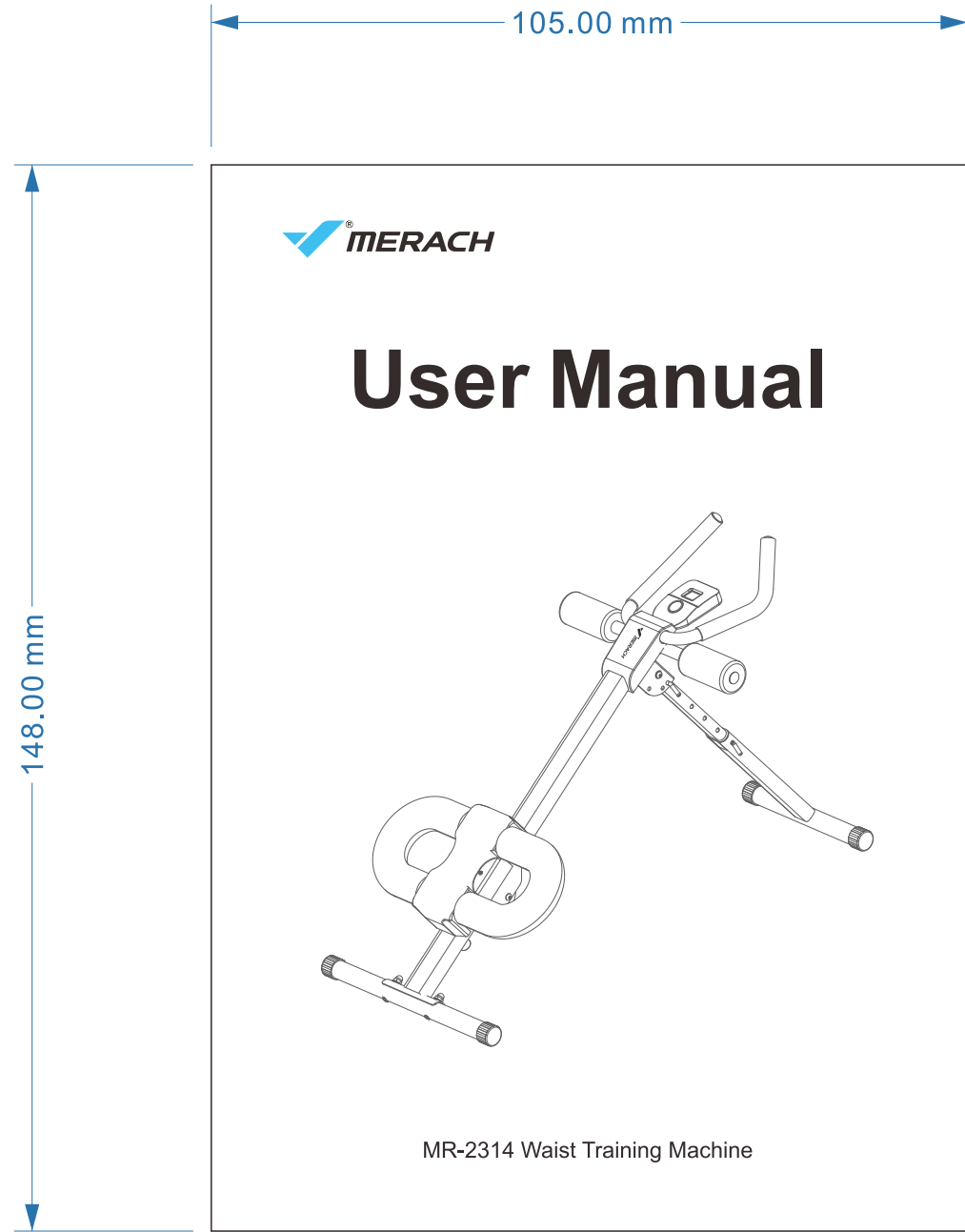
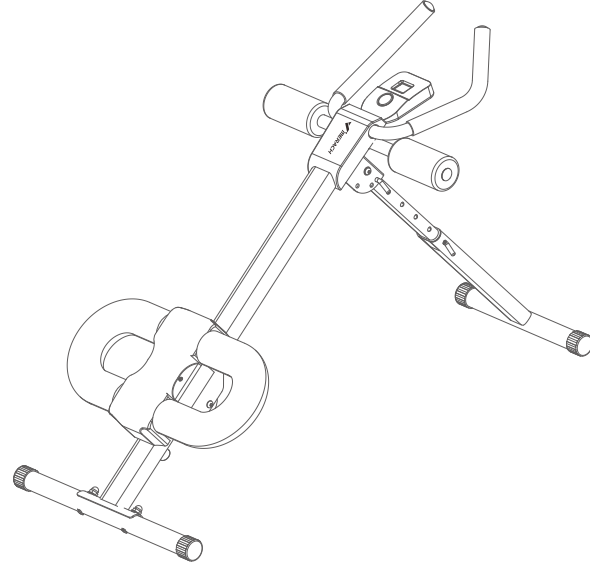




User Manual



MR-2314 Waist Training Machine

WARNINGS

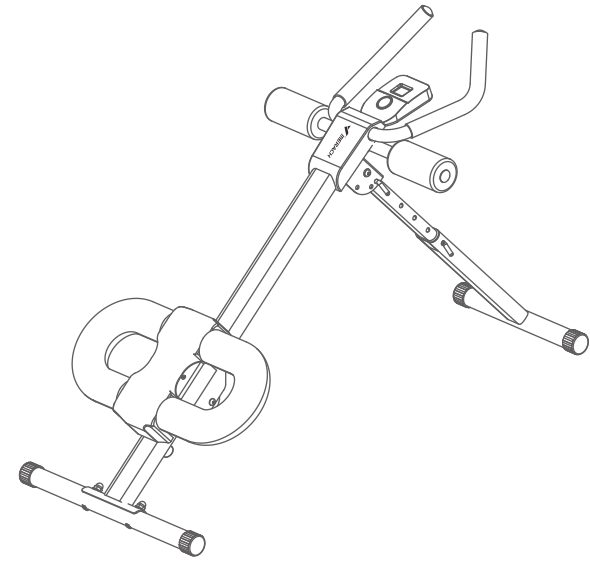
Please keep this manual in a safe place for future reference.

- 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.
- Use with caution old injuries to the waist, elbow, shoulder or other joints and muscles.
- Do not expose the equipment to damp places, which will cause failure.
- 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 5x3m.
- Please avoid ground cracks, slippery ground and uneven areas when using.
- 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.
- This equipment is a non-competitive equipment, limited to fitness exercise, beyond the scope of use will cause physical injury.
- 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.
- 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.
- The machine can adjust the intensity of the exercise by adjusting the height method, from low to high can be adjusted back and forth to choose your appropriate resistance.
- The user must weigh no more than 440lbs/200kg.
- CHOKING HAZARD-Small Parts, Not for children under 3yrs.

Warm Tips:

- Warm up before exercising.
- The training intensity should be gradual.
- Excessive training can cause injury.

PRODUCT INFORMATION



Name	MERACH Waist Training Machine
Model	MR-2314
Material	ABS, Steel pipe, Foam cotton
Folded size	49.8*19.9*7.1inch/1265*505*180mm
N.W.	17lbs/7.7kg
Max Load:	440lbs/200kg

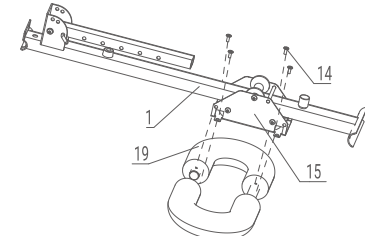
PACKING LIST

Check if all parts and accessories are in the package.

INSTALLATION GUIDE

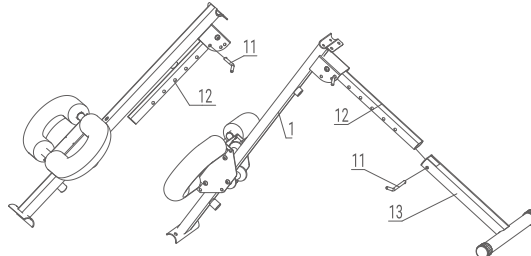
Step1:

Place the U-shaped Kneeling Pad Pipe (19) on the ground, with the main frame of pulley frame (15) on top of it. Fasten the U-shaped Kneeling Pad Pipe (19) to the main frame pulley frame (15) using the internal hexagon screws (14). Refer to the diagram for details.



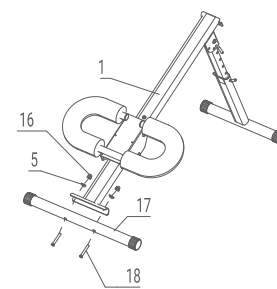
Step2:

Remove the safety pin (11), then rotate the gear tube (12) outward. After aligning with the holes, insert the safety pin (11) to secure it. Next, insert the rear support leg pipe (13) into the gear tube (12), and secure it by inserting the safety pin (11). Refer to the diagram for details.



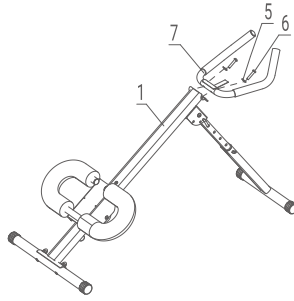
Step3:

Use carriage bolts (18), arc-shaped shim (5) and cap nuts (16) to fasten the long leg pipe (17) onto the main frame (1). Refer to the diagram for details.



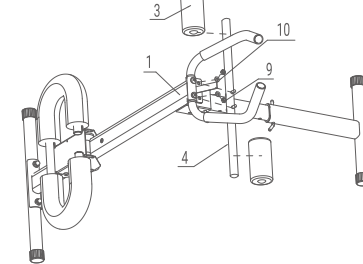
Step4:

Use hexagon socket bolts (6) and arc-shaped shim (5) to install the armrest pipe (7) onto the main frame component (1). Note: When installing, tighten on both right and left side properly.



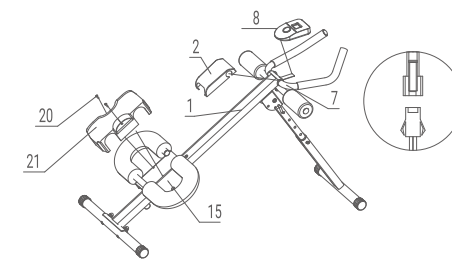
Step5:

- A. Use anti-loosening nuts (9) and flat shim (10) to install the support rod (4) onto the main frame (1) and tighten.
- B. Insert the foam cushions (3) onto the support rod (4). (Note: tighten on both right and left side properly.)
- Refer to the diagram for details.



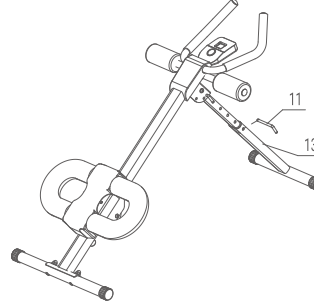
Step6:

- A. Insert the battery into the electronic watch (8), then insert the electronic watch (8) into the fixing piece on the handlebar (7). At last, install the induction line as shown in the diagram.
- B. Align the fastener of the armrest cover (2) with the pipe, tap it in place. Tighten the kneeling pad cover (21) onto the pulley frame (15) using Phillips head screws (20). Refer to the diagram for details.



Step7:

Pull out the safety pin and insert it into an appropriate hole to adjust the slope. Refer to the diagram for details.



PRODUCT INSTRUCTIONS



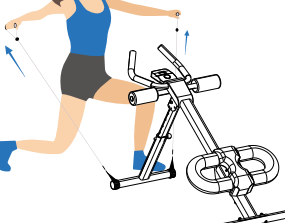
Shape Body



Glute Workout



Ab Workout



Arm Workout

WARM-UP

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then do some stretches shown below - 5 times, 10 seconds or more per leg. Do it again after the workout.

1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).



2. Seated hamstring stretch

Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



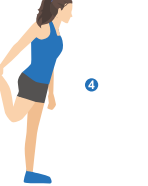
3. Calf and Achilles tendon stretch

Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground. Lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



4. Quadriceps stretch

Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscle) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



WARRANTY INFORMATION

Defective Products & Returns:

Should your product prove defective, please contact the Customer Support via service@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 service@merach.com or Phone Support.

☎ 1-(877) 3563730 Mon-Fri 8am-5pm(PST)

• Please have your Order ID ready before contacting Customer Support.