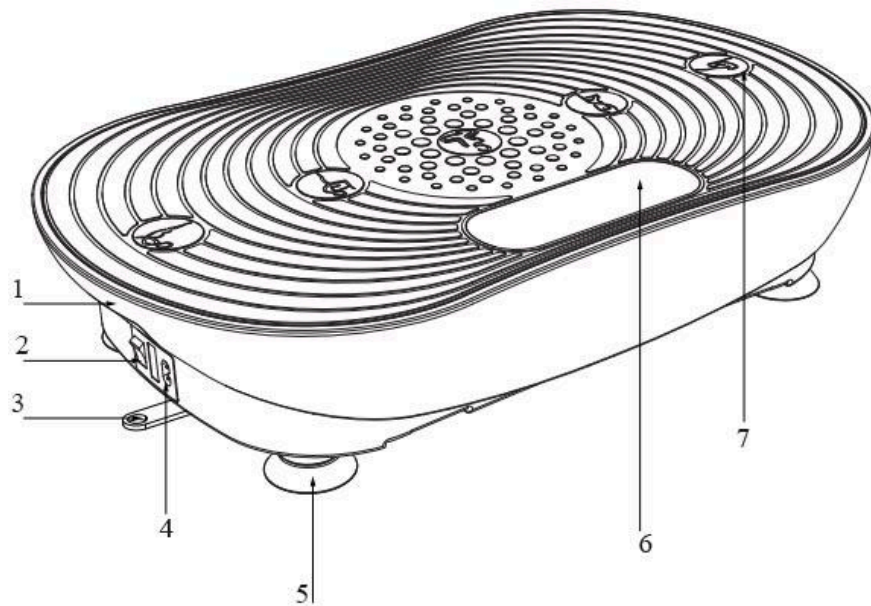


Merach MR-2533B1 Vibration Platform with Bluetooth





1. Handle groove
2. Power switch
3. Pull cord loop
4. Power plug
5. Suction cup mate
6. Display
7. Foot pad

Bluetooth name: MR-2533 VB PLATE

Vibration level: 99 levels

AUTO modes: P1-P5

Max weight: 181kg

Item dimensions: 560*341*125mm

N.W. : 7.2kg

Auto off time: Default 10 minutes (Adjustable within 1-20 minutes)

Rated power: 150W

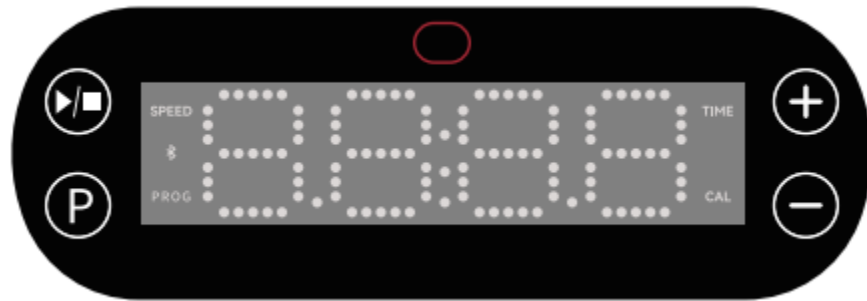
Voltage: 100-240V 50/60Hz

Radio frequency: 2.4GHz

Radio frequency band: 2402-2480MHz

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

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

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

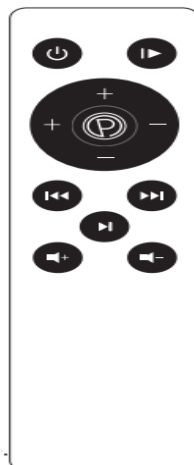
(⏮): When connect the Bluetooth Speaker, press the button to replay the previous music.

(⏭): 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.

1. When the device is powered on, it will hear the "Bluetooth Mode" sound.
2. Find the Bluetooth device which the name is "MR-2533 VB PLATE" and connect it to your phone.
3. Please enjoy the music when you are 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

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 are 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 any way 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

1. **Problem:** Can not turn on the machine.

Causes:

- The power cord is not plugged in correctly.
- The power switch is not turned on.
- A fuse is blown.

Solutions:

- Check the power outlet and ensure the plug is securely connected to the socket.
- Turn on the power switch. An indicator light should illuminate.
- Replace it with the same model of fuse.

2. **Problem:** The product does not respond to the controller.

Causes:

- The controller's batteries are exhausted.
- The remote is too far away from the device.

Solutions:

- Change the batteries.
- The remote's effective signal is 1.2m.

3. **Problem:** A humming sound is generated when the device is in motion.

Causes:

- This sound is produced when the motor or another product accessory is worn.

Solutions:

- No repair required.

4. **Problem:** The product suddenly stops moving.

Causes:

- The product's default movement time has ended.

Solutions:

- Restart the device after 10 minutes.

5. **Problem:** Uncontrollable

Causes:

- The product crashes after simultaneously receiving too many instructions.

Solutions:

- Restart the device after 10 minutes.

6. **Problem:** The indicator light remains on after the power is turned off.

Causes:

- The residual power stored in the controller has not been fully discharged.

Solutions:

- This is normal and requires no action.

7. **Problem:** The power switch is off, but the lights turn on when someone steps on the machine and moves.

Causes:

- Stepping on the machine activates the motor, generating induced electricity.

Solutions:

- No action is needed.

8. **Problem:** Power cord is damaged, unusual odor is detected, or smoke is observed.

Causes: /

Solutions:

- Stop using the product immediately.

Important Safety Instructions

- 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 181kg 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 it immediately after meals to avoid discomfort.
- Please do not use other therapeutic instruments while using this machine. Please do not use physical therapy.
- 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 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.