

Μηχανή κατακόρυφων καθισμάτων MERACH

MERACH · EAN 5905156103597

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

USER MANUAL

MERACH MR-R07 Squat Machine

SAFETY INSTRUCTIONS

Please keep this manual in a safe place so that you can refer to it in the future. - It is very important to thoroughly read the entire manual before installing and using the device. Safe and effective training can only be achieved if the device is properly assembled, maintained, and used. Ensure that all users are familiar with all warnings and precautions regarding this device. - Consult a doctor to determine if you have any physical conditions or ailments that could pose a risk to your health and safety or prevent you from using the device properly. A doctor's advice is essential if you are taking medications that affect heart rate, blood pressure, or cholesterol levels. - Always pay attention to the signals sent by your body, as improper use of the device may affect your health. If any symptoms occur (including headache, chest pain, irregular heartbeat, shortness of breath, dizziness, or any discomfort), stop exercising immediately and consult a doctor for permission to resume training. - Always keep children and pets away from the device. The device is intended for use by adults only. - The device should be used on a stable and level surface, and a protective layer should be placed on the floor or carpet to prevent damage to the floor. Ensure that the distance between the device and any obstacle is at least 0.6 m. - Before using the device, check that all screws and nuts are properly tightened. - Safe use of the device can only be guaranteed if regular maintenance and repairs are carried out and worn or damaged parts are replaced. - When using the device, follow the instructions contained in this manual. If any damaged parts are found or unusual sounds are heard, stop using and operating the device immediately. Before using the device again, ensure that all issues have been resolved. - Wear sports clothing, sports shoes, or other appropriate clothing. Loose clothing is not recommended as it may get caught in the device, hindering its operation and potentially causing injury. - The device is intended for home use only. The maximum user weight is 350 lbs/158 kg. - The device is not intended for professional medical treatment. - To ensure the safety of the device, regularly check the overall performance of the device and all moving

parts. - If moving parts are damaged, do not use the device until they are repaired. - Keep children away from the device. The device is not intended for use by children or for play. They may accidentally injure themselves. - This device may be used by children aged 8 years and older and by persons with physical, sensory, or mental disabilities or persons lacking experience and knowledge, provided they are supervised or have been instructed on the safe use of the device and understand the associated hazards. - Children should not play with the device. - Cleaning and maintenance of the device should not be performed by children without supervision. Cleaning and maintenance

- Do not store the device in a place exposed to direct sunlight, wind, and rain, or in high humidity. If necessary, pack the device so that children cannot access it and play with it.
- After long-term storage, check for signs of rust or cracks.
- Please note that wear may occur even with proper maintenance for consumable parts.
- To ensure long-lasting use of the device, regularly wipe off dust. Do not spray it directly with water or wipe it with gasoline, abrasive powder, etc. Otherwise, parts may crack, or there may be a risk of electric shock or fire. Use diluted neutral detergent for maintenance. Before starting training, consult a doctor, especially individuals over 35 years of age or with existing health conditions. Before using the device, familiarize yourself with the user manual.

SPECIFICATION

Graphics: product appearance

Product name: MERACH Squat Machine

Model: MR-R07

Max.

user weight: 350 pounds

Product weight: 24.3 pounds

Product dimensions: 43.3*19.3*49 inches

Packaging dimensions: 45.1*8.07*7.87 inches

PARTS LIST

Graphic: product parts list

PARTS AND ACCESSORIES LIST

Before assembly, check if all parts and accessories are included in the package. #38 Rear tube *1

#36 Front tube *1

#4 Handlebar *1

#28 Main frame *1

#13 Left pedal *1

#40 Right pedal *1

AA Battery *1

#41 Monitor *1

#12/6 Screw set M8*40 *1

USER MANUAL

MERACH MR-R07 SQUAT RIDER MACHINE

Questions or Concerns? IMPORTANT! Please read all details before use, and keep this user manual for future reference. PLEASE CONTACT US BEFORE THE RETURN: Mon-Fri, 9:00 am-5:00 pm PST/PDT

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

#A Allen wrench *1

#7 Handlebar tube *1

#B Phillips screwdriver *1

User manual *1

ASSEMBLY

Scan the QR code to watch the installation video. STEP 1: OPEN THE MAIN FRAME

Open the main frame (no. 28), as shown in the illustration. 28 28 28

15

25

9

29

32 45

Graphic: product parts list

STEP 2: ASSEMBLE THE BASE SLEEVES

A. First, remove the 4 pre-installed square head screws (#35), 4 nuts #33, and 4 arc washers (#5) from the front and rear tubes (#36 and #38).

B. Attach the front and rear foot tubes (#36 and #38) to the main frame (#28) using 4 square head screws (#35), 4 nuts #33, and 4 arc washers (#5).

C. Secure the screw with the Phillips screwdriver (#B). #35 Screw M8*62 *4

#5 Arc washer *4

#33 Nut M8*S13 *4

#B Phillips screwdriver *1

5

33

36

5

35

35

28 33

33 5

5 38

35

35

Graphic: product assembly

STEP 3: CONNECTING COMPONENTS

Insert the screw (no. 12) into the seat connecting tube (no. 45) and secure it with the nut (no. 6) using the Phillips screwdriver (no. B). Screw no. 12 M8 *1

#6 Nut M8 *1

#B Phillips screwdriver *1

12

6 45

Graphic: product assembly

STEP 4: ASSEMBLE THE HANDLEBAR

Loosen the knob (no. 10) and insert the handlebar tube (no. 7) into the main frame (no. 28). Tighten the knob (no. 10) to secure it. #10 Knob M16 *1

7

10

28

Graphic: product assembly

STEP 5: ASSEMBLE THE HANDLEBAR

A. Remove the 2 pre-installed screws (#3), 2 washers (#5), and 2 nuts (#6) from the handlebar (#42).

B. Attach the handlebar (no. 4) to the handlebar tube (no. 7) using 2 screws (no. 3), 2 washers (no. 5), and 2 nuts (no. 6).

C. Secure the screw using the Allen wrench and Phillips screwdriver (no. A and B). #A Allen wrench *1

#B Phillips screwdriver *1

1 3

3

4

5

5 6

6 Graphic: product assembly

2 3 3

4

5

5 6

7

Graphic: product assembly

STEP 6: ASSEMBLE THE MONITOR

Insert the monitor (no. 41) onto the handlebar hook (no. 4). 41

4

Graphic: product assembly

STEP 7: ASSEMBLE THE PEDAL

Attach the pedal (no. 13 and no. 40) to the main frame (no. 28) and tighten it clockwise using the Phillips screwdriver (no. B). #B Phillips screwdriver *1

28

13L

40R

Graphic: product assembly

STEP 8: CONNECT THE ELASTIC CORD

Hang the cord (#42) on the fixed iron plate (#45) of the seat. 45

42

Graphic: product assembly

STEP 9: ASSEMBLE THE PHONE HOLDER

Note: To make adjustments, rotate the caps (#37) and ensure that the device stands evenly on the ground. 37

Graphic: product assembly

MONITOR INSTRUCTIONS

SCAN CNT

TIME TOTAL

CAL

Graphic: product monitor

TIME: Displays the duration of the workout during exercises. COUNT (CNT): Counts the movements during exercises. CALORIES (CAL): Displays the number of calories burned

during exercises. TOTAL CNT (TOT.cNT): Displays the total number of movements since the battery was installed. SCAN: Automatically cycles through each function between 1)TIME 2)CAL 3)TOT.CNT. FUNCTION AND OPERATION

MODE/SELECT: Press to select the desired function. Hold the button for 4 seconds to reset all values.

AUTO ON/OFF: The monitor will turn on when exercise begins or when the MODE button is pressed. The monitor will automatically turn off after 4 minutes of inactivity. NOTE:

BATTERY: This monitor is powered by one “AA” battery. If there is a problem with the monitor display, the battery should be replaced first. Used batteries should be disposed of according to local regulations. Battery installation instructions

Remove the back cover manually (figure A), then insert one AA battery, replace the back cover (figure B), and the battery installation is complete. Graphics: battery replacement in the monitor

ADJUSTMENT INSTRUCTIONS

7

10 1. Handlebar adjustment

Loosen the knob (no. 10) and pull. Raise or lower the handlebar tube (no. 7) to the desired height. Tighten the knob (no. 10). 2. Seat adjustment

Loosen and remove the knob (no. 21) located under the seat post (no. 19). Slide the seat, insert the knob (no. 21), and tighten it to secure. 3. Seat post adjustment

To adjust the seat post, raise the seat post. Unscrew the knob (no. 29) and raise or lower the seat post. Screw in the knob to secure and lock it. Lower the seat post. Raising or lowering the seat post will change the difficulty level of the exercise. NOTE: Do not extend the seat post beyond the “Max” line. 42

4. Resistance band adjustment

You can adjust the difficulty level of the exercises by adjusting the band (#42). To increase the difficulty level, detach the band (#42) from the seat post and connect it to the hooks on the main frame. ASSEMBLY INSTRUCTIONS

A. Set the handlebar support to the lowest position. B. Adjust the seat post to the lowest position. C. Hold the handle (#4) and fold the product. APP CONFIGURATION INSTRUCTIONS

Downloading and using the MERACH app

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 Connection guide for the app

2. Open the MERACH app. Log in or register. 3. Follow the instructions displayed in the app

to configure the device. 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 more on each leg. Repeat them after the workout. 1. Downward stretch

Slightly bend your knees, 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). 1

2. Seated hamstring stretch

Seated hamstring stretch 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 of your thigh. Hold the position 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 the position for 10–15 seconds, then relax. Repeat 3 times (see figure 5). Graphics: example exercises for warm-up

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 should be regularly maintained (cleaned) by the user or through specialized service points at the user's cost and responsibility. In the absence of information about necessary periodic or service maintenance actions in the user manual, the physical condition of the product should be assessed regularly, at least once a week, for any deviations from a physically new product. If any deviation is detected or noted, urgent maintenance (cleaning) or service steps should be taken. Failure to properly maintain (clean) and respond when a deviation is detected may lead to permanent damage to the product.

The warranty does not cover damages resulting from negligence. SAFETY INFORMATION - Exercise Machines (in accordance with Regulation (EU) 2023/988 – General Product Safety

Regulation) General safety warnings **WARNING – Risk of bodily injury** Improper use of the device may lead to serious injuries, including muscle, joint, spine injuries, crush injuries, and falls. The product is intended solely for use in accordance with its purpose – physical exercise in home/commercial conditions (according to the manufacturer's specifications). Do not use the device if it is damaged, unstable, or incomplete. The device is not intended for children under 14 years of age (unless otherwise specified by the manufacturer). Keep children and bystanders away from the device during use. **Health warnings** Before starting an exercise program, consult a doctor, especially in the case of:

- heart and circulatory diseases
- hypertension
- orthopedic problems
- pregnancy
- recovery from injuries or surgeries

If you experience pain, dizziness, shortness of breath, or other concerning symptoms, stop exercising immediately. **Safe assembly and installation**

- Assembly should be performed according to the manufacturer's instructions.
- All screws and fasteners must be properly tightened before first use.
- The device should be placed on a stable, level surface.
- ****It is recommended to maintain a minimum safety space around the device:**** min. 1 m on each side (unless the instructions state otherwise).

Safe use

- Use only as intended and according to the user manual.
- Wear appropriate sports footwear.
- Do not place hands or fingers in moving parts of the device.
- Do not wear loose clothing or jewelry that may get caught in the mechanisms.
- Do not make structural modifications to the device.

Maintenance and technical inspection

- Regularly check the technical condition of the device.
- Inspect moving parts, cables, belts, bearings, and locking mechanisms.
- Damaged parts should be replaced only with original parts from the manufacturer.
- Maintenance should be carried out according to the schedule provided in the instructions.

Specific risks (examples) Depending on the type of machine, additional warnings should be considered:

Treadmills:

- Risk of falling at high speed.
- Use the safety cord (magnetic key).

Home gyms / pulley machines / strength machines:

- Risk of finger and hand crushing.
- Risk of sudden weight drop.

Stationary bikes:

- Risk of clothing getting caught in the pedal mechanism.

SIMPLIFIED EU DECLARATION OF CONFORMITY HONG KONG MERACH TECHNOLOGY CO. LIMITED hereby declares that the type of radio device Squat Machine MERACH MR-R07BH1-EU 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 European Union directives must not be disposed of 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 waste collection system complies with locally applicable environmental protection regulations regarding waste disposal. Detailed information on this topic 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 issues related to user safety, health protection, and environmental protection, identifying hazards that should be detected and eliminated. Importer: INNPRO Robert Błędowski sp. z o.o. Rudzka 65c 44-200 Rybnik, Poland tel. +48 533 234 303 hurt@innpro.pl www.innpro.pl EU representative: INNPRO Robert Błędowski Rudzka 65c 44-200 Rybnik, Poland zgloszenia@innpro.pl Battery information: Type: other portable batteries Net weight: 0.02 kg Capacity: 500 mAh Exceeded permissible cadmium content (0.002%) or lead (0.004%): no Battery serial number: M3A8Z7NF5GT26WX