MERACH

User Manual

TUD-327 Vibration Plate

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.
- This product is only for indoor use. Outdoor use is not 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 330 lbs. Commercial use in gyms, fitness studios, or rehab centers, or in 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 product 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. Do not use the power supply voltage 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 uncomfortable 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 place the equipment in a high-temperature environment.
- 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.
- The power cord and other accessories shall not be used by two or more people at the same time. Do not damage, damage, unnecessarily bend, pull, twist, or twist 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 cleaning, please do not wipe it with gasoline, Tena water, or same chemicals.
- 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 plug and do not pull the power cord to unplug 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.
- Do not use it during sudden power outages or lightning strikes. In the event of a sudden power outage, please turn 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.
- Do not exceed the limit of the equipment to overexertion. 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 2 hours before use to avoid water the possibility of steam condensation on the machine, leading to the machine malfunction or damage.
- 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:

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

PRODUCT SPECIFICATIONS

1. Suction Cup Legs
2. Power Switch
3. AC Socket

Name:	Vibration Plate
Model:	TUD-327
Weight Capacity:	330lbs/150kg
Product Dimensions:	18.6*12.2*4.6inch(47*31*117mm)
N.W.:	14.3lbs/6.5kg
Rated Voltage:	100-240V~ 50/60Hz
Rated Power:	150W
Bluetooth Name:	TUD-327
PARTS LIST:	Hook*1 Power Cable*1 Instruction Manual*1 Remote Control*1 Pull Rope*2 AAA Batteries*2

PRODUCT USAGE INSTRUCTIONS

Control Panel Description

1 **Start/Stop:** Start or stop machine operation.

2 **P key:** Press to select the desired mode. Choose between auto training or manual mode.

3 **TIME:** Before the machine is running, press the key to set the time from 1to 20 minutes (only available in manual mode).

4 **Speed:** Before the machine is running, press the key to set the speed from 1-99 (only available in manual mode). Press the key to set the speed from 1 to 99 (only available in manual mode).

6 **Power:** Press to turn on/off.

5 **Lightbeg:** Short press to switch lights. Long press to turn off the lights.

Remote Control Description

Power: Long press to switch Start/off Short press to switch lights.

Start/Stop: press to start/stop the automatic setting.

P key: press to select the desired mode. Select between two options of Automatic workouts or Manual mode.

Top-Down +/- key: press to adjust the speed of the platform while using it in manual mode.

Left-Right +/- key: press to adjust the time duration before starting a new manual mode session.

Previous: press to play back previous track when streaming music.

Next: press to play next track when streaming music.

Play/Pause: press to play or pause music.

Volume +: press to raise the volume when streaming music.

Volume -: press to lower the volume when streaming music.

Note:

1 Please make sure you are in the right angle to the display and the distance no longer than 1.2m while you using the remote controller to control the machine. The upper and lower, left and right angles of the remote controller are 30 degrees, the upper and lower, left and right ranges of 40 degrees to ensure sensitive reception.

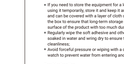
2 Please install the batteries correctly according to the anode and cathode(AAA battery). Please take the batteries off when you are not using the remote controller. Please keep Kids away the remote controller.

EXERCISE USAGE

Correct Posture (for reference only)

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

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



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

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.

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.
- Use a soft cloth to wipe the surface of the equipment 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

S/N	Problems	Causes	Solutions
1	The platform is not turning on	The plug is not in place	Insert the plug into the socket, ensure the power switch is in the "on" position, or the fuse is blown. Turn current on
		The power switch is off	
2	The platform makes unusual sounds	The platform is not level, or the screws in the base are not tightened	Place the platform on a flat surface and tighten the screws
		Screws are loose or missing	Tighten all loose screws
3	The platform is not responding to remote control	Remote control is out of range	Remove control from the at least 2 feet away from the platform
		Remote control is out of batteries	Replace batteries
4	Platform stops suddenly	Default working time is 9 minutes	Remove the platform after 9 minutes of operation
5	The platform is not properly responding	The remote commands are being misjudged at the same time.	Turn off the remote control and restart the platform.

WARRANTY INFORMATION

Defective Products & Returns:

Should your product prove defective, 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

We are dedicated to your 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

- **1-(877) 3563730** ***Mon-Fri 8:00 AM - 5:00 PM (PST)***

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

- **Please have your Order ID ready before contacting Customer Support.**

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.