

Ηλεκτρικός διάδρομος MERACH (μαύρος)

MERACH · EAN 5905156103528

Machine translation from Polski. In case of doubt the manufacturer's original document prevails.

POWERED BY

USER MANUAL

Electric Treadmill

Graphics: product appearance

MR-T21

Precautions

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To ensure your safety and avoid accidents, please read the user manual carefully before use and pay attention to the following safety issues. - The treadmill must be placed on a flat surface, suitable for indoor use, and moisture and water splashes on the treadmill should be avoided. No foreign objects should be placed on the treadmill, and there should be a safe space of 3.3 feet on both sides and in front of the treadmill, and 6.6*3.3 feet behind it to facilitate emergency jumps. - When the treadmill is not in use, the safety lock should be placed out of reach of children. If the treadmill will not be used for an extended period, the power cord should be unplugged. - The packaging with accessories should be kept out of reach of children to avoid unnecessary accidents. - The product is not intended for use by persons with disabilities or children, e.g., those with physical discomfort or mental impairment, and individuals lacking common sense, except when they are under the supervision or care of a responsible person for their safety. Failure to comply with this recommendation may result in a risk of injury. - The treadmill should not be used in dusty rooms, and appropriate humidity should be maintained in the room to avoid strong electrostatic charging that may interfere with the normal operation of the electronic meter and controller. - Original accessories should be used; private exchanges are strictly prohibited. - Avoid all moving parts with both hands; do not place hands or feet in the gap under the running belt. - Do not place the power cord near hot or moving objects, do not use the product outdoors, in high humidity, or in direct sunlight. - Before moving the treadmill, unplug it from the power supply. Unauthorized persons may not disassemble the device without permission, as this may lead to serious consequences. - The product should not be used for long periods, as prolonged use may cause electrical overheating of the treadmill

and lead to electrical failure. - To avoid danger, appropriate plugs should be used. If the plug and socket are not compatible, do not force the plug; seek assistance from a professional. 01

- The product is intended for home use, not suitable for professional training and testing, and cannot be used for medical purposes.
- Do not use the device if the casing is cracked, broken (exposed internal structure), or welded parts are cracked.
- Do not jump on the device while exercising, as this may lead to injuries caused by falling.
- Do not use the device after eating and drinking, when tired, or in poor physical condition, as this may lead to health issues.

The maximum load of the product is 265 pounds.

Instructions for grounding the power cord

- This product must be grounded. In the event of a malfunction or damage, grounding provides a path of least resistance for electric current, reducing the risk of electric shock.
- This product is equipped with a cord that has a grounding conductor and a grounding plug.
- The plug must be connected to an appropriate outlet that is properly installed and grounded in accordance with all local regulations and standards.
- DANGER – Improper connection of the grounding wire may result in electric shock. If in doubt about the proper grounding of the product, consult a qualified electrician or service technician.
- Do not modify the plug supplied with the product – if it does not fit the outlet, ask a qualified electrician to install an appropriate outlet.
- This product is intended for use in a circuit with a nominal voltage of 100-120 V and has a grounding plug that looks like the plug shown in Figure A. Ensure that the product is connected to an outlet with the same configuration as the plug. Do not use any adapters with this product.

Before starting training, consult a doctor, especially individuals over 35 years of age or with existing health conditions. Please read the user manual before using the device.

02

SPECIFICATION

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Graphics: product appearance

Product name MERACH Treadmill

Model MR-T21

Voltage: 120V~ 60Hz

Maximum power 1.95HP

Running area 15*35.4 inches

Speed range 1.0-4.0 mph

Maximum weight 265 pounds

Product dimensions 43.1*18.5*4.6 inches

Net weight 28.7 lbs

03

PARTS AND ACCESSORIES LIST

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Check if all parts and accessories are included in the package.

1. Main machine * 1
2. Legs * 4
3. Remote control * 1
4. Hex key * 1

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USER MANUAL

MERACH TREADMILL

MR-T21

5. Lubricating oil * 1
6. User manual * 1

04

PRODUCT USAGE INSTRUCTIONS

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I. User manual:

1. As shown in the illustration, place the treadmill flat on the ground. Remove the four legs from the accessory bag, screw them into the screw holes at the bottom of the treadmill by turning clockwise, and after installation, adjust to the appropriate position. Legs * 4
WARNING: As shown in the illustration, the four legs must be firmly in contact with the ground.
2. As shown in the illustration, connect the power cord to the front socket of the treadmill, turn on the power, and switch on the power switch at the front of the treadmill. The treadmill enters standby mode.
3. Control the treadmill using the remote control.

05

Exercise precautions:

1. Always wear sports shoes.
2. Do not use on uneven surfaces.
3. Exercise caution with elderly individuals and pregnant women.

4. Only one person may use the treadmill at a time.
5. Do not allow pets on the treadmill.
6. Avoid lateral movements.
7. Children must be supervised while using the treadmill.
8. Do not move backward.
9. Keep your gaze level to prevent dizziness.
10. Do not step on the treadmill cover.
11. Keep feet, hands, and fingers away from moving parts.

II. Display instructions:

1. "SPEED": Displays exercise speed. Speed display range: 1.0–4.0 mph.
2. "TIME": Displays exercise time. Time display range: 0:00–99:59.
3. "DIST": Displays exercise distance. Distance display range: 0.00–99.99 miles.
4. "KCAL": Displays calories burned during exercise. Calorie display range: 0–9999 kcal. The display changes every 5 seconds.

III. Remote control function:

Remote control pairing instructions:

1. Pairing

Press and hold the " " button, turn on the treadmill power. When you hear the sound "dididi" and "0:00" appears on the treadmill display, it means pairing was successful.

2. Unpairing

Press and hold the " " button, turn on the treadmill power until you hear the sound "dididi" and "0" appears on the treadmill display, indicating that pairing has been canceled.

WARNING

- In paired mode, the treadmill can only be controlled using this remote.
- In unpaired mode, the treadmill can be controlled using other remotes.
- After successfully completing the first pairing, there is no need to pair again after turning the treadmill back on.

06

Button description:

1. " "

- In standby mode, press the " " button on the remote control, the treadmill will enter quick start mode, the treadmill display (3333/2222/1111), after a 3-second countdown, the treadmill will start operating at a speed of 1.0 mph.
- When the treadmill is running, briefly press the " " button on the remote control to stop the treadmill.

2. " "

While the treadmill is running, briefly press the " " button on the remote to achieve slow acceleration. Press and hold this button for fast acceleration, and the speed will continuously increase. With each press, the speed increases by 0.2 miles per hour.

3. " "

While the treadmill is running, briefly press the " " button on the remote to achieve slow deceleration. Press and hold this button for fast deceleration, with the speed gradually decreasing. The rate of speed reduction is 0.2 miles per hour.

4. " "

Graphic: remote control

The treadmill is on, briefly press the " " button on the remote to pause the treadmill operation.

5. " "

Buzzer function

A brief press of the " " button turns off the buzzer function, and the treadmill display will show "OFF." A brief press of the " " button again turns on the buzzer function, and the treadmill display will show "ON."

Warning: When the buzzer is off, all button operations are not signaled with sound. IV.

Moving and Transporting:

If you want to move the device, first disconnect the power cord, lift the front and back of the device, and carry it (it is recommended that two people do this). VI. Storage:

1. Place the treadmill on a flat surface.
2. Do not store the treadmill in a vertical, inverted, or sideways position to prevent damage.

07

APPLICATION CONFIGURATION INSTRUCTION

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Downloading and using the MERACH app

Our customers can receive a 180-day MERACH membership. After receiving the product, please contact support@merach.com for an exclusive activation code. Please provide your order number and MERACH app username.

1. To download the MERACH app, scan the QR code or search for "MERACH" in the Apple App Store® or Google Play Store. Download the MERACH app

Guide to connecting to the app

2. Open the MERACH app. Log in or register.

3. Follow the instructions displayed in the app to configure the device.

Downloading and using KINOMAP

1. To download the Kinomap app, scan the QR code or search for "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log in or register.
3. Select the appropriate fitness equipment.
4. Turn on Bluetooth and select Merach.
5. Select "Treadmill" and find "MRK-T21-XXXX".
6. Start your workout and discover various exercise methods. 08

WARM-UP

WARM-UP

Before exercising, perform stretching. Warmed-up muscles stretch more easily, so start with 5–10 minutes of warm-up, then perform a few of the following stretching exercises – 5 times, holding for 10 seconds or longer on each leg. Repeat them after the workout.

1. Downward Stretch

Bend your knees slightly, slowly lean 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. Hamstring Stretch in a Sitting Position

Sit with one leg extended. Pull the other leg in so that it is against the inner side of the extended leg. Try to touch your foot with your fingers. 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 a wall or tree, placing one foot behind the other. Keep the back leg straight and the heel on the ground, lean towards the wall or tree. Hold for 10–15 seconds, then relax. Repeat 3 times for each leg (see figure 3).

4. Quadriceps Stretch

Reach your right hand back, grab your right foot, and slowly pull it towards your hips until you feel tension in the front thigh muscles. Hold for 10–15 seconds, then relax. Repeat 3 times for each leg (see figure 4).

5. Sartorius Muscle Stretch (Inner Thigh Muscle)

Sit with your feet facing each other and knees pointing outward. Grab your feet with both hands and pull towards your groin. Hold for 10–15 seconds, then relax. Repeat 3 times (see figure 5).

Graphics: example exercises for warm-up

TROUBLESHOOTING

TROUBLESHOOTING

Error Solution

E01 — Communication 1. Check if the power cord is intact and properly connected.

Disconnect it, then reconnect it. between the lower element 2. If the error persists, replace the power cord or

controller and the electronic controller. Contact after-sales service or watch is incorrect. professional technicians for assistance.

1. Check if the power cord is intact and properly connected.

E02 — Incorrect operation Disconnect it, then reconnect it.

of the main motor controller. 2. If the error persists, replace the power cord or controller. Contact after-sales service or professional technicians for assistance.

1. Reduce the load and try not to exceed the maximum

E05 — Overload protection load.

2. Remove any jammed foreign objects.

3. Add lubricant.

4. If the error persists, replace the controller. Contact after-sales service or professional technicians for assistance.

E10 — Incorrect reading of Turn off the power and turn it back on after 1 minute. the electronic counter.

E23/E24/E28 — Incorrect

operation of the controller. Turn off the power and turn it back on after 10 minutes.

Displays an anomaly Turn off the power and turn it back on after 1 minute.

MAINTENANCE

MAINTENANCE

Maintenance Instructions

WARNING: Always disconnect the motorized treadmill from the power supply before cleaning or maintaining the product. **CLEANING:** Thorough cleaning will extend the life of the motorized treadmill. To keep the parts clean, regularly remove dust. Remember to sweep the exposed parts on both sides of the treadmill belt, as this will help minimize the

accumulation of debris under the belt. Ensure that your shoes are clean to avoid transferring foreign objects under the treadmill belt that could wear out the running deck and treadmill belt. The surface of the treadmill belt should be cleaned with a damp cloth and soap, taking care not to splash water on electrical components and under the treadmill belt. Special lubricant for the treadmill belt and motorized treadmill

This motorized treadmill is pre-lubricated between the platform and the running belt. The friction between the running belt and the platform significantly affects the lifespan and performance of the motorized treadmill, so regular lubrication is necessary. We recommend regular inspection of the board. In case of damage to the surface of the treadmill, please contact our customer service center. We recommend lubricating between the running belt and the motorized treadmill platform according to the schedule below: (Instructions for use are presented below)

After the lubricant is used up, we recommend purchasing lubricant from a local retailer or contacting us directly. Note: Any other maintenance activities must be performed by a specialist. Graphic: lubricating the treadmill

11

Adjusting the Running Belt

1. To better maintain the motorized treadmill and extend the life of the device, it is recommended to turn off the power after 1.5 hours of continuous operation and leave the device in standby for 10 minutes before reuse. 2. If the running belt is too loose, slipping will occur while running; if it is too tight, excessive tension may reduce motor performance and increase wear on the roller and running belt. When the running belt needs loosening or tightening, both sides of the running belt can be manually lifted about 50–75 mm from the running deck. Centering the Treadmill Belt

1. Place the motorized treadmill on a level surface. Start the motorized treadmill at a speed of about 2.5-3 miles per hour and observe the deviation of the running belt. 2. If the running belt is shifted to the right, disconnect the safety lock and power switch, turn the right adjustment screw 1/4 turn clockwise, reconnect the power switch and safety lock, start the treadmill, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure A. 3. If the running belt is shifted to the left, disconnect the safety lock and power switch, turn the left adjustment screw 1/4 turn to the right, reconnect the power switch and safety lock, start the treadmill, and observe the deviation of the running belt. Repeat the above steps until the running belt is centered. Figure B. 4. After making the above adjustments or after some time of use, the running belt may loosen and need to be readjusted. Disconnect the safety lock and power switch, turn the left and right

adjustment screws 1/4 turn to the right, reconnect the power switch and safety lock, start the treadmill, and then stand on the running belt to check the tension. Repeat the above steps until the running belt reaches the appropriate level of tension. Graphic: centering the running belt

12

This document is a translation of the original user manual created by the manufacturer. Detailed information about the distributor/manufacturer warranty conditions is available on the website <https://serwis.innpro.pl/gwarancja>

The product must be regularly maintained (cleaned) by the user or through specialized service points at the user's cost and responsibility. If there is no information about necessary periodic or service maintenance actions in the user manual, the user should regularly, at least once a week, assess the physical condition of the product against that of a physically new product. If any deviation is detected or noted, urgent maintenance (cleaning) or service steps should be taken. Failure to perform proper maintenance (cleaning) and respond upon detecting a state of deviation may lead to permanent damage to the product. The warranty does not cover damages resulting from neglect. Warnings and Safety Information

All information regarding the operation of the device can be found in the user manual.

Before you start using it, familiarize yourself with its content and follow the instructions contained therein.

Before use, please familiarize yourself with the following information:

Usage Warnings

The treadmill is intended solely for use in accordance with the user manual. Failure to follow the recommendations may result in serious injury. The product is not intended for children under 14 years of age. Use by individuals under this age should only occur under adult supervision. Avoid contact with moving parts. Do not place hands or objects under the treadmill belt or near the moving parts of the device. Ensure that the treadmill is placed on a stable and flat surface. Using it on an uneven surface may lead to tipping or damage to the device. Do not exceed the maximum user weight limit specified in the treadmill's technical specifications.

Information on Proper Use

To ensure safe and correct operation, perform regular inspections and maintenance according to the manufacturer's recommendations. Connect the treadmill only to an appropriate power source with the parameters specified in the user manual. Wear appropriate sports footwear and clothing to avoid accidental entanglement with the moving

parts of the device. It is recommended to perform warm-up exercises before using the treadmill and proper muscle cooling after the workout is completed. After finishing the workout session, stop the device and disconnect it from the power source.

Additional Precautions

The treadmill should be stored in a dry place, away from moisture and heat sources, to avoid damage to electrical components. Ensure that the treadmill surface is dry and free from dirt to prevent accidental slipping. Never touch the device with wet hands and avoid using the treadmill during a storm. While using the treadmill, ensure that there are no other people or animals in its immediate vicinity. If you detect any malfunction or failure of the device, immediately cease use and contact an authorized service center.

Declaration of Conformity

The product has been designed in accordance with the safety requirements specified in Regulation (EU) 2023/988. It meets the relevant technical standards, including those concerning electromagnetic compatibility (EMC), electrical safety, and protection of users from mechanical and environmental hazards.

SIMPLIFIED EU DECLARATION OF CONFORMITY

HONG KONG MERACH TECHNOLOGY CO. LIMITED hereby declares that the type of radio device Electric Treadmill MERACH is compliant with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following website:

<https://files.innpro.pl/merach>

Manufacturer's address: UNIT 1022A BEVERLEY COMM CENTRE 87-105 CHATHAM ROAD SOUTH 87-105 1022A 0000 HongKong, cn

Radio frequency: 2.4Ghz (2400Mhz - 2483.5Mhz)

Maximum radio frequency power: <20dBm

Environmental Protection

Waste electrical and electronic equipment marked in accordance with the European Union directive must not be placed together with other municipal waste. It is subject to selective collection and recycling at designated points. By ensuring its proper disposal, you prevent potential negative consequences for the natural environment and human health. The system for collecting waste equipment complies with locally applicable environmental protection regulations regarding waste disposal. Detailed information on this matter can be obtained from the municipal office, waste management facility, or the store where the product was purchased. The product meets the requirements of the so-called New Approach directives of the European Union (EU) concerning safety, health protection, and environmental protection, identifying hazards that should be detected and eliminated.

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