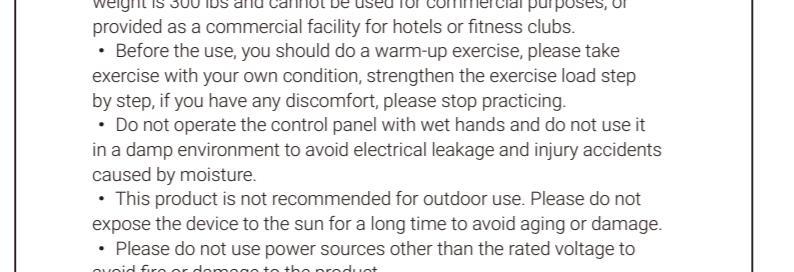




MERACH

User Manual



MERACH 2398 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 product 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, within the scope of use for physical exercise.
- This product is not recommended for use by children. The maximum user weight is 300 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 humid 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.
- 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.

01

PRODUCT SPECIFICATIONS

Display Plane Instructions

Name:	MERACH Vibration Plate
Model:	MR-2398
Bluetooth Name:	MR-2398 Vibration Plate Machine
Max Weight:	300lbs
Item Dimensions:	22.8*14.6.3 inch/580*330*160 mm
N.W.:	17.6lbs/8 kg
Auto Off Time:	10 Minutes
Rated Voltage:	100-240V 50/60Hz
Rated Power:	150W

OPERATING MODES

Product Usage Instructions

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EXERCISE USE

Exercise Use

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Maintenance & Troubleshooting

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Variety Information

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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 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.

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

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