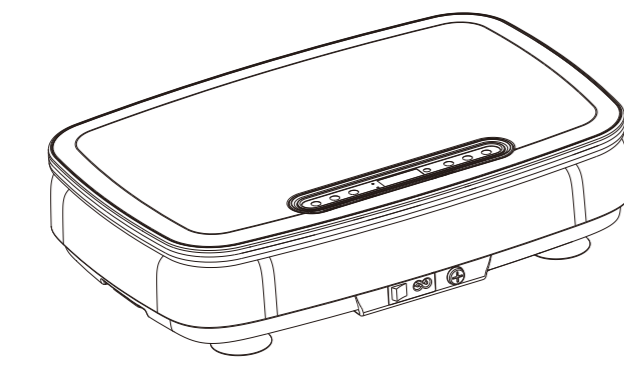




User Manual



* 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.
- 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 330 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.

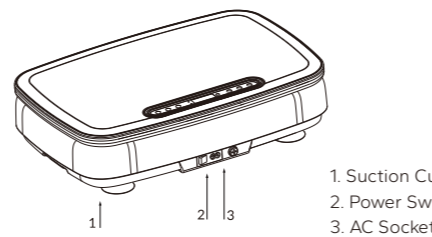
- When using the product, it is not allowed to immerse the product in liquid to avoid causing functional failure of the product.
- Do not use immediately after meals to avoid discomfort.
- Please do not use other therapeutic instruments while using this machine. Please do not use physical therapy purposes.
- 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 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.

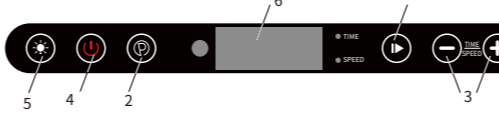
PRODUCT SPECIFICATIONS



- Suction Cup Legs
- Power Switch
- AC Socket

Name:	Vibration Plate
Model:	TUD-327
Weight Capacity:	330lbs/150kg
Product Dimensions:	18.6*12.3*4.6inch/472*313*117mm
N.W.:	14.3lbs/6.5kg
Rated Voltage:	100-240V~50/60Hz
Rated Power:	150W
Bluetooth Name:	TUD-327
PARTS LIST	Host*1 Power Cable*1 Instruction Manual*1 Remote Control*1 Pull Rope*2 AAA Batteries*2

PRODUCT USAGE INSTRUCTIONS



- Control Panel Description**
- Start/Stop:** Start or stop machine operation.
 - P key:** Press to select the desired mode. Choose between auto training or manual mode.
 - TIME:** Before the machine is running, press the key to set the time from 1 to 20 minutes (only available in manual mode).
 - SPEED:** After the machine is running, press the key to set the speed from 1-99 steps. Press the key to set the speed from 1 to 99 (only available in manual mode).
 - Power:** Press to turn on/off.
 - Lighting:** Short press to switch lights. Long press to turn off the light.

- 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:

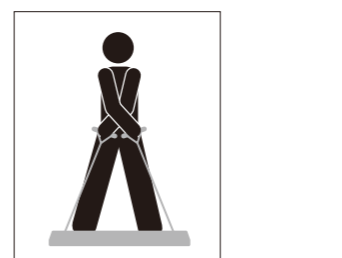
- Please make sure you are in the right angle to the display and the distance no longer than 1.2m while you using the remote controller to control the machine. The upper and lower, left and right ranges can be controlled by 40 degrees each. The upper and lower, left and right ranges of 40 degrees to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

MAINTENANCE & TROUBLESHOOTING

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 firm 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

S/N	Problems	Causes	Solutions
1	The platform is not turning on.	The plug is not in place. The power switch is off.	Insert the plug correctly to device and plug proper end to AC adapter on the wall. Turn switch on.
2	The platform makes inconsistent sounds.	Due to the minor and vibration of the platform, it is normal for the machine to make such sounds.	No additional treatment is required.
3	The platform is not responding to remote control.	Batteries are low on energy. Remote control is out of range.	Replace batteries. Remote control must be at least 82 feet (25M).
4	Platform stops suddenly.	Default working time is finished.	Restart the platform after 10-minute intervals.
5	The platform is not properly responding.	Too many commands are being requested at the same time.	Turn power switch off to restart the platform.

WARRANTY INFORMATION

Defective Products & Returns:

- If you need to return a defective product, 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!

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.