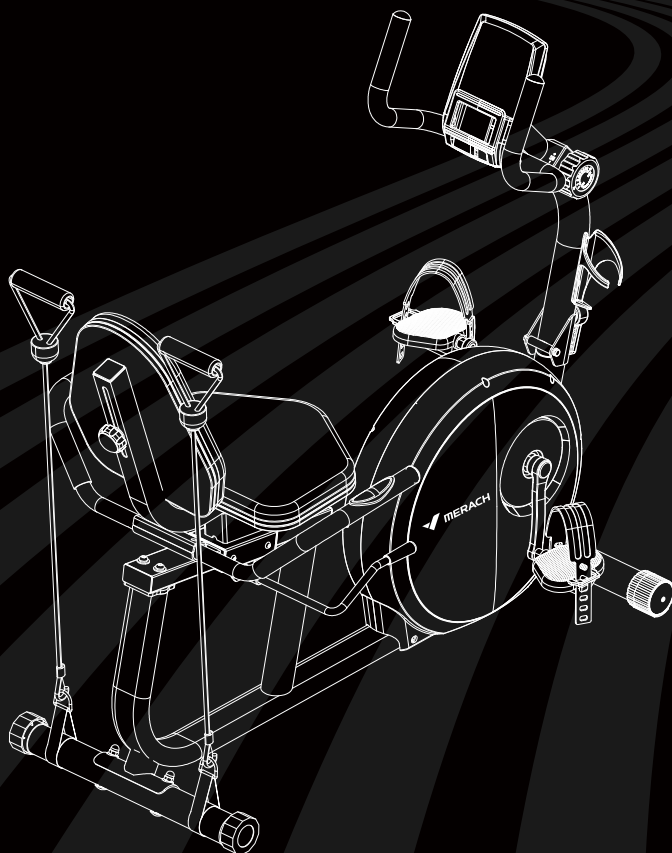


USER MANUAL

— MERACH MR-S23 RECUMBENT BIKE —



Questions or Concerns?

IMPORTANT!

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

PLEASE CONTACT US BEFORE THE RETURN: support.eu@merach.com

44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL



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



Hey!

**Please register your warranty to
keep yourself protected!**



Email your item model to
support.eu@merach.com



Register your warranty via
merachfit.com/pages/warranty-europe

EN

Safety Instructions

- Please keep this manual in a safe place for future reference.
- It is very important to read the entire manual thoroughly before installing and using the machine. Safe and effective training can only be achieved if the machine is properly assembled, properly maintained and used. Make sure all users are familiar with all warnings and precautions of this machine.
- Please consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
- Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any symptoms (including headache, chest pain, irregular heartbeat, shortness of breath, dizziness, or any discomfort), stop exercising immediately and consult your physician, get the permission before training again.
- Always keep children and pets away from the machine. The machine is for adult use only.
- Please use this machine on stable and horizontal ground level, and put a protective layer on the floor or carpet to prevent a floor from damaging. Make sure the distance between the machine and each obstacle is at least 1.6 ft (0.5m).
- Please check all screws and nuts are properly tightened before using the machine.
- The safe use of the machine can only be guaranteed if the regular maintenance and repairs of undertaken, and worn out and broken parts are changed.
- Please follow the instructions in this manual to use this machine. Please stop using and operating immediately when you find any defective parts or hear any abnormal sound. Make sure all issues are resolved before using it again.
- Please wear sports clothes, sports shoes, or other proper clothes. Loose-fitting clothing is not recommended, as loose clothing may get caught in the machine, hindering operation and possibly causing an injury.
- This machine is only for home use. The Maximum user weight is 350 lbs(158 kg).
- This machine is not for professional medical treatment.
- This product is only for family use.

Safety Instructions

- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.
- If the moving parts are damaged, please do not use the machine until the parts are repaired.
- Keep the children away from the machine. The equipment is not for children to use or play with. They can injure themselves accidentally.

Care & Maintenance

- Do not store the machine in a place exposed to direct sunlight, wind and rain, or with high humidity. If needed, please pack the machine to keep children away from touching or playing with it.
- Please check if there's rust or cracks after long-term storage.
- Please understand that for the consumable parts, the wear and tear may also occur even with proper maintenance.
- For long-term use of this machine, please wipe the dust regularly. Do not water it directly, or wipe with gasoline, abrasive powder, etc. Otherwise, it might cause cracks on the parts or main body, electric shock or fire. Please use Dilute neutral detergent for maintenance.



Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditions. Please read all instructions before using the machine.

Safety Instructions



Este símbolo corresponde a "Conformité Européene" que significa "Conformidad con las directivas europeas". Con el marcaje CE, el fabricante confirma que este producto cumple con las normas y directivas europeas aplicables.



Este símbolo corresponde al marcaje "UK Conformity Assessed", que significa "De conformidad con los estándares británicos". Con el marcaje UKCA, el fabricante confirma que este producto cumple con los estándares británicos aplicables.

DECLARACIÓN UE DE CONFORMIDAD SIMPLIFICADA

- Por la presente, Zhejiang Yulu Electronic Technology Co.,Ltd. declara que el tipo de equipo fitness MERACH MR-S23 es conforme con la Directiva 2014/53/UE.
- El texto completo de la declaración UE de conformidad está disponible en la dirección Internet siguiente:

<https://merachfit.com/pages/declarations-of-conformity>

INDICACIONES DE ELIMINACIÓN



Los materiales de embalaje son materias primas y se pueden volver a usar. Separe los embalajes según su tipo y elimínelos de forma adecuada por interés medioambiental. Póngase en contacto con su administración competente si desea más información.



¡No tire a la basura doméstica los aparatos antiguos!

¡Elimine los aparatos antiguos de forma profesional! Contribuya con ello a proteger el medio ambiente. Infórmese de los puntos de recogida y horarios en su administración local.



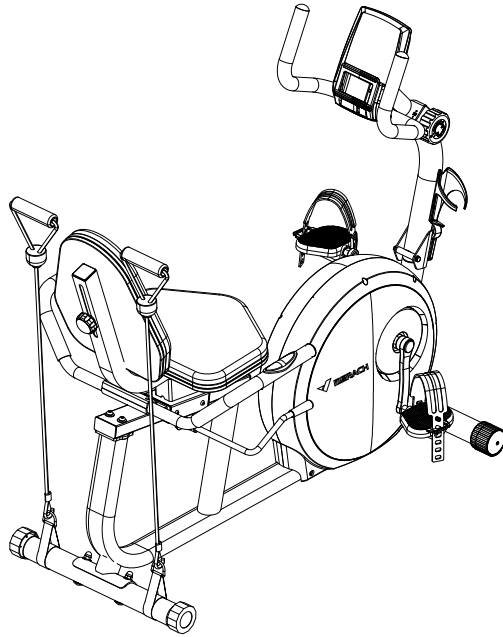
¡No tire las pilas a los residuos domésticos!

Como consumidor, está obligado por ley a devolver las pilas usadas. Podrá entregar sus pilas gastadas en los centros de recolección de su comunidad o en aquellos puntos, donde se vendan las pilas en cuestión.

Manufactured by:
Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng Technology Building, 298 Weiye Road, Binjiang District, Hangzhou, Zhejiang Province, China
yulu_mrk@merach.com

Imported by:
HANGZHOU JINGGE E-COMMERCE LTD
Room 1205, Xianfeng Technology Building, 298 Weiye Road, Puyan Subdistrict, Binjiang District, Hangzhou, Zhejiang Province, China
jingge_mrk@163.com

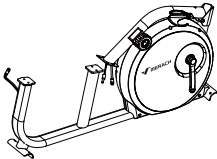
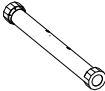
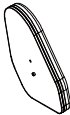
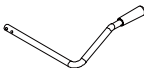
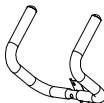
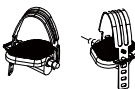
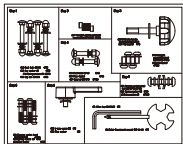
Product Specifications



Model:	MR-S23
Name:	MERACH RECUMBENT BIKE
Resistance:	8 Level Magnetic Resistances
Power:	AA Battery x 2
Max Load:	350 lbs/158 kg
Dimensions:	L44.7*W9.8*H23.8inch /L1135*W250*H605mm
Net Weight:	61.7lbs/28 kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	5.40dBm

Parts & Accessories List

Check if all parts and accessories are in the package.

			
#71 Main Frame x1	#86 Rear Foot Tube x1	#22 Front Foot Tube x1	
			
#64 Seat Cushion Assembly x1 #63 Seat Base Tube x1	#59 Cushion x1	#60 Backrest x1	
			
#78 Seat Cushion Adjustment Lever x1	#81 Rear Handle x1	#12 Handrail x1	#96 Resistance Training Rope x2
			
#45L Left Foot Pedal x1 #45R Right Foot Pedal x1	#1 Monitor x1 AA Battery x 2	Screws&Kits x1	User Manual x1

Installation Guide

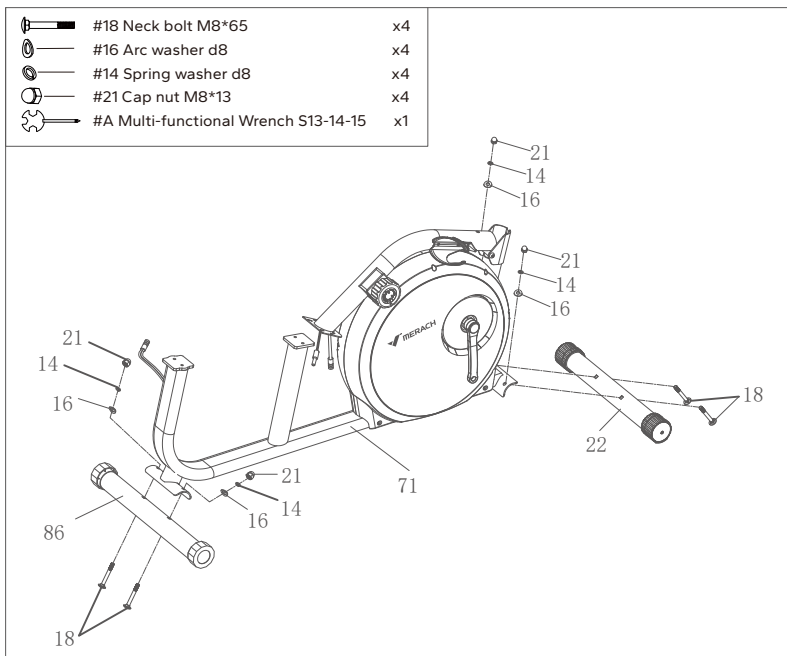


Tips

Scan QR code to watch installation video

STEP1: INSTALL FOOT TUBE

- A. Install the Front Foot Tube(#22) and Rear Foot Tube(#86) on the Main Frame(#71) respectively with 4PCS Neck Bolts(#18), 4PCS Arc Washer(#16), 4PCS Spring Washers(#14) and 4PCS Cap Nuts(#21).
- B. Tighten them with the Multi-functional Wrench(#A).



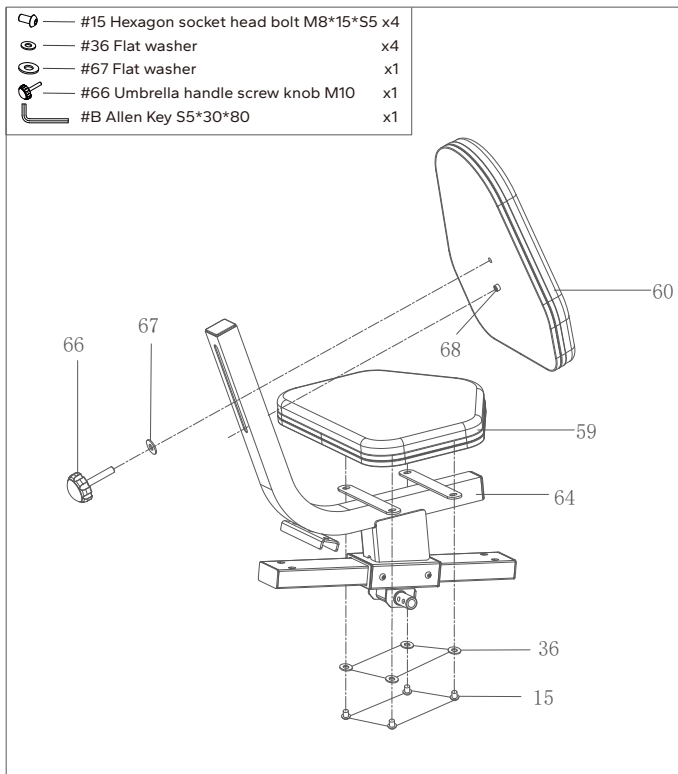
Installation Guide

STEP2: ASSEMBLE THE SEAT CUSHION

A. Take the Allen Key(#B) to install the Cushion(#59) on the Seat Cushion Assembly(#64) with 4PCS Hexagon Socket Head Bolts(#15) and 4PCS Flat Washers(#36).

B. As shown, install the Backrest(#60) on the Seat Cushion Assembly(#64) with 1PCS Umbrella Handle Screw Knob(#66) and 1PCS Flat Washers(#67).

CAUTION: The Hexagon Socket Head Cap Screws(#68) play the limit role of and should be stuck at the bottom of the groove.

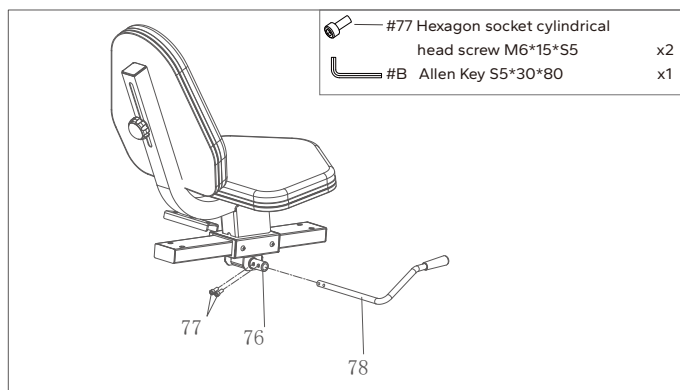


Installation Guide

STEP3: INSTALL THE SEAT CUSHION ADJUSTMENT LEVER

- A. Insert the Seat Cushion Adjustment Lever (#78) into the Eccentric Shaft (#76) hole.
- B. Use the Allen Key(#B) to tighten the Seat Cushion Adjustment Lever (#78) with the Hexagon Socket Cylindrical Head Screw (#77) on the Eccentric Shaft (#76).

CAUTION: Bolts need to be tightened.

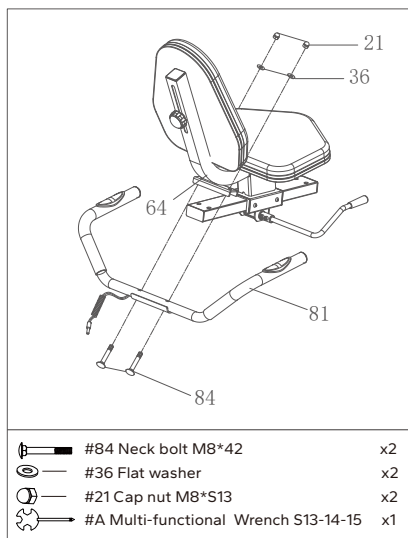


STEP4: INSTALL THE REAR HANDRAIL

Attach the Rear Handle(#81) to the Seat Cushion Assembly(#64) with 2PCS Neck Bolt(#84), 2PCS Flat Washer(#36) and 2PCS Cup Nut(#21), thighten them by the Multi-functional Wrench(#A).

CAUTION:

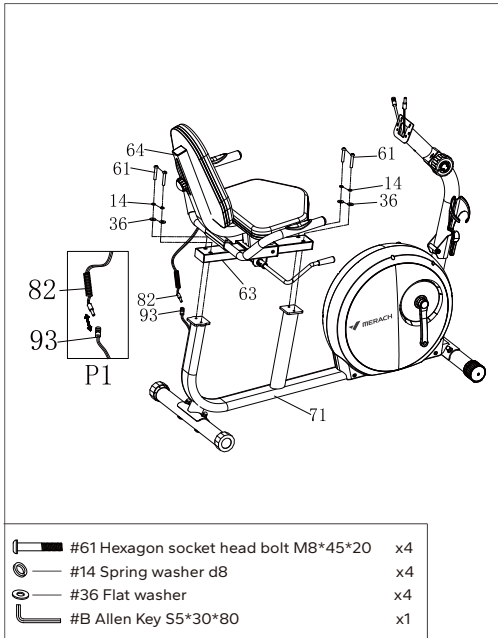
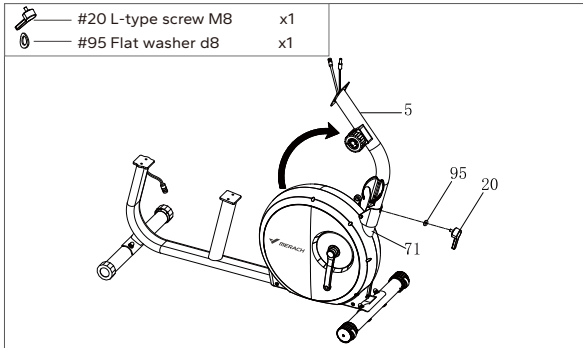
The Neck Bolt(#84) must be tighten completely before operating.



Installation Guide

STEP5: INSTALL THE HANDRAIL POST

- A. Keep the Handrail Post(#5) upward as shown.
- B. Attach the Handrail Post(#5) with the Main Frame(#71) by the L-type Screw(#20) and Flat Washer(#95).



STEP6:INSTALL THE SEAT CUSHION ADJUSTMENT LEVER

- A. Attach the Seat Cushion Assembly(#64) and Seat Base Tube(#63) into the Main Frame(#71) with 4PCS Hexagon Socket Head Bolt(#61), 4PCS Spring Washer(#14) and 4PCS Flat Washer(#36), tighten them by the Allen Key(#B) lastly.

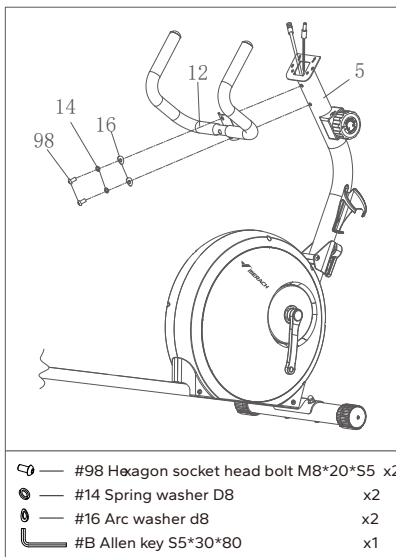
CAUTION: Align the hole of Seat Base Tube(#63) and the Main Frame(#71).

- B. As shown in Figure P1, connect the Induction Wire(#82) and Wire(#93).

Installation Guide

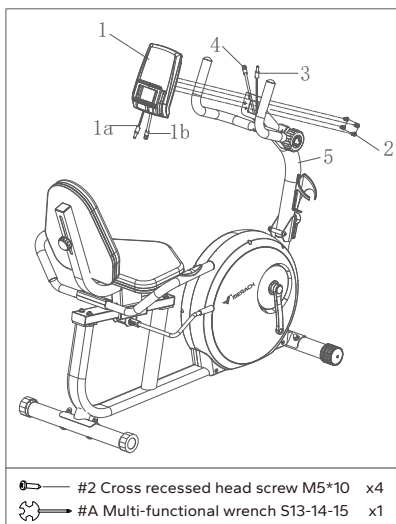
STEP7: INSTALL THE HANDRAIL

Install the Small Handrail(#12) on the Handrail Post(#5) with 2PCS Hexagon Socket Head Bolt(#98), 2PCS Spring Washer(#14) and 2PCS Arc Washer(#16) by the Allen Key(#B).



STEP8: INSTALL THEN MONITOR

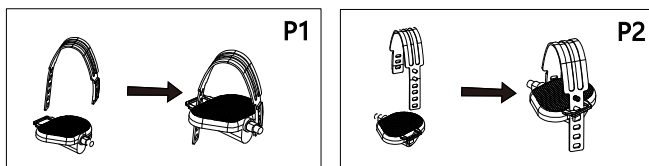
- A. Unscrew the pre-assembled 4PCS Cross Recessed Head Screw(#2) from the back of Monitor(#1) by the Multi-functional Wrench(#A).
- B. Connect the Monitor Induction Wire(#1a) with Handlebar Wire(#4), and connect the Monitor Induction Wire(#1b) with Wire(#3).
- C. Install the Monitor(#1) onto the plate of Handrail Post(#5) with 4PCS Cross Recessed Head Screw(#2) and Multi-functional Wrench(#A).



Installation Guide

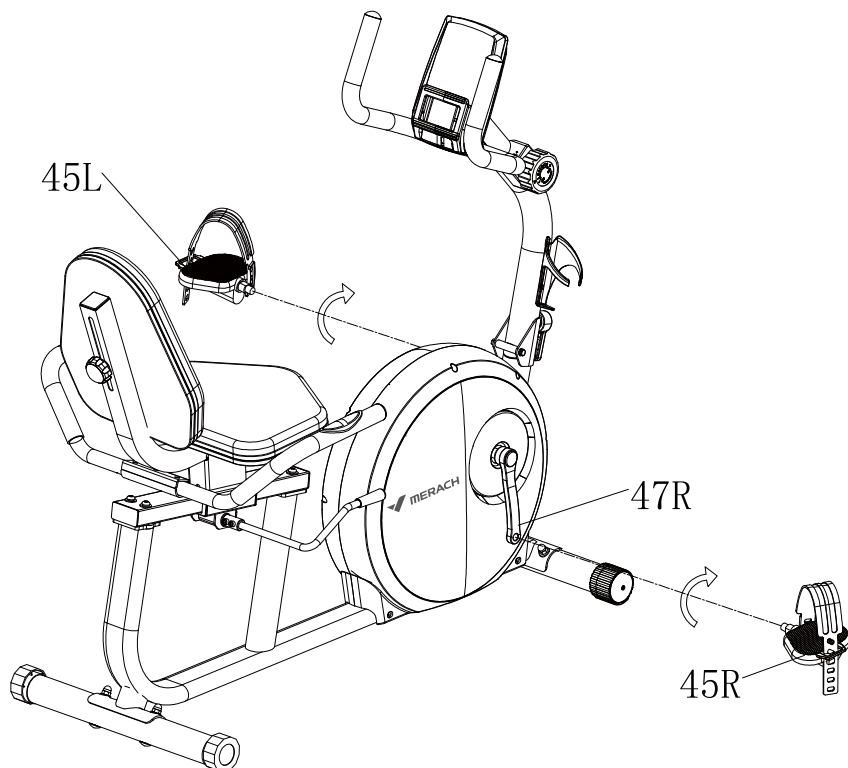
STEP9: INSTALL PEDALS

A. As shown in figures P1 and P2, assemble the Left and Right Pedals (#45L-R) with the straps.



B. Secure the Left and Right Pedals (#45L-R) respectively onto the Left and Right Cranks (#47L/R).

 #A Multi-functional wrench S13-14-15 x1



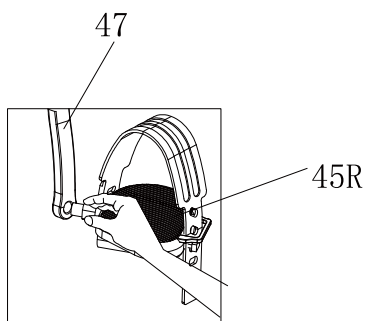
Installation Guide

CAUTION:

As shown in Figure P3, turn the bolt of the Right Pedal (#45R) clockwise by 3 threads into the Right Crank(#47R) manually, then tighten it clockwise using the Multi-functional Wrench(#A).

Turn the bolt of the left pedal(#45L) counterclockwise by 3 threads into the Left Crank(#47L) manually, then tighten it counterclockwise using the Multi-functional Wrench (#A).

During exercise, always keep the Left and Right pedals (#45L-R) in the locked state.

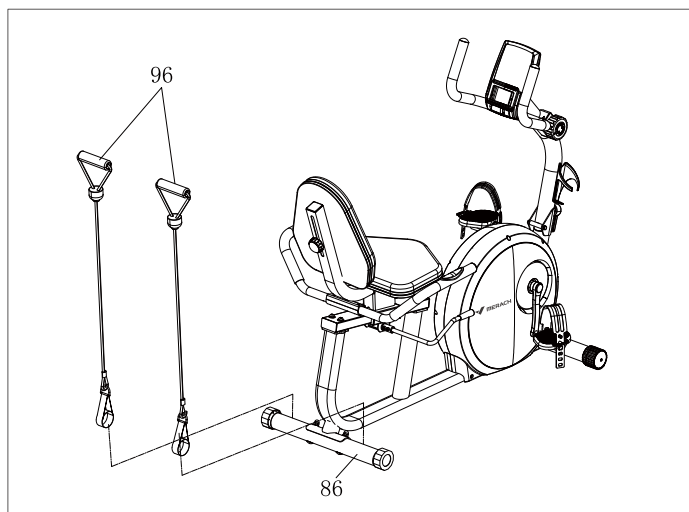


P3

STEP10: INSTALL THE RESISTANCE TRAINING ROPE

Install the Resistance Training Rope (#96) on both sides of the Rear Foot tube (#86) to use.

CAUTION: Before using the Resistance Training Rope(#96), make sure it is properly installed.



Seat Adjustment Instructions

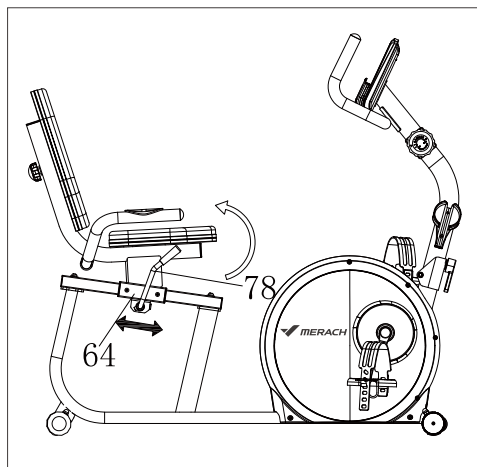


Figure 1

Pull the Seat Cushion Adjustment Lever (#78) upwards to loosen it, and the Seat Cushion Assembly (#64) can be moved forward or backward.

Choose the appropriate height distance (as shown in figure 1), then push down the Seat Cushion Adjustment Lever (#78) to lock it, and the Seat Cushion Assembly (#64) will be fixed (as shown in figure 2).

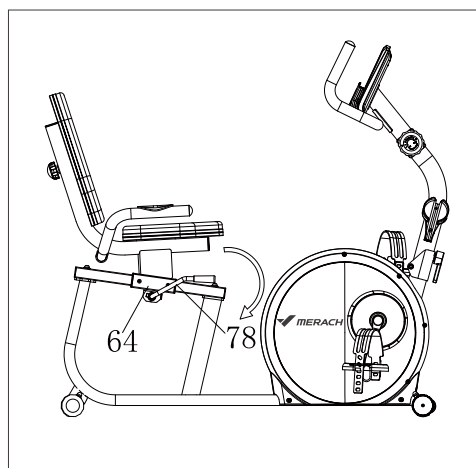
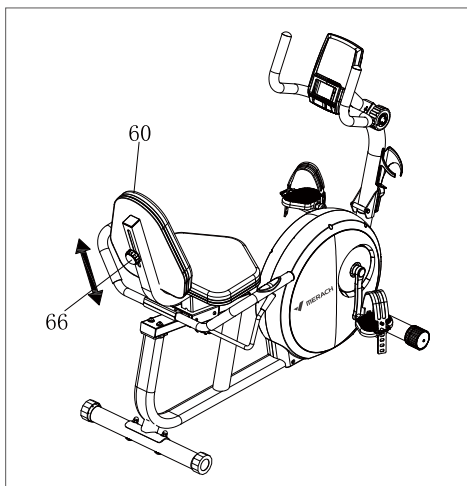


Figure 2

Product Operation Guide

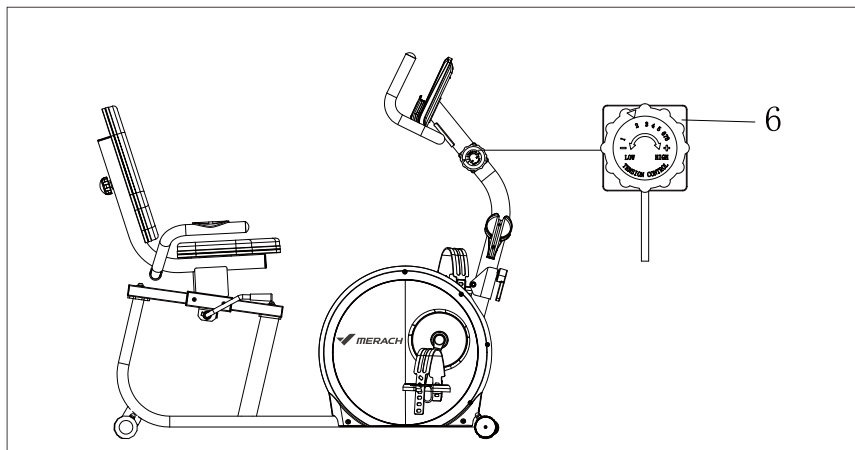
Backrest Adjustment Instructions

Loosen the Umbrella Handle Screw Knob (#66) to adjust the Backrest (#60) up and down to the desired position, then tighten the Umbrella Handle Screw knob (#66) to secure it for use.



Resistance Adjustment Instructions

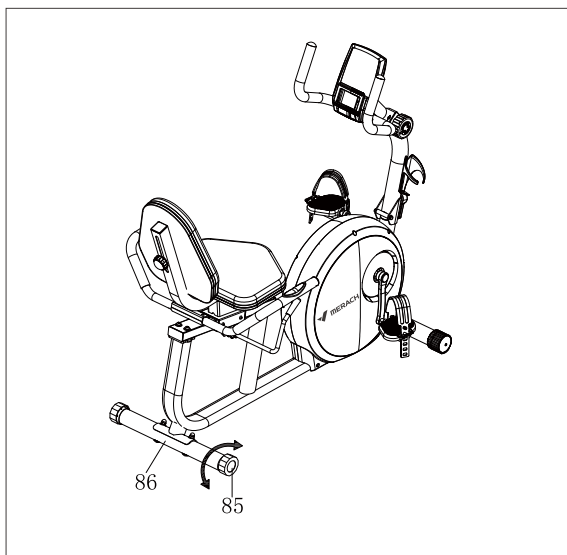
- Rotate the Adjustment Knob (#6) to align the arrow with the resistance level number, as shown.
 - Rotating clockwise gradually increases the resistance,
 - Rotating counterclockwise gradually decreases the resistance.
- Level 8 represents the maximum resistance, and level 1 represents the minimum resistance.



Product Operation Guide

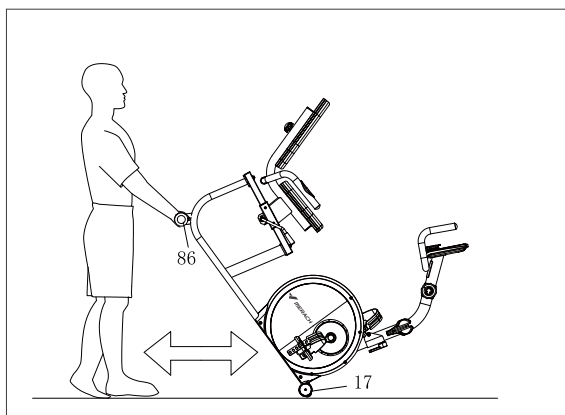
Adjustment Instructions for Rear Foot Tube

Users can adjust the Foot Sleeves (#85) on the Rear Foot Tube (#86) as needed to ensure the stability of the equipment and prevent shaking.



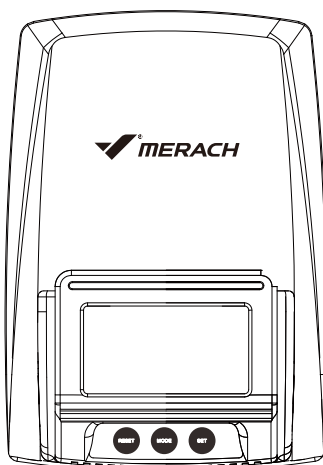
Machine Movement Instructions

Grab the Rear Foot Tube (#86) with both hands, so that the Roller (#17) of the front foot tube make contact with the ground, then the product can be moved.



Instruction of Monitor

FUNCTIONAL BUTTONS



MODE - Push down for selecting functions. If the long time holds down MODE button down for resetting time distance and calories.

SET - To set the values of time distance and calories when not in scan mode.

RESET - Push down for resetting time distance and calories.

FUNCTION AND OPERATIONS

1. SCAN:

Press "MODE" button until "SCAN" appears, monitor will rotate through all the 6 functions :Time、speed、distance、calorie、ODO (Each display will be hold 6 seconds).

2. TIME:

(1)Count the total time from exercise start to end.

(2)Press "MODE" button until "TIME" appears, press "SET" button to set exercise time. When the "SET" is zero, the computer will stop 1 seconds after the start of the time

3. SPEED:Display current speed.

Instruction of Monitor

4. DIST:

- (1) Count the distance from exercise start to end.
- (2) Press "MODE" button until "DIST" appears, press "SET" button to set exercise distance. When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

5.CALORIES:

- (1) Count the total calories from exercise start to end.
- (2) Press "MODE" button until "CAL" appears, press "SET" button to set exercise calories. When the "SET" is zero, the computer will stop about 1 seconds after the start of the time.

6.ODO:

The total distance which this function is refers to from battery capacity period runs.

7.PULSE:

Press MODE button until "PULSE" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6~7 seconds. Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

NOTE:

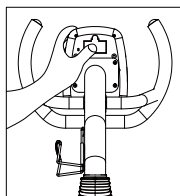
1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4minute.
3. The monitor will be auto-powered on when starting to exercise push button signal in.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS

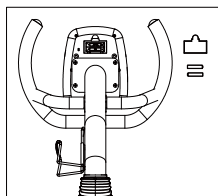
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	0:00'~99:59'
	CURRENT SPEED	The maximum signal can be pickup is 999.9KM/H
	TRIP DISTANCE	0.00~9999KM
	CALORIES	0.0~9999KCAL
	ODO	0.0~9999KM
BATTERY TYPE		2pcs of SIZE -AA orUM-3
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

BATTERIES INSTALLATION INSTRUCTIONS

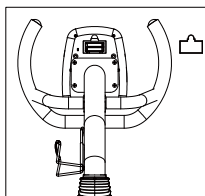
Remove the back cover by hand (Figure A), then prepare the batteries (Figure B), then install two batteries, cover the back cover (Figure C), and the battery assembly is completed (Figure D).



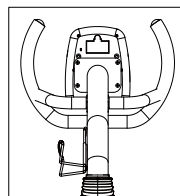
A



B



C



D

APP Setup Instructions

Download and use of MERACH

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



MERACH APP Download



APP Connection Guide



2. Open the MERACH app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.

Download and use of KINOMAP



1. To download the Kinomap app, scan the QR code or search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose Merach.
5. Select "Recumbent Bike", and find your "MR-S23-XXXX".
6. Start training and explore different workout methods.

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

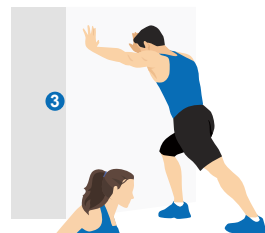
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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



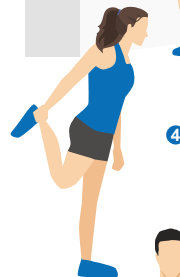
3. Calf and Achilles tendon stretch

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

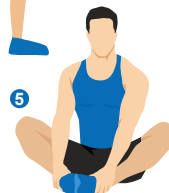
Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



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).



Troubleshooting

Problem	Possible Soutlion
Monitor no data display	Check whether the batteries are installed correctly.
	Replace the batteries.
	If the recumbent bike is still malfunctioning, please contact Customer Support
What to do when the handle shakes slightly?	Check whether the connecting screws of the handle and the front column tube are firmly fixed.
	If the recumbent bike is still malfunctioning, please contact Customer Support
Loose pedals while riding	Check whether the front and rear foot tubes are fastened enough.
	If the recumbent bike is still malfunctioning, please contact Customer Support

Warrant Information

Product Name	MERACH RECUMBENT BIKE
Model	MR-S23
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 14 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.

Warrant Information

Additional 12-month Warranty:

You can enjoy an additional 12-month warranty. Just active your warranty by sending the product's model name via **register@merach.com**, or log onto **merachfit.com/pages/warranty-europe** and enter your order number (i.e. Amazon) within the first 14 days of purchase to register your new product for the extended warranty. If you are unable to provide the order number for your product, please type a short note in the order number field along with the date you received your product.

Defective Products & Returns:

Should your product prove defective within the specified warranty period, please contact the Customer Support via **support.eu@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 **support.eu@merach.com**

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

44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL

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

MERACH



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44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL

Customer Service: support.eu@merach.com

Official Website: merachfit.com