

MERACH 2500说明书

尺寸：148*210mm



PANTONE 2394 C

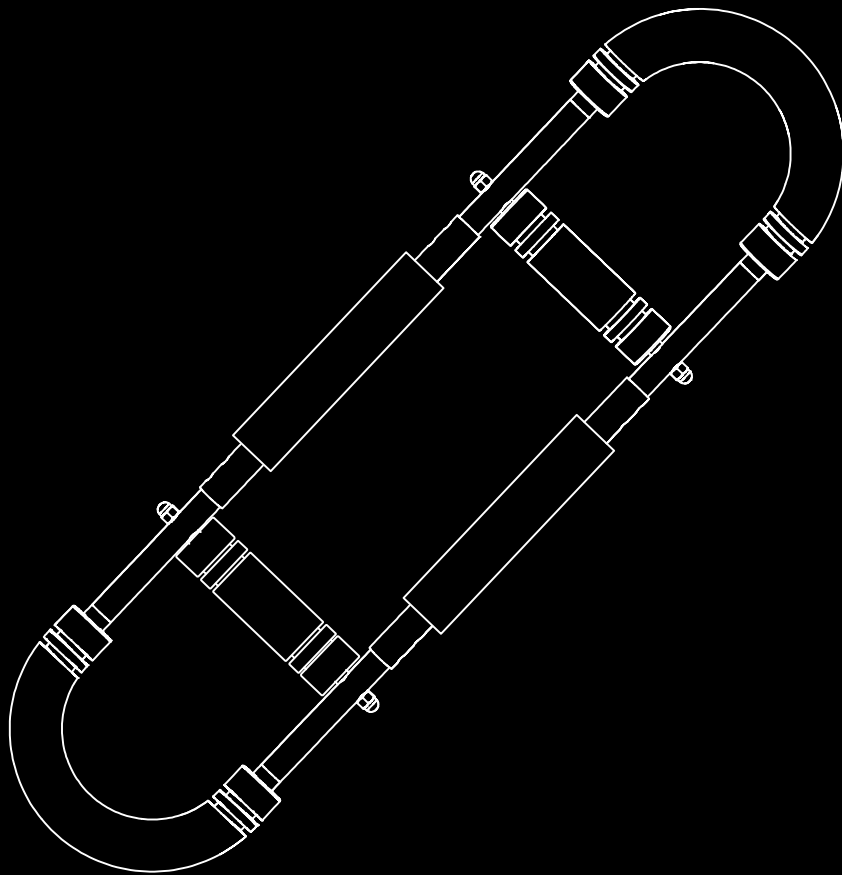
A5,157g铜板+80g双胶，四色印刷

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USER MANUAL

TWISTER ARM TRAINER



Questions or Concerns?

IMPORTANT!

Please read all details before use, and keep this user manual for future reference.

PLEASE FEEL FREE TO CONTACT US: Mon-Fri, 9:00 am-5:00 pm PST/PDT

Phone: 1- (877) 3563730 Mon-Fri 8am-5pm (PST) US/CA

support@merach.com

MODEL: MR-2500



WHO WE ARE

Our customers aren't just important; their health, fitness, and pure enjoyment for life is at the core of everything we do at MERACH. From innovative fitness research and cutting-edge product development, to our exceptional purchasing & after-sales service, we are our customers' life-long partner in crafting a better fitness future.

Through quality fat-burning & muscle-building fitness equipment such as our quality rowing machines and exercise bikes, plus our innovative MERACH APP, and digital courses, we give the opportunity and support to all to pursue their health and fitness goals and discover a new way of healthy living.

Welcome to MERACH

THANK YOU FOR YOUR PURCHASE!

(We hope you love your Twister Arm Trainer as much as we do.)



Join

Join the MERACH Fitness Community on Facebook
facebook.com/groups/merachfitness



Explore

Explore fitness courses
merachfit.com/blogs/courses



Enjoy

Enjoy weekly, featured courses
made exclusively by our in-house fitness instructor

WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



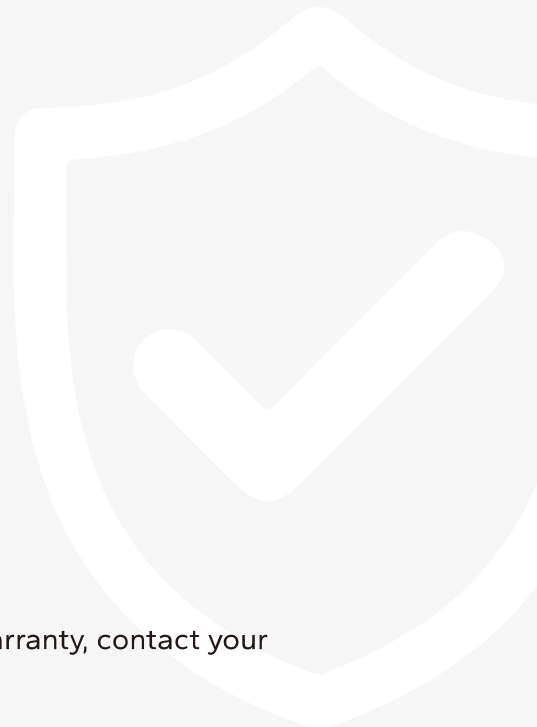
Register your warranty via
merachfit.com/pages/warranty



Email your item model to
register@merach.com

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor.



SELF-SERVICE CUSTOMER SUPPORT FAQ

1. The outer package was broken, which makes me worried that the product may be damaged.

Please contact us via the after-sales email to ask for FREE return /replacement in time.

2. This was the first time I bought your product, is there a user manual or tutorial video available?

A detailed user manual is included in the package.

3. I just received the parcel today, but it doesn't come with accessories.

You'll get twice the price refund of the accessories if the missing accessories don't affect your user experience. Or you can contact us for a refund or free accessories via the after-sales email service.

4. Purchased it six months ago, I want to return it but can't find the return window. What should I do?

Great after-sales service including 12-month exchange or return, ***support@merach.com***.

5. Where can I get your latest product information and related promotions?

Search our products on Office Website or visit our ***Facebook, Twitter, TikTok, Instagram @merachfit***, and also you can send us the product list you're interested in and ask if there is any discount.

Contact us by ***support@merach.com***

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WARNINGS

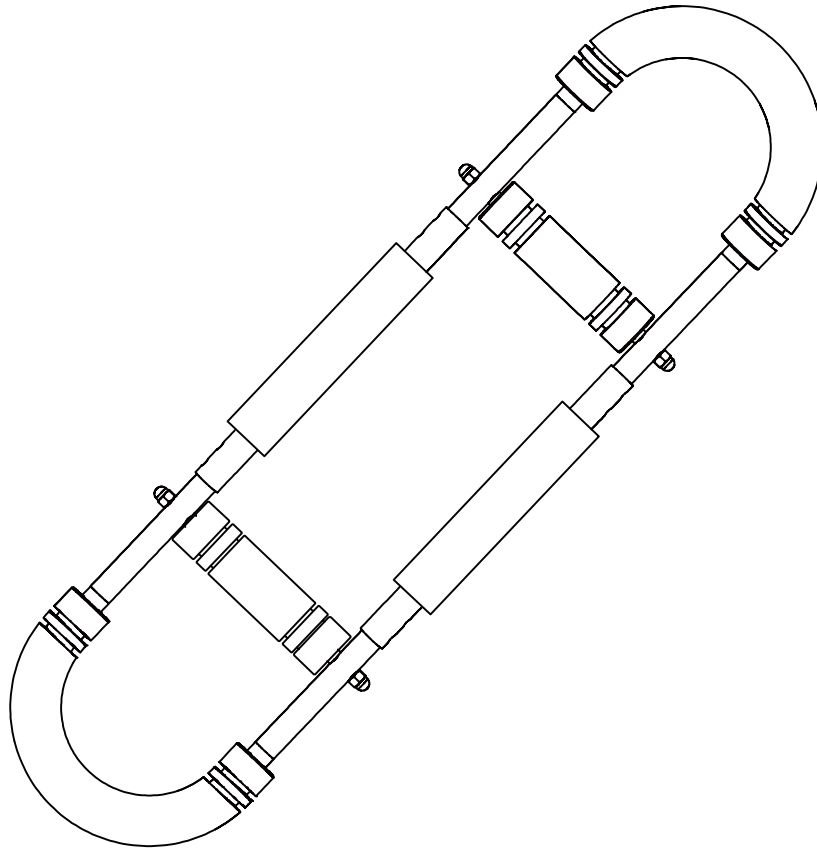
Please keep this manual in a safe place for future reference.

- 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 3x3m.
- 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.
- CHOKING HAZARD-Small Parts, Not for children under 3yrs

Warm Tips:

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

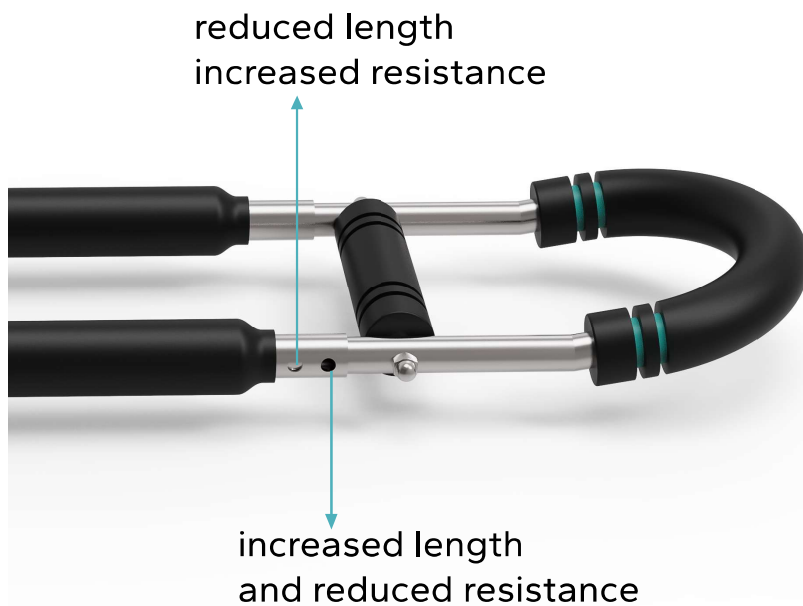
PRODUCT SPECIFICATIONS



Model:	MR-2500
Name:	MERACH Twister Arm Trainer
Material:	Steel Pipe, Spring,NBR Foam
Dimensions:	25.6*6.9*2.0inch/650*175*50mm
Net Weight:	3.42lbs/1.55kg

PRODUCT INSTRUCTIONS

Level: 60-110LBS



Hold the handle and spring tube with both hands, press the button on the handle with the thumb, and insert the handle into the spring tube.



Insert the handle into the spring tube, select the appropriate length, and release the button completely from the hole.



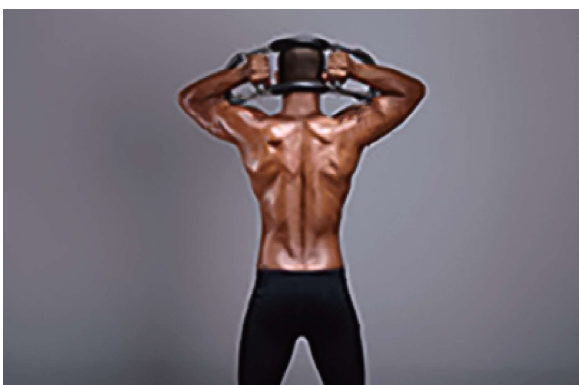
Finally, confirm that all four buttons have fully popped up and are securely installed.



Align and install the handle on the other side using the same method.

USAGE METHOD

Multi directional exercise



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

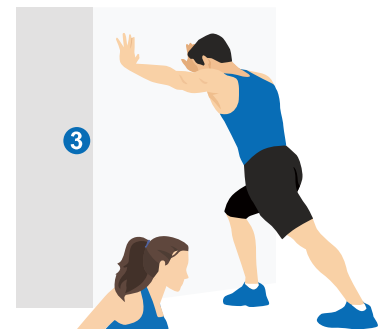
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

Repeat 3 times for each leg (see Figure 2).



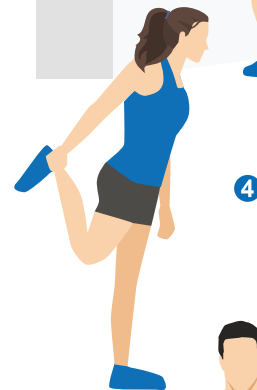
3. Calf and Achilles tendon stretch

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

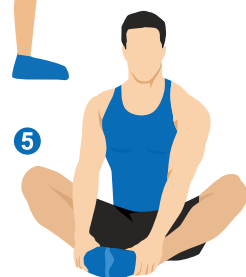
Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



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

Product Name	MERACH Twister Arm Trainer
Model	MR-2500
Default Warranty Period	12 Months
For your own reference, we strongly recommend that you record your order number and date of purchase.	
Date of Purchase	
Serial Number	

Terms & Policy

The MERACH products are premium in material, craftsmanship, and service. MERACH 1-year limited warranty is effective from the date of purchase.

MERACH will replace defective products based on eligibility. Refunds are available to the original purchasers of our products within the first 30 days of purchase. This warranty extends only to personal use, doesn't apply to the commercial, rental, or any other uses for which the product is not intended for. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferable. MERACH is not responsible for any damages, losses or inconveniences caused by equipment's failure, user's negligence, user's abuse, or improper operation that does not follow the included user manual.

This warranty does not apply to the following situations:

- Damage due to abuse, accident, alteration or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 13 years old.

MERACH and its subsidiaries are only responsible for damages caused by the intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses, so the above disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state.

All expressed and implied warranties, including the warranty of merchantability, are limited to the period of the limited warranty.

Defective Products:

Should your product prove defective within the specified warranty period, please contact the Customer Support via ***support@merach.com*** with your invoice and order number.

DO NOT dispose of your product before contacting us. Feel free to reach out to our support team for assistance with any issues you may be facing.

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:

☎ **US/CA 1- (877) 3563730 Mon-Fri 8am-5pm(PST)**

TikTok's shop Exclusive after-sales: ***service@merach.com***

*** Please have your Order ID and serial number (usually on the equipment) ready before contacting Customer Support.**



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Contact Us: 1- (877) 3563730 Mon-Fri 8am-5pm(PST) US/CA

Customer Service: support@merach.com

Official Website: merachfit.com