cords together and pass them through the pull-cord loops at the base of the machine.

B. When you pass the base of the pull-cords through the pull-cord loops, then pass the pull cord's handle through the loop at the base of the pull-cord, you will have successfully fastened the pull-cord to the device. when using the device, ensure that the pull-cord is securely fastened to the pull-cord loop.

NOTE:

Make sure that the fixed knot is secure and that the pull-cord loops and pull-cord are tightly coupled to get her.

Regularly inspect the pull-cord, if it shows any signs of wear and tear or is worn or damaged, do not use it.



HOW TO USE

1. Stand tiptoe in the middle of the massaging device and straighten your back. Your abdominal muscles should be tight and you should feel changes in the tension in your calf muscles. You can also bend your knees 90 degrees. This stance will relax your waist and hips.



2. Standing on the massage device will align your feet and shoulders. keep your back tight, your knees bent, and slowly tighten your leg muscles. To increase exercise intensity you should bend your knees as much as possible. You will begin to feel tension in your quads, hips, and back. This stance can exercise your thigh muscles, alleviate pain and soreness, promote blood circulation, and reduce fat deposits.



3. Kneel on the ground, place your hands on the product at shoulder width, and keep your body leaning forward. This stance will exercise your shoulder joints and arms.



4. Sit in front of the machine with your back straight and your hands placed on either side. Place your feet on the machine, with your toes facing up. This stance should be used to completely relax while enjoying a powerful calf.



5. Sit on a chair in front of the machine. Place your feet on the machine. The product's vibrations will help you relax the muscles in your back, buttocks, and thighs.



6. Place your shoulders on the ground and lie down, with both legs flat on the machine. Keep your knees together and raise your hips. As your body slowly rises, raise your heels to tighten your thighs and hips. This will exercise your thigh muscles.



7. Stand on the machine and keep your legs and shoulder aligned while placing your hands on your waist.



8. Rotate your torso clockwise for a few seconds, then return to your starting position and repeat the movement in the opposite direction. You can use the pull-cords while doing this exercise. Place them in front of you, at shoulder height, and rotate left and right. This will exercise your abdominal and oblique muscles.



9. Stand on the machine, hold the pull-cord and extend your arms to waist height at your sides. With your palms facing down and your arms slightly bent at the elbow, raise both arms to shoulder height and then drop them. Perform several repetitions of this movement.



10. Stand carefully on the machine. Hold the pull-cord in front of your chest, which will cause your palms to face each other. Slowly lower your arms to your back and allow them to unfold and straighten. Then bring them back to their starting position. You can staminate arms or move both arms simultaneously. To increase exercise efficiency, choose to exercise while kneeling or lunging.



CARE & MAINTENANCE

- Regularly inspect the machine. if the power cord is damaged, contact the manufacturer or a qualified professional to replace the cord, to avoid injury or other risks.
- If you discover that the devices damaged or operating unusually, do not turn it on.
- Only wash the machine with a damp cloth and middle detergent. Wash the device immediately after using it. Ensure that the device is turned off prior to cleaning it.
- Do not attempt in anyway to repair your machine. Under all circumstances, you should send the device to a qualified professional for repair.
- When unplugging the power cord, do not yank on the cord itself. Disconnect the power cord by pulling the plug. When you are not using the machine make sure to unplug the power cord.
- When moving the machine, please pay attention to the position of your fingers that put on the handle groove and avoid any injuries.
- When storing the device, ensure that it is facing upward, and not flipped over.

TROUBLESHOOTING

Problem	CAUSES	SOLUTIONS
Can not turn on the machine.	1. The power cord is not plugged in. 2. The power switch is not turned on. 3. A fuse is blown.	Plug in the power cord. Turn on the power switch. An indicator light should illuminate. Replace it with the same model of use.
A humming sound is generated when the device is in motion.	This sound is produced when the motor or another product accessory is worn.	No repair required.
The product does not respond to the controller.	1. The controller's batteries are exhausted 2. The remote is too far away from the device	Change the batteries The remote's effective signal is 2.5m.
The product suddenly stops moving	The product's default movement time has ended	Restart the device after 10 minutes
Uncontrollable	The product crashes after simultaneously receiving too many instructions.	Turn off the power and restart the device
"ERO1" or "ERO2" appear on the screen	Motor Work Current Failure	Turn off the power supply, insert the power cord plug, and restart. If this does not work, contact the after-sales service.

WARRANTY INFORMATION

Product Name	4D VIBRATION PLATE
Model	MR-2515
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***, or log onto ***merachfit.com/pages/warranty*** and enter your order number (i.e. Amazon) 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 & Returns:

Should your product prove defective within the specified warranty period, please contact the Customer Support via ***support@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 ***support@merach.com*** or Phone Support:

 **US/CA 1- (877) 3563730 Mon-Fri 8am-5pm(PST)**

TikTok Shop Exclusive after-sales: ***service@merach.com***

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

FCC Statement

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and
(2) This device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This transmitter must not be located or operating in conjunction with any other antenna or transmitter.

For VB Remote Control:

RF warning for Portable device:

The device has been evaluated to meet general RF exposure requirement. The device can be used in portable exposure condition without restriction.

Note : This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.



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Contact Us: 1- (877) 3563730 Mon-Fri 8am-5pm(PST) US/CA

Customer Service: support@merach.com

Official Website: merachfit.com