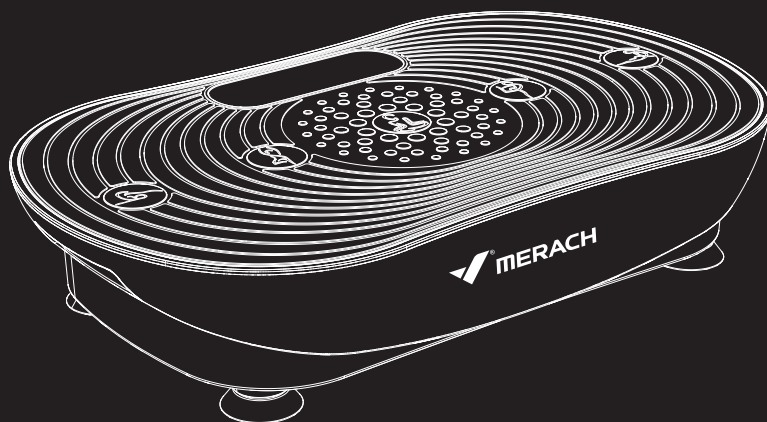




USER MANUAL

MR-2533 VIBRATION PLATE



Questions or Concerns?

IMPORTANT!

Please read all details before use, and keep this user manual for future reference.

PLEASE FEEL FREE TO CONTACT US: 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-2533



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 in time.

2. This was the first time I bought your product, is there a user manual?

A detailed user manual is included in the package.

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 via the after-sales email service.

4. 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

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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 158kg 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.

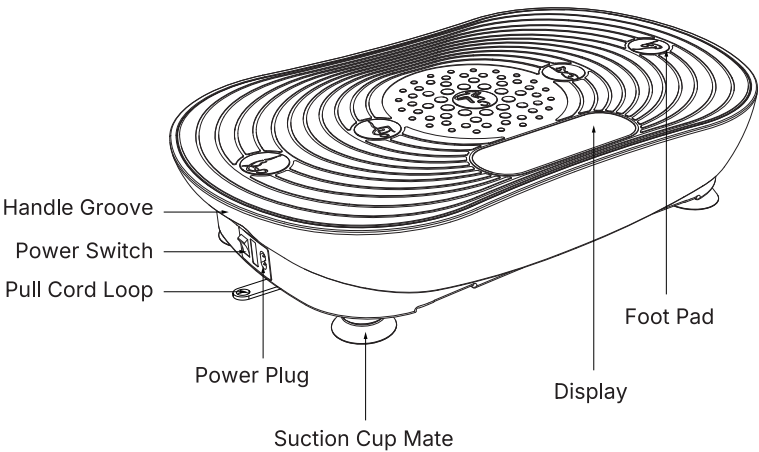
- Do not use immediately after meals to avoid discomfort.
- Please do not use other therapeutic instruments while using this machine. Please do not use physical therapy purposes.
- When unplugging the power plug, please unplug the power plug on the front end of the device and do not pull the power cord.
- 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 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 .
- 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.
- Do not use the device immediately after meals or drinking beverages.
- Keep children and pets away from the device during operation.
- Avoid inserting fingers or foreign objects into the device gaps to prevent damage.
- Do not clean the device with solvents such as thinners, volatile oils, or bleach.

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.
- Please 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



Name:	Vibration Plate
Model:	MR-2533
Bluetooth Name:	MR-2533 VB PLATE
Vibration Level:	99 Levels
AUTO Modes:	P1-P5
Max Weight:	350lbs/158kg
Item Dimensions:	L560*W341*H125 mm / L22*W13.4*H4.9 inch
N.W.	7.2kg/15.9lbs
Auto Off Time:	Default 10 minutes (Adjustable within 1-20 minutes)
Rated Power:	150W
Voltage:	100~240V 50/60Hz
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz

PACKING LIST

Vibration Plate x1

User Manual x1

Power Cord x1

Remote Control x1

AAA Batteries x2

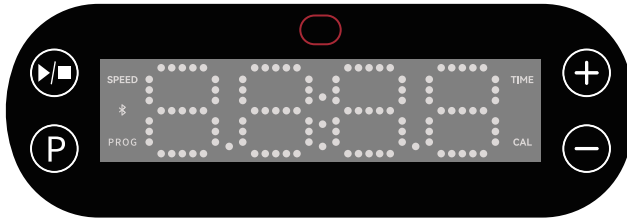
Pull-Cord x2

YAssistance Training Belt x1

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

OPERATION INSTRUCTIONS

DISPLAY INSTRUCTIONS



Start/Stop (▶/■) : In the default state, touch the button to start or stop workout.

Increase Time/Speed Button (+) :

▼In standby, the time is displayed by default for 10 minutes. On the MANUAL MODE(HA), touch the button to increase the time duration(1-20minutes).

▼On the MANUAL MODE(HA), touch the button to increase the speed (Level 1-Level 99).

Decrease Time/Speed Button (-) :

▼In standby, the time is displayed by default for 10 minutes :

On the MANUAL MODE(HA), touch the button to increase the time duration(1-20minutes).

▼On the MANUAL MODE(HA), touch the button to increase the speed (1-99 Level).

Program Button (P) : To switch the AUTO MODE(P1-P5) and MANUAL MODE (Level 1-Level 99).

Signal Reception Window: Receive the signal from the Remote Control.

REMOTE CONTROL INSTRUCTIONS

Power Button  : Press the button to power on/off the device (STANDY MODE).

Start/ Stop Button  :In the default state, touch the button to start or stop workout.

Program Button  : To switch the AUTO MODE(P1-P5) and MANUAL MODE(Level 1-Level 99).

UP+/DOWN-  : On the MANUAL MODE(HA), touch the button to adjust the workout speed (1-99 Level).

LEFT+/RIGHT-  :On the MANUAL MODE(HA), touch the button to adjust the workout time (1-20 mintues).

WARM TIPS: The default scheduled work duration is 10 minutes, the device will stop when the time is up.

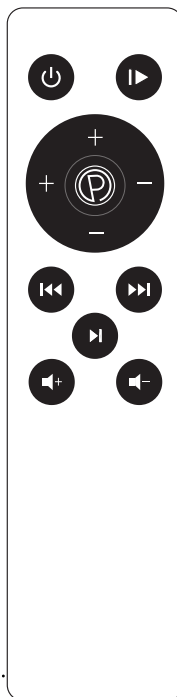
 : When connect the Bluetooth Speaker, press the button to replay the previous music.

 : When connect the Bluetooth Speaker, press the button to replay next music.

Play/Pause  : Press this button to play or pause music.

Volume Up  : Press during listening music to increase the volume.

Volume Down  : Press during listening music to decrease the volume.



WARM TIPS:

*When using the remote to control the device, always aim it toward the signal reception window on the display (within 1.2 meters).

*Install batteries in the correct orientation. It is recommended to remove the batteries if the remote will not be used for an extended period.

*Keep children and pets away from the remote control.

REMOTE CONTROL INSTRUCTIONS

1. When the device is power on, and will hear the "Bluetooth Mode" sound.
2. Find the Buletooth device which the name is " MR-2533 VB PLATE" and connect with your phone.
3. Please enjoy the musice when you vibrating.

MODES INSTRUCTIONS

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

MANUAL MODE(HA): Set a time duration and vibration speed (Create your own custom workout).

AUTO MODE: Choose workout programs:P1-P5.

WARM TIPS:

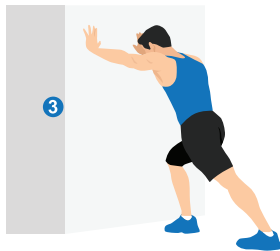
- *In automatic mode, the device's operation time and speed level cannot be adjusted; it can only be turned on or off.
- *Press (P) & (+) button of the display simultaneously to enter mute mode, which turns off the buzzer sound.
- *Press (P) & (-) button of the display simultaneously to exit mute mode and restore the buzzer sound.

AUTO	Time	1st min	2st min	3st min	4st min	5st min	6st min	7st min	8st min	9st min	10st min
HA	Default time: 10 minutes; Adjustable time: 1-20 minutes										
P1	Default time 10 minutes	52	58	65	70	75	60	45	30	6	3
P2		60	64	60	90	70	54	45	21	6	3
P3		70	45	75	45	51	81	40	24	6	3
P4		60	48	46	70	75	60	25	30	6	3
P5		70	52	58	80	69	65	45	28	6	3

MOVEMENT INSTRUCTIONS

WARM-UP:

Recommend that users warm-up before use the device, do not forcefully or violently pull on muscles, Stop if you experience injury.



UPPER BODY EXERCISE

Place your hands shoulder-width apart on the device. Extend your legs straight behind you naturally, then begin the exercise.



PELVIC FLOOR RECOVERY EXERCISE

Lie flat on the mat with your upper body. Place your feet shoulder-width apart on the device. Slowly lift your pelvis.



LOWER BODY EXERCISE

Stand facing away from the device at a moderate distance. Place the lower part of one leg (below the knee) on the device, keeping the other foot on the ground.



LATISSIMUS DORSI EXERCISE

Stand facing away from the device at a moderate distance with knees slightly bent. Place your hands shoulder-width apart on the device and extend your arms.



TRICEPS EXERCISE

Stand facing away from the device at a moderate distance. Place your hands shoulder-width apart on the device with elbows and knees slightly bent.



SHOULDER PRESS

Stand facing away from the device at a moderate distance. Bend forward and place your hands shoulder-width apart on the device. Keep your legs straight and shoulder-width apart.



ADDUCTOR EXERCISE

Stand facing away from the device at a moderate distance. Place one foot partially bent on the device, with the other leg slightly bent on the ground. Place your hands on your hips for balance.



AB CRUNCH EXERCISE

Lie flat on the device with your hands behind your head. Lift your legs with knees bent.



FOOT MUSCLE RELAXATION

Sit with your feet flat on the device. Allow your feet to sway freely and relax with the machine's motion.



SEATED FORWARD BEND TWIST

Lie flat on the device. Support yourself with your left hand on the ground, and place your right hand behind your head. Twist your head and torso 90 degrees to the left. Bend one knee and place it on the device, while extending the other leg flat on the ground.



LOWER ABDOMINAL EXERCISE

Support your upper body with your elbows shoulder-width apart on the device. Extend your legs straight behind you.



LATERAL RAISE FOR DELTOIDS

Lie on your side on the device with your hips against it. Extend your arms naturally and swing them up and down.



OBLIQUE EXERCISE

Lie on your side with one elbow supporting you on the device. Place the other arm along your side. Keep your legs straight and on the ground for balance.



NECK AND SHOULDER RELAXATION

Kneel and lean your body forward. Extend your arms and place your hands on the device. Keep your hands and back relaxed.



CHEST EXERCISE

Stand on the device with knees slightly bent. Hold the resistance bands and stretch them forward and to the sides.



ARM STRETCH EXERCISE

Stand on the device with knees slightly bent. Hold the resistance bands and stretch them from overhead downward.



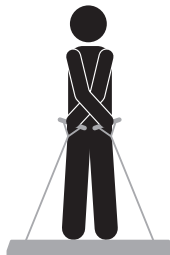
DELTOID EXERCISE

Stand on the device with knees slightly bent. Hold the resistance bands and extend your arms forward, gently pulling the bands.



CHEST/OBLIQUE EXERCISE

Stand on the device with knees slightly bent. Hold the resistance bands and extend your arms forward and downward, gently pulling the bands.



BICEPS EXERCISE

Stand on the device with knees and elbows slightly bent. Hold the resistance bands in front of you and gently pull them toward your chest.



ABDUCTOR MASSAGE

Lie on your side on the device. Support yourself with one elbow on the ground and place the other arm along your side. Bend both knees and rest them on the device.



HIP MASSAGE

Sit on the device with legs extended and knees slightly bent. Keep your feet flat on the ground. Extend your upper body and lean backward. Stretch your arms shoulder-width apart and place your hands flat on the ground.



CALF MASSAGE

Lie flat on the mat with your calves resting on the device. Ensure full contact between your calves and the device.



QUADRICEPS MASSAGE

Lie face down on the mat with your thighs flat on the device. Ensure full contact between your thighs and the device. Bend your knees upward and keep your arms vertically bent with elbows on the ground. Keep your back straight.



UPPER BODY MASSAGE

Sit facing away from the device. Place your elbows shoulder-width apart on the device. Extend your legs forward with knees slightly bent.



BACK MASSAGE

Slowly sit on the vibrating machine, keeping your knees raised and feet flat on the ground. Bend forward and place both hands flat on the ground. Then turn on the machine to start the automatic massage.



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 device is damaged or operating unusually, do not turn it on.
- Only wash the machine with a damp cloth and mild 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 correctly. 2. The power switch is not turned on. 3. A fuse is blown.	1. Check the power outlet and ensure the plug is securely connected to the socket. 2. Turn on the power switch. An indicator light should illuminate. 3. Replace it with the same model of use.
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	1. Change the batteries. 2. The remote's effective signal is 1.2m.
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 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.	Restart the device after 10 minutes
The indicator light remains on after the power is turned off.	The residual power stored in the controller has not been fully discharged.	This is normal and requires no action.
The power switch is off, but the lights turn on when someone steps on the machine and moves.	Stepping on the machine activates the motor, generating induced electricity.	No action is needed.
Power cord is damaged, unusual odor is detected, or smoke is observed.	/	Stop using the product immediately.

WARRANTY INFORMATION

Product Name	Vibration Plate
Model	MR-2533
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 merach-fit.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*** with your invoice and order number. **DO NOT** dispose of your product before contacting us.

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.**



@Merachfit



@merach

Contact Us: 1- (877) 3563730 Mon-Fri 8am-5pm(PST) US/CA
Customer Service: support@merach.com
Official Website: merachfit.com

FCC Statement

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.

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 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.

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

FCC RF Radiation Exposure Statement

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