MERACH
R15彩屏款划船机
英国说明书

PANTONE 2394C

尺寸：148*210 MM

A5、157g铜版+80g双胶、四色印刷

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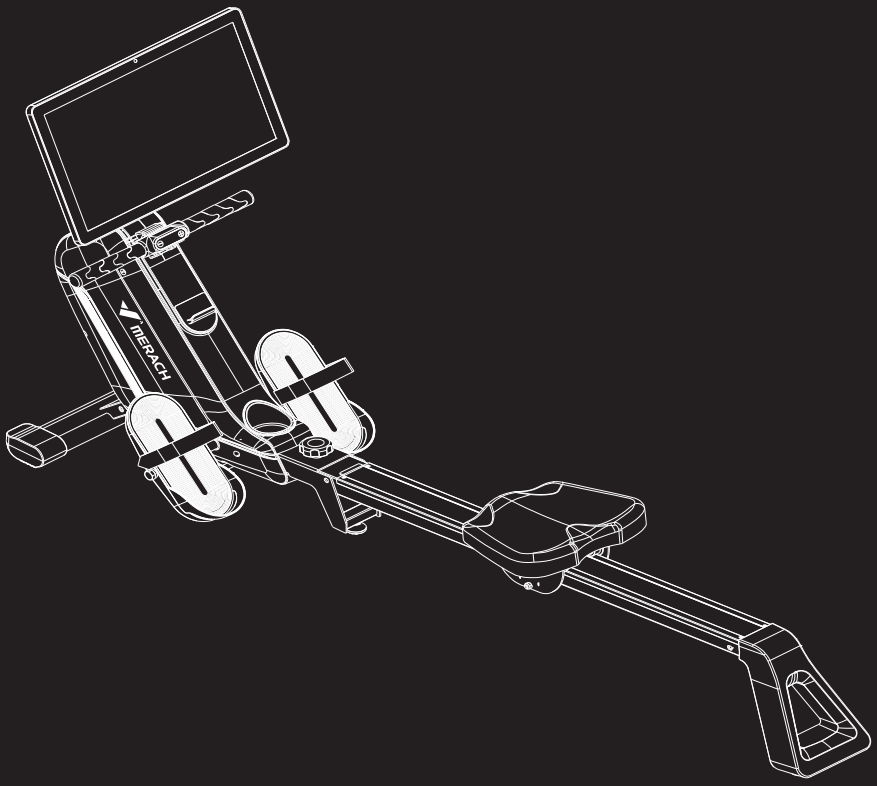
MERACH

POWERED BY MERACH

USER MANUAL

MAGNETIC ROWING MACHINE WITH HD DISPLAY

UK



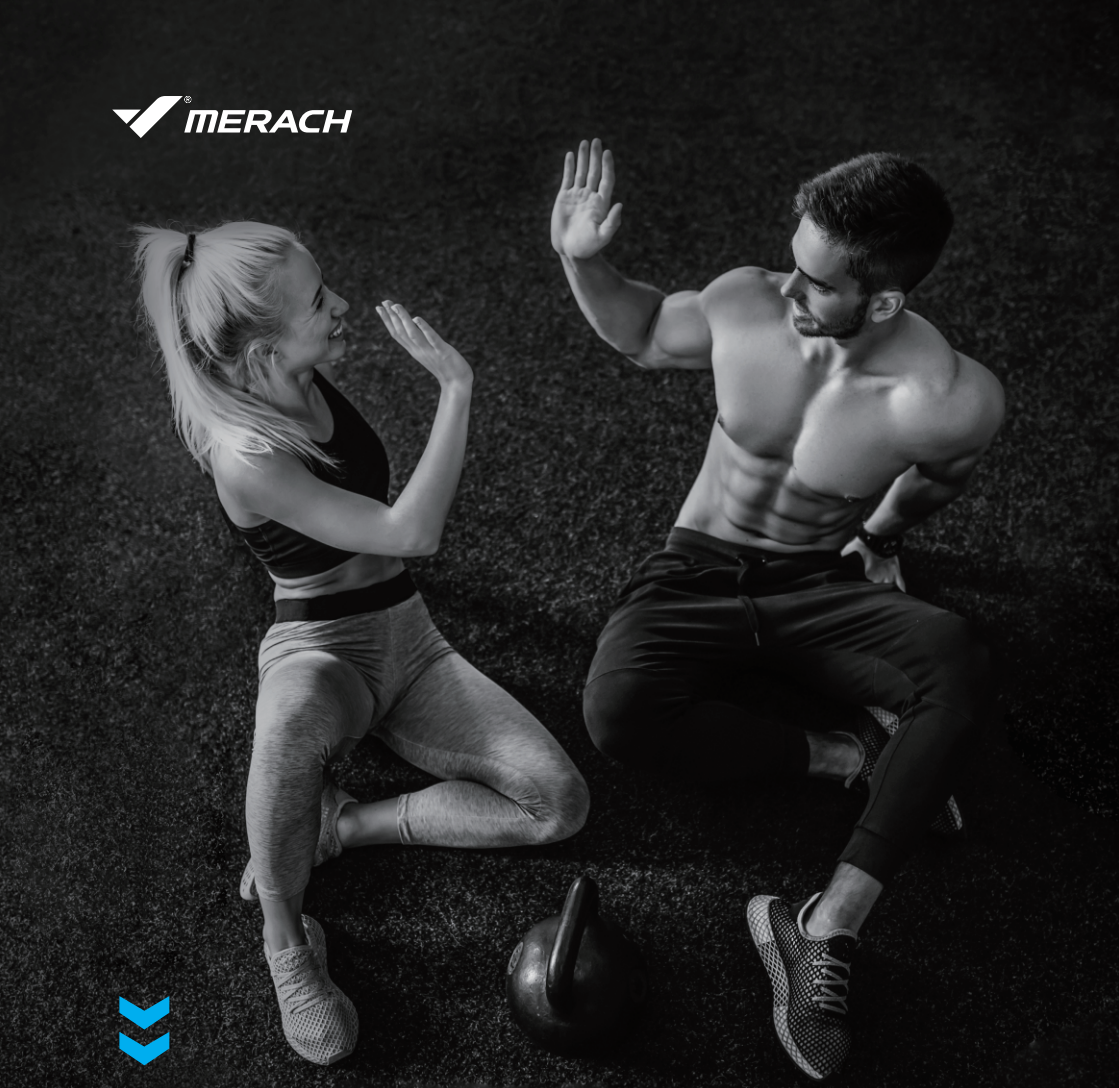
Questions or Concerns?

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: +44 1942 946399 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL
support.eu@merach.com

MODEL: MR-R15

MERACH



WHO WE ARE

Our customers aren't just important; their health, fitness, and pure enjoyment for live 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 new Rowing Machine 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 and you can also watch the installation video by scanning the QR code on the packaging.

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 exchangee or return, ***support@merach.com***, or Amazon live chat.

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

Search our products on Amazon 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.

FAQ

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

CONTENTS

Safety Instructions 01
Specifcation 04
Parts & Accessories List 05
Installation Guide 06
Product Operation Guide 11
HD Display Instruction 14
APP Setup instruction 22
Warm-up 23
Troubleshooting 24
Maintenance Guide 25
Warning Decal Placement 26
Warranty Information 27



Please read the entire manual carefully before installing and using the machine, and save it for further use.

SAFETY INSTRUCTIONS

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

- It is very important to read the instruction manual carefully before assembling and using the training equipment. Only with proper installation, maintenance and use of the training equipment can safe and effective training be achieved, and it is important to make sure that all users are familiar with all the warnings and preca- utions of the training equipment.
- Before using the training equipment, the user should consult a doctor about his/her physical condition to prevent safety accidents from occurring during the training process, so that the training cannot be carried out normally. If the user is undergoing treatment for a medical condition such as heart, blood pressure, cholesterol, etc., it is important to consult a physician prior to training.
- Always pay attention to the condition of your body when training, incorrect training methods may affect your health. If you have the following discomfort symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, halo, dizziness and nausea, etc.), please stop the training immediately, and you must get a doctor's examination and confirmation in time, and you must get a doctor's permission before you can continue the training.
- Keep children and pets away from the training equipment, which is intended for adult use only.
- Place the training equipment on a hard, flat surface with a protective layer on the floor or carpet to prevent damage to the ground, and ensure that the perimeter of the training equipment is spaced at least 1.6ft/0.6m away from each obstacle.
- Before using the training equipment, please check all the bolts and nuts that need to be locked to ensure that they are locked and safe to use.
- Safe use of the training device can only be ensured by regular repair and maintenance of the parts that are susceptible to damage, wear and tear, and breakage.
- It must be ensured that the device is used in accordance with the guidelines in the instruction manual. When defective parts are found during assembly or servicing, or when abnormal noises are heard during use, stop operation and use immediately and ensure that all problems are resolved before proceeding. Ensure that all problems are solved before continuing.
- When using the training equipment, please pay attention to the dress, try to wear simple clothes. Avoid wearing baggy clothes as they may get caught in places on the equip- ment, preventing operation and possibly trapping you on the equipment.
- This training device is not intended for medical use.
- When lifting or moving the device, do so in a safe manner and, if necessary, using proper handling methods, or with the assistance of others. or with the assistance of another person.

- When placing the training device in an upright position, always place it against a wall or in front of a fixed surface, and always place it in a safe position away from children to prevent injuries.
- Do not allow two or more people to use the equipment at the same time. The rower is a speed-related training device.
- This machine is only for home use, and the maximum load capacity of 350lbs/158kg.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given superVision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without superVision.
- In order to maintain the beauty and integrity of your rower, it is essential to consistently clean the equipment, please clean the exterior of the machine promptly of any dust. The track surface must be kept clean to avoid dust clogging the seat rollers. Track surfaces can be cleaned with a damp cloth. The surface of the water tank can also be cleaned. but be sure to read the instructions for the cleaner befo- rehand. Do not use cleaning agents containing chlorates or ammonia.
- Ropes, pulleys and connecting points are wearing parts and should be inspected regularly and replaced when they are worn out to ensure normal and safe use.
- When the parts of the rower are damaged, they should be replaced immediately.

Precautions

- Testing and precautions before use.
- Slides: Before sitting on the rower, inspect the seat wheels and slides for dirt and debris. Small objects will obstruct the seat wheels and slide rails and damage their surfaces. The slide rails must be inspected for debris before each use and cleaned regularly.
- Fasteners: The frame bolts need to be checked regularly for tightness. They should be checked at the end of the first month of use and every 12 months.
- When storing your rower vertically, choose a suitable location.
- Choose a flat surface to use your rower on to avoid rocking and premature wear.



Consult your physician before beginning any exercise. For individuals over 35 years of age or with pre-existing health problems, it is especially important. Read all instructions before using any equipment.

CE	This symbol stands for "Conformité Européene", which means "Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.
UK CA	This symbol stands for "UK Conformity Assessed", which means "Conformity with British Standards 11". With the UKCA-marking the manufacturer confirms that this product complies with applicable British Standards.

SIMPLIFIED EU DECLARATION OF CONFORMITY

- Hereby, Zhejiang Yulu Electronic Technology Co.,Ltd. declares that the fitness equipment MERACH MR-R15 is in compliance with Directive 2014/53/EU.
- The full text of the EU declaration of conformity is available at the following internet address: https://merachfit.com/pages/declarations-of-conformity

NOTES ON DISPOSAL



Packaging materials are raw materials and can be recycled. Separate the packaging materials correctly and dispose of them properly in the interest of the environment.
Your local administration can provide additional information.



Used devices do not belong in household waste!
Dispose of used devices properly! Doing so helps fulfill our responsibility to protect the environment. Your local administration can provide information on collection points and opening hours.

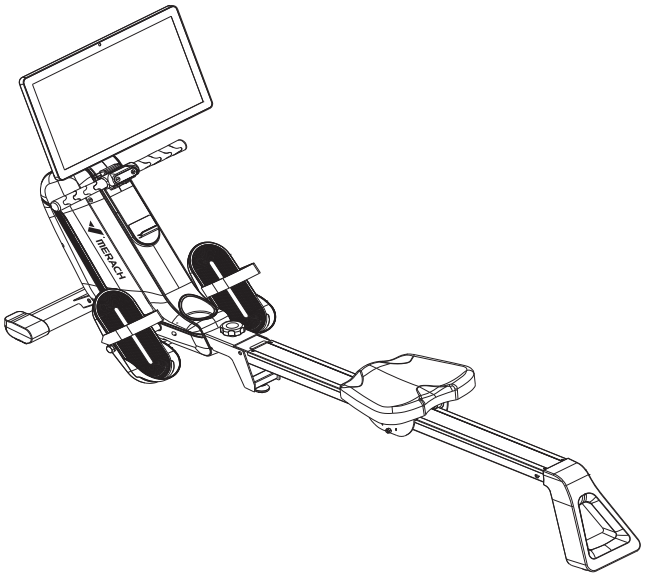


Batteries do not belong in household waste!
As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

Manufactured by:
Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng Technology Building, 298 Weiye Road, Binjiang District, Hangzhou, Zhejiang Province, China
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Imported by:
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Room 1205, Xianfeng Technology Building,
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jingge_mrk@163.com

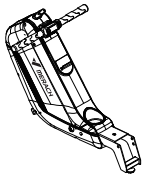
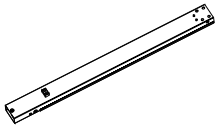
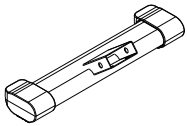
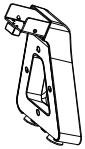
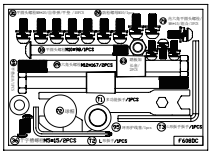
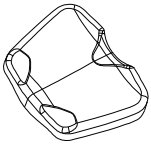
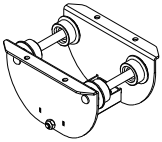
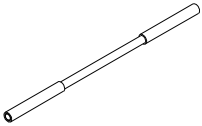
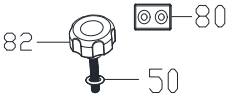
SPECIFICATION



Model	MR-R15
Name	MERACH Magnetic Rowing Machine with HD Display
Resistance	Magnetic Resistances(1-16 Level)
Power	Adapter x1 Button Battery x1
Max Load	350lbs/158kg
Product Dimensions	L75.9*W20.8*H37.2inch / L1928*W528*H946mm
Net Weight	54lbs/24.5kg
Radio Frequency	2.4GHz
Radio Frequency Band	2402-2480MHz
Maximum RF Power	3.3dBm

PARTS & ACCESSORIES LIST

Check if all parts and accessories are in the package.

 A1 Main Frame	 A2 Slide Rail	 A3 Front Foot Tube
 A4 Rear Foot Tube	 A5 Screws & Kits	 A6 Cushion
 A7 Seat Cushion Assembly	 A8 Pedal Limit Shaft	 A9 Left Pedal
 A10 Right Pedal	 A11 Plum Knob	 A12 User Manual
 A13 HD Display	 A14 Display Bracket	 88 Power Adapter

INSTRUCTION GUIDE

Tips | Scan QR code to watch installation video

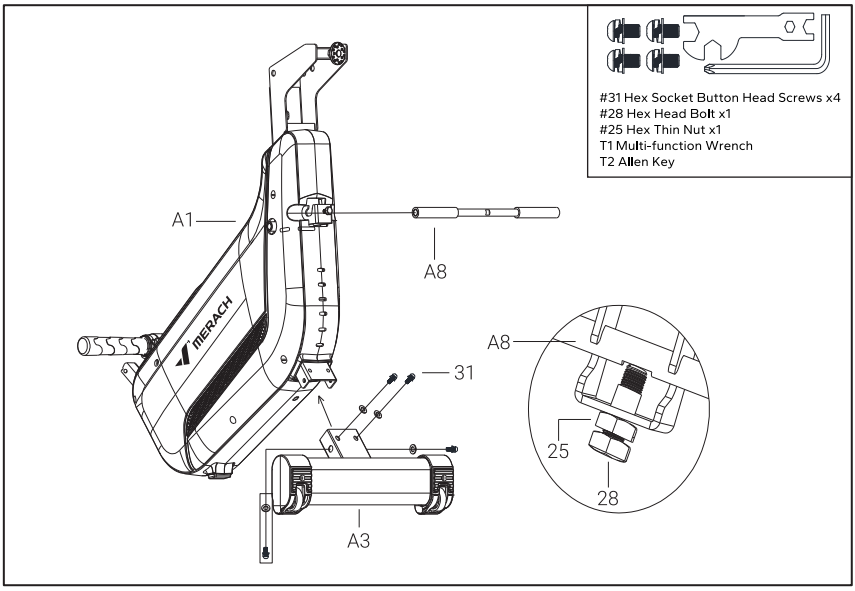
STEP 1

A. Install the Front Foot Tube (A3) on the Main Frame (A1) with 2PCS Hex Socket Button Head Screws (31) and the Allen Key (T2) .

B. Use the Multi-function Wrench (T1) to install the Pedal Shaft (A8) on the Main Frame (A1).

NOTE:

- The Hex Head Bolt (28) and the Hex Thin Nut (25) are pre-installed on the Main Frame (A1).
- After installation, check whether each bolt is tightened.
- The Hex Socket Button Head Screws (31) includes the Spring Washers and Flat Washers.



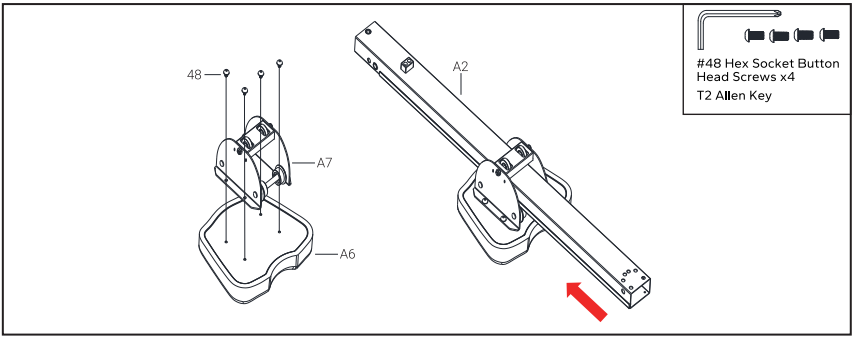
STEP 2

A.Remove 4PCS Hex Socket Button Head Screws (48) from the Cushion (A6) ,firstly.

B. Use the Allen Key (T2) to attach the Seat Cushion Assembly (A7) with the Cushion (A6).

C. After tightening the bolt, install the Cushion (A6) on the Slide Rail (A2).

Note: The Hex Socket Button Head Screws (48) is pre-installed on the Cushion (A6).



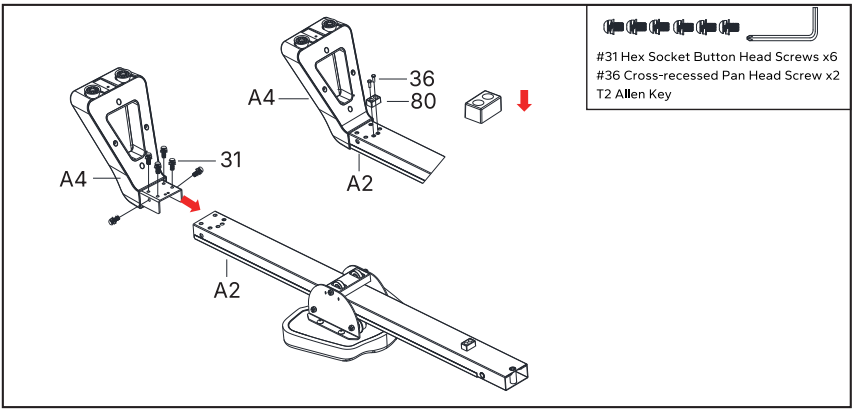
STEP 3

A. Use the Allen Key (T2) and 6PCS Hex Socket Button Head Screws (31) to install the Rear Foot Tube (A4) with the Slide Rail (A2) in the direction of the arrow.

B. Use the Allen Key (T2) and 2PCS Cross-recessed Pan Head Screw (36) to attach the Limit Block(80) with the Slide Rail (A2).

NOTE:

- The 6PCS Hex Socket Button Head Screws (31) includes the Spring Washers and Flat Washers.
- Use the Allen Key (T2) to remove the Limit Block (80) from the Rear Foot Tube (A4).
- The Limit Block(80) is placed together with the Plum Knob(A11).



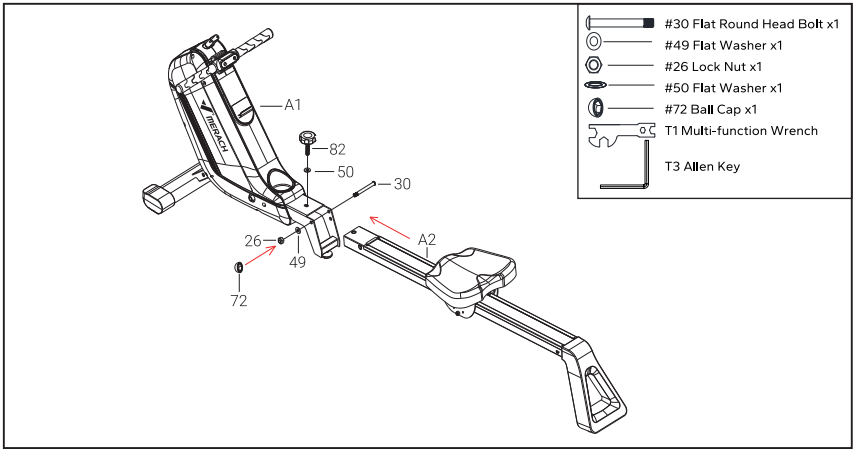
STEP 4

A. As shown in Figure, install the Slide Rail (A2) on the Main Frame (A1) in the direction of the arrow, and secure it with 1PC Flat Round Head Bolt (30), 1PC Flat Washer (49) and 1PC Lock Nut (26).

B. Use 1PC Plum Knob (82) and 1PC Flat Washer (50) to pass through the Main Frame (A1) to the Slide Rail (A2) to streng then the fixation.

C. Finally, put the Ball Cap (72) on the Lock Nut (26).

NOTE: It recommend that tighten the Flat Round Head Bolt (30) and Lock Nut (26) with the Multi-function Wrench (T1) and the Allen Key (T3) both.

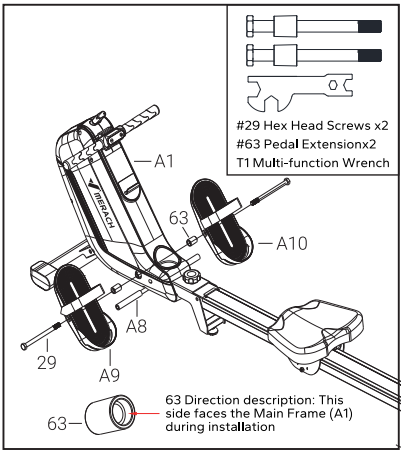


STEP 5

A. Use 2PCS Hexagonal Bolts (29) to pass through the Pedals (A9) (A10) and then through 2PCS Pedal Extension (63) to connect to the Main Frame (A1).

B. Use the Multi-function Wrench (T1) to tighten it.

NOTE: Realize the direction of the Pedal Extension (63) (the large circle facing the Main Frame (A1) and the small circle facing the Pedals (A9) (A10)).

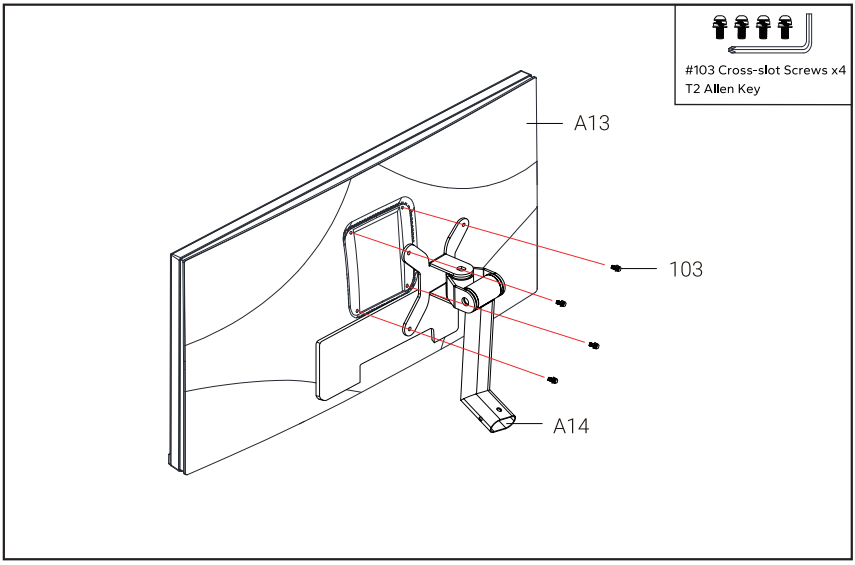


STEP 6

A. Unscrew 4PCS Cross-slot Screws (103) from the back of the HD Display(A3).
B. Attach the Display Bracket (A14) with the HD Display(A3) by 4PCS Cross-slot Screws (103) and the Allen Key(T2).

NOTE:

- The screws are pre-locked on the Display, Remove them before installation.
- Place the HD Display(A3) on a soft surface to avoids scratching the display.



STEP 7

A. Remove the Annular Wire Plug (95) on the Display Bracket before installation. As shownin Figure 1.

B. Pass the lower section of the Display Connecting Wire (92) through the electronic meter frame (A14) and pass the wire through the wire outlet hole of the Display Bracket (A14). As shown in Figure 2.

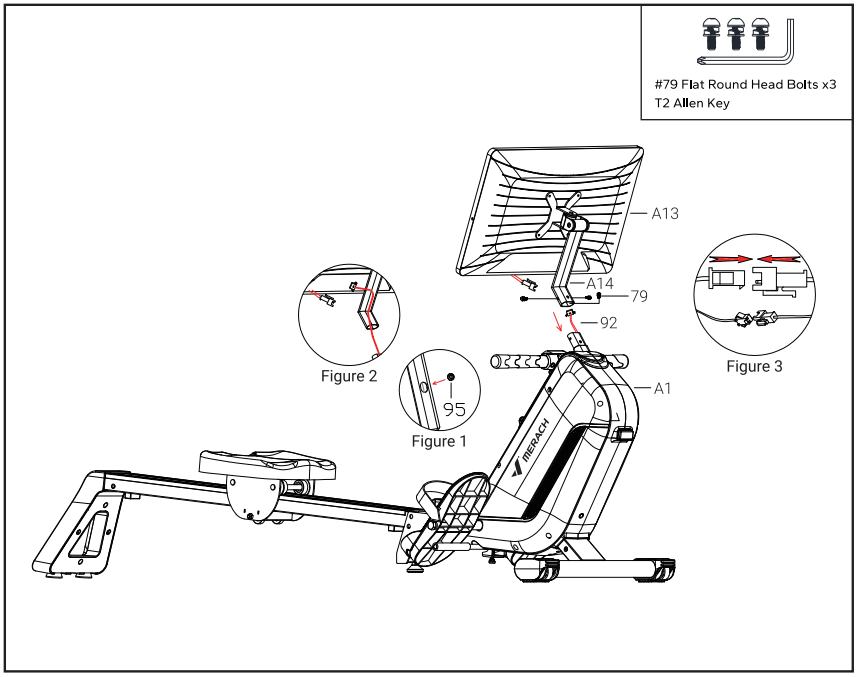
C. Connect the wire on the display and the lower section of the Display Connecting Wire (92) in place. As shown in Figure 3.

D. Install the removed Annular Wire Plug (95) on the Display Bracket.

E. Use the Allen Key (T2) and the 3PCS Flat Round Head Bolts (79) to fix the Display Bracket Assembly (A14) to the Main Frame (A1).

NOTE:

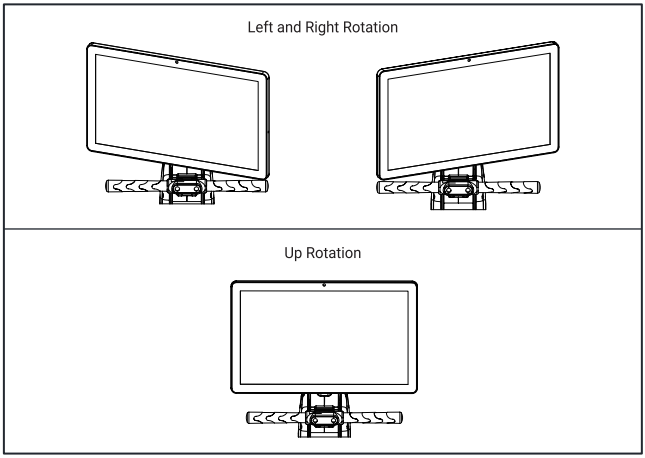
- The Annular Wire Plug is placed on the Screws & Kits. Remove it before installation.
- When installing the Display Bracket, first fix the middle bolt, then fix the bolts on both sidesto prevent the display from tilting.



PRODUCT OPERATION GUIDE

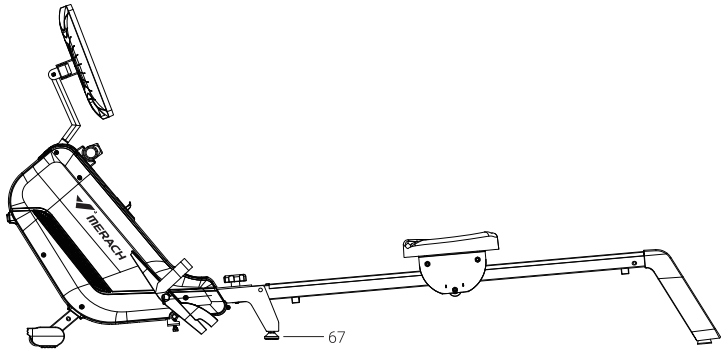
Display Adjustment Instructions

The Display of this product can be rotated up, left and right, and can be rotated 90 degrees left and right. Users can rotate the Display angle according to their own needs.



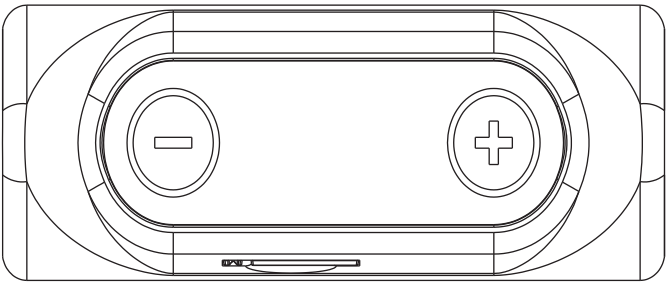
Foot Pad Adjustment Instructions

- When using, adjust the Foot Pad (67) to 3-5 mm from the ground.
- If you find that the head of the machine is tilted after use, adjust the Foot Pad (67) to 5-10 mm from the ground.



Magnetic Resistance Adjustment Instructions

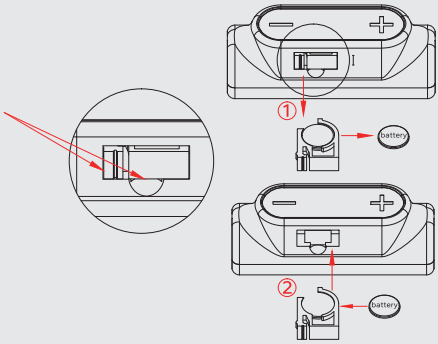
Users can adjust the magnetic resistance according to their needs for exercise. This equipment provides 16 levels of adjustment (1 minimum ~ 16 maximum).



Replace Battery Instructions

As shown in Figure 1, pull out the battery compartment along the direction indicated by the arrow, replace the new battery, and then reinstall it into the battery compartment(Figure 2).

- The Mode of Button Battery is CR2032



⚠ PLEASE NOTE:

- INGESTION HAZARD: This product contains a button cell or coin battery.
- DEATH or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- KEEP new and used batteries OUT OF REACH of CHILDREN.
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.
- Remove and immediately recycle or dispose of used batteries according to local regulations andkeep away from children and pet. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate, Doing so may result in injury due toventing, leakage or explosion resulting in chemical burns.



METHOD 2: Adjust the resistance follow the Rehearsal Course Automatically.

WARM TIPS: Pull the handle of machine to activate the built-in Bluetooth firstly, then you can start using it via Bluetooth connection with the app.

Storage Instructions

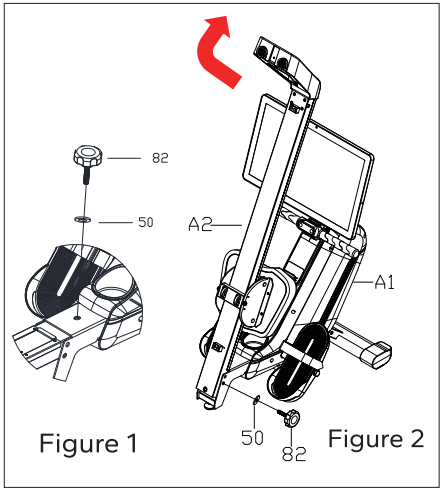
A. Remove the Plum Knob (82) and Flat Washer (50) in Figure 1 firstly, and keep it well for later usage.

B. Lift the Rear Foot Tube (A4) upwards to the state in Figure 2 according to the red arrow, then pass the Plum Knob (82) and Flat Washer (50) through the Main Frame (A1) and rotate them onto the Slide Rail (A2).

NOTE:

*Please operating carefully, beware of injure your finger.

*When lifting the slide rail, the seat cushion may slide down.



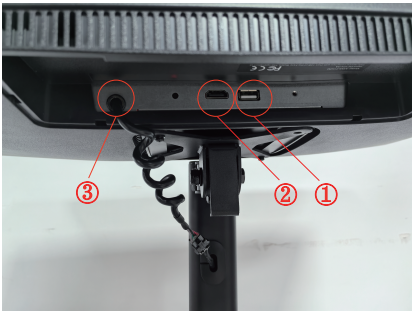
HD DISPLAY INSTRUCTIONS

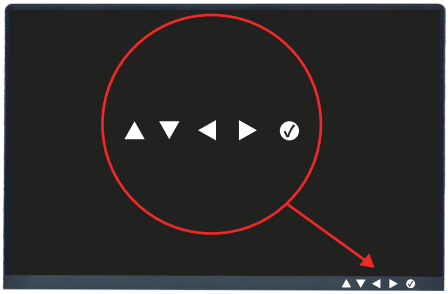
Interface Instructions

① **USB interface:** Device signal input, or for update.

② **Reserved interface:** For future function expansion.
NOTE: Please do not insert any connection cables or devices into this interface to avoid causing functional abnormalities.

③ **POWER IN & UART interface:** 12V/3A DC IN, 5V TTL UART.





Buttons Functions Instructions

▲ **KEY-UP:** When choosing a project, simply press this button to switch to the previous option;
Volume+: When not selecting a project, pressing this button will increase the volume.

▼ **KEY-DOWN:** When choosing a project, simply press this button to switch to the next option;
Volume−: When not selecting a project, pressing this button will decrease the volume.

◀ **KEY-LEFT:** When choosing a project, simply press this button to switch to the left option;
Brightness−: When not selecting a project, pressing this button will reduce the screen brightness .

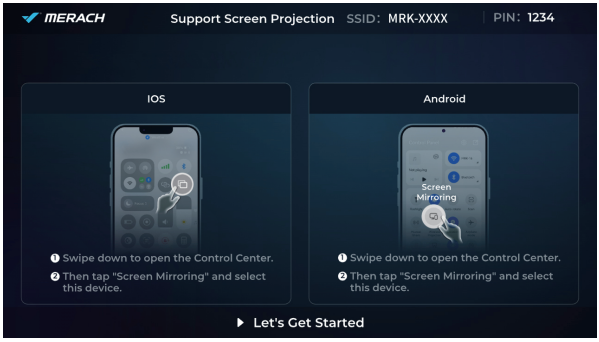
▶ **KEY-RIGHT:** When choosing a project, simply press this button to switch to the right option;
Brightness+: When not selecting a project, pressing this button will increase the screen brightness .

Confirm Button: Short press to confirm when the screen on state; Short press to turn on the screen when the screen off state.
Long press for 3 seconds to turn off the screen;
Switch Button: Short press to hide or wake up the data bar.

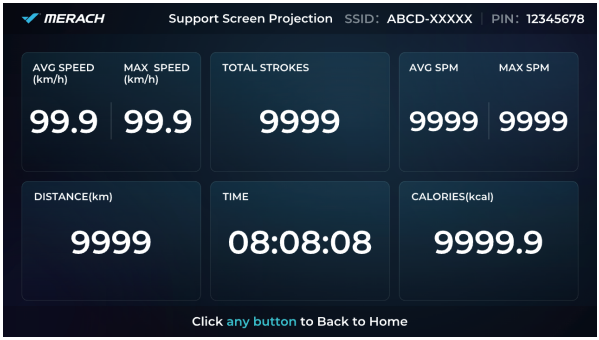
Combination Key:
- Press the ▲ & ▼ simultaneously to display the system version.
- Press the ◀ & ▶ simultaneously for 5 seconds, wait for the system to restart, and the saved region selection will be cleared.

Display Instructions

HOME PAGE



END PAGE



START DATA PAGE

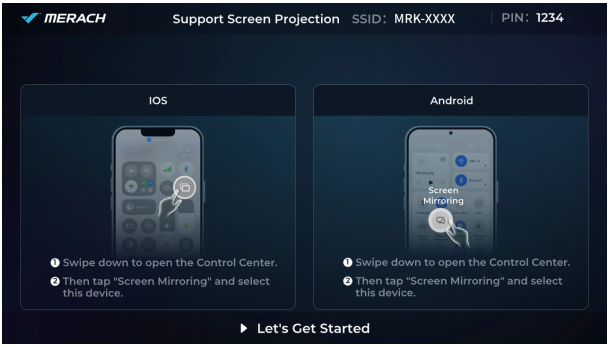


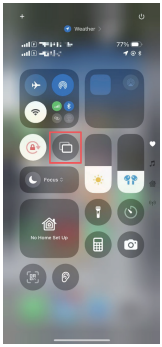
LEVEL: Current Resistance Level of exercise.
SPM: Number of a strokes per minute, indicating the stroke speed during exercising.
SPEED: The distance of exercise per one hour.
BPM: The current heart rate, that is the number of heartbeats per minute during exercise.
NOTE: Only Bluetooth Heart Rate Monitoring Devices(not attached) are supported.
TOC: The total strokes of all workout.
DISTANCE: Current distance for exercise.
TIME: Current time for exercise.
CALORIES: Current calories burned during the exercise.

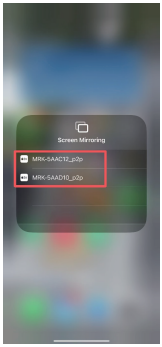
Wireless Mirror Mode

How to Mirror on iPhone

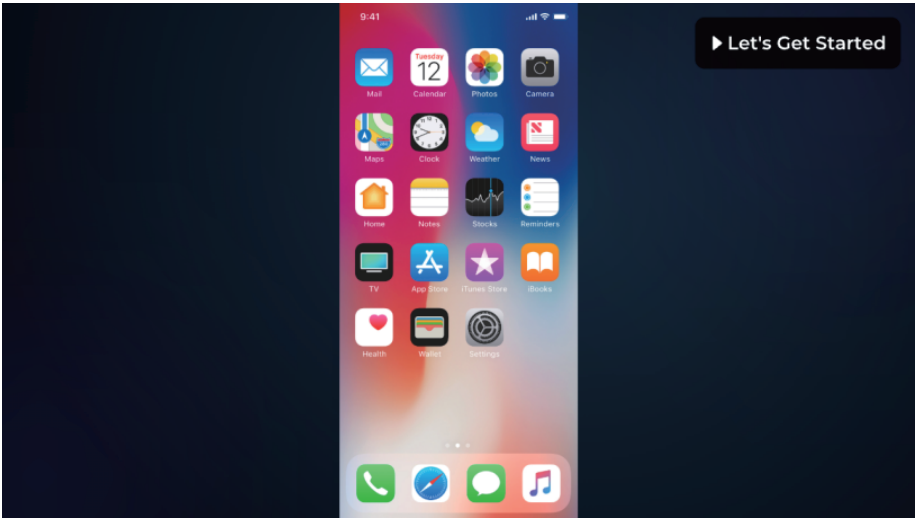
1. Check the SSID and PIN code in the status bar at the top of the screen.
2. Use your iPhone to search for devices that support mirroring.
3. Select the device code "MRK-XXXXX" displayed on the device.
4. Enter the screen casting code and click the confirm button.





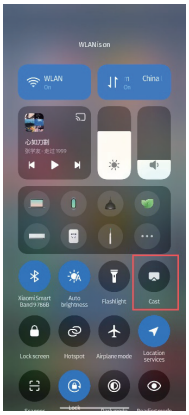


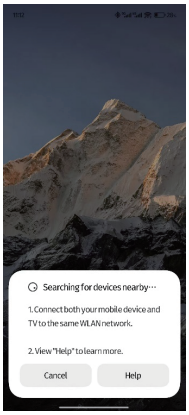
Enjoy!

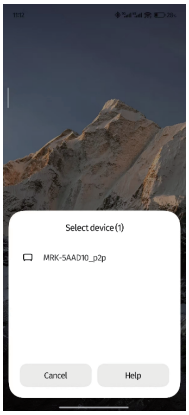


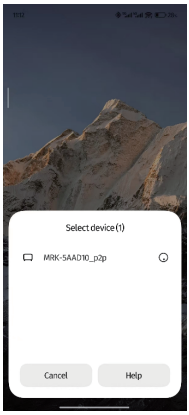
How to Mirror on Android device

1. Check tho SSID and PIN code in the status bar at the top of the screen.
2. Select the screen casting function from the phone's drop down menu or setings page, and find the corresponding device SSID "MRK-XXXXX".
3. Please note that the nare of the mirroring functicn varies by brand, and this screen is corpatible with devics rurning Android 9.0 or above.
4. Take Xiaomi phones as an example :





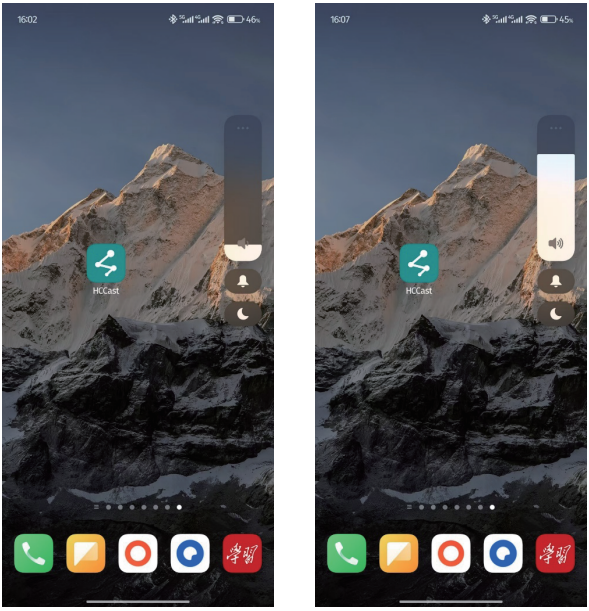




Enjoy!



NOTE: After some mobile phones mirror successfully, you need to refresh the volume of the mobile phone terminal (the volume of the mobile phone is turned down and then turned up), and the volume setting can be synchronized to the display;
To further increase the volume, you can adjust it by pressing the volume increase button.



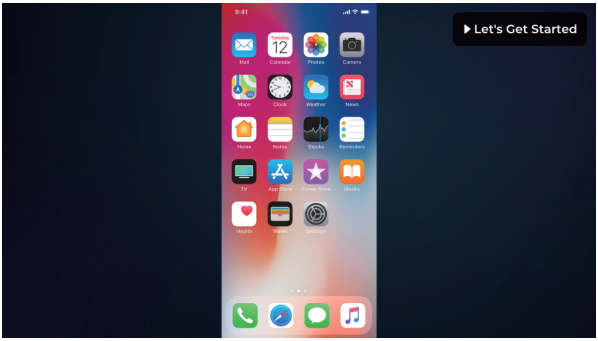
Wired Mirror Mode

1. Prepare a TYPE-C data cable(not attached) with data transmission firstly.

How to Project on iPhone via Data Cable

1. After connecting the device to the iPhone with cable, the device will automatically switch to Wired Mirror Mode.

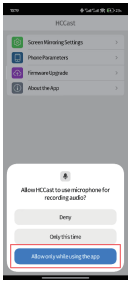


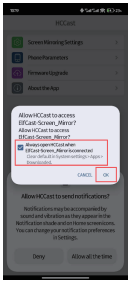


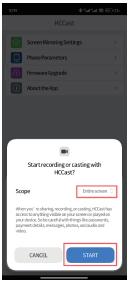
NOTE: The data cable must support data transmission and video expansion functions.

How to Project on Android via Data Cable

1. After connecting your phone to the cable, a prompt to download the APP will pop up automatically.
2. Click "View". and the system will open the browser and download the APP required for screen mirroring.
3. Grant the necessary permissions to the App, then click "Start Screen Mirroring"
4. The screen mirroring APP interface will automatically pop up the next time you use it. Just select the screen mirroring range and then click the "Start" button to start.









NOTE: Since many Android phones do not support the mirroring function, to ensure that your mobile device can successfully mirror, please download the automatically popped-up screen mirroring APP during the first connection.

List of Compatible Devices

Brand	Model	Mirror Test
Apple	iPhone 5, iPhone 6, iPhone 6p, iPhone 6Splus, iPhone 7, iPhone 7plus, iPhone 8, iPhone 8p, iPhone x, iPhone Xs Max, iPhone 11 mini, iPhone 11, iPhone 11, iPhone 12, iPhone 12, iPhone 13, iPhone 13pro, iPhone 13promax, iPhone 14pro, iPhone 14, iPhone 15, iPhone 15, iPhone 15pro, iPhone-15promax, iPhone 16, iPhone 16 pro, iPad 2021, iPad 2017, iPad pro, iPhone se 2	PASS
HUAWEI	Nova4, P30 pro, P40 pro, Mate30, Mate30 pro, Mate50, Mate60, MateX5, mate60 pro, P70 PRO+, mate70 pro, nova 11 SE	PASS
HONER	Honer 6A, Honor 8, Honor PLAY 5T, Honor 30, Honer Note 10, Honor X30, Honor 70, Honor magic 5pro, Honor Magic 6, Honor 100, Honor Magic 6	PASS
XIAOMI	XiaoMi 8, XiaoMi 8SE, XiaoMi 9, XiaoMi 11, XiaoMi 11 ultra, XiaoMi 13, XiaoMi 14, SHARK PRS-A0, MIX4, Redmi K30 ULTRA, Redmi k30sUltra, Redmi K40, Redmi K40, Redmi K40, Redmi K40, Redmi k50 pro, Redmi K50 pro, Redmi K50 pro, Redmi K50, Redmi K60, Redmi K70, Redmi K70, Redmi Note 11, Redmi Note 11 pro, Redmi Note12Turbo, Redmi K50 pro	PASS
VIVO	VIVO X21A, ViVO Y35, VIVO S6, VIVO Y300, VIVO X90	PASS
IQOO	IQOO 3, IQOO 8, IQOO 12 Pro, IQOO Neo9s pro, IQOO Neo8, IQ00 Z7	PASS
OPPO	OPPO RENO 5K, OPPO K7x 5G, OPPO Reno8 Pro 5G, OPPO Find N2 Flip	PASS
1+	1+7, 1+Ace, 1+9, 1+9 plus	PASS
Realme	RMX2202, Realme 3, Realme RMX3850, Realme RMX3820, Realme RMX3888, Realme RMX3370	PASS
Meizu	Meizu 16X, Meizu 20, Meizu 20 pro, Meizu 20 pro	PASS
Nubia	Nubia Z40S pro	PASS
Samsung	Samsung Galaxy A9, Samsung Galaxy S9, Samsung Note10, Samsung S22, Samsung S22 Ultra	PASS
More	Continuously updating.	

NOTE: Due to different brands of mobile phones with different mirror technology the devices not included in the list please confirm whether the mobile phone supports the same function.

Trouble Shooting of Screen

Problem	Phenomenon	Solution measure
The wireless mirror function is unavailable	1.Cannot search for the SSID. 2.Failed to connect when clicking the SSID. 3.Unable to switch the screen mirroring display.	1. Press and hold the left and right direction keys simultaneously for 5 seconds, then wait for the device to restart. For some models, you need to set the region, please configure it correctly.Turn on and off the airplane mode on your phone, then try searching again. 2.Move the phone closer to the screen and retry. If the issue persists, try restarting both the device and the phone. 3.On the phone, switch the scope config from single-app to entire screen.
Certain content cannot be viewed via screen mirroring.	During screen mirroring, some video frames from the mobile phone appear as a black screen on the connected device.	This content is encrypted and does not support screen mirroring. (Such as Netflix, HBO, Prime Video, etc.)
Volume adjustment problem	The mobile phone cannot adjust the volume of screen mirroring.	Adjust the volume using the buttons on the display screen.
Wired screen mirroring fails on Huawei phones	The HarmonyOS Next system cannot automatically launch the HCCast app	Manually open the HCCast app first, then connect to the device
Software update	No response when inserting the USB flash drive	1. Ensure the USB flash drive has been formatted to FAT32 2. Ensure the USB flash drive is directly connected to the device, not via an extension cable 3. Ensure the upgrade file is located in the root directory of the USB flash drive
OTHER		Please contact customer service for consultation.

APP SETUP INSTRUCTIONS

MERACH APP with your devices to sync workout data and track your physical progress; Featuring multiple training modes: Workout Courses, Free Training, Real Scene Mode, Map Mode, and Online Game Mode - fully catering to your fitness needs.

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

GET IT ON Google Play

Download on the App Store

2. Open the MERACH app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.
4. Select "Rowing machine", and fina your"MRK-R15C-XXXX".
5. Start enjoying the exercise.

Does it support connecting with other apps?

1. To download the Kinomap app, search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.

WARM TIPS: Pull the handle of machine to activate the built-in Bluetooth firstly, then you can start using it via Bluetooth connection with the app.

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

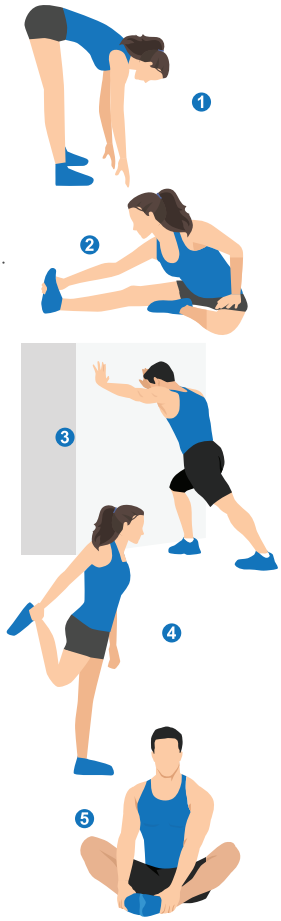
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

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 Figure4).

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 Figure5).



Note: This machine is full body training equipment, please follow the above steps to warm up.

TROUBLESHOOTING

Problem	Possible Solution
What should be done when the HD Display is on but not tracking workout data?	Make sure one of the console cables on the back of the console is connected.
	The rowing machine is still malfunctioning. Please contact Customer Support.
What should be done when the HD Display is off?	Open the battery cover on the back of the monitor, and check whether the positive and negative poles of the battery are installed correctly or replace the battery.
	The rowing machine is still malfunctioning. Please contact **Customer Support.**
What should be done when the rower can not be connectted to the APP?	Check whether other members are connected to Bluetooth at the same time. If so, unbind and reconnect.
	The rowing machine is still malfunctioning. Please contact **Customer Support.**
Range of application.	The applicable height is about 4'11" to 6'7". If this seat is not far enough for you, please contact us to purchase an extended length rail. Children need to use it under the supervision of adults.
	The rowing machine is still malfunctioning. Please contact **Customer Support.**
What should be done when there is noise in rowing?	You can apply some car polishing wax on belt.
	The rowing machine is still malfunctioning. Please contact **Customer Support.**
What should be done when feeling no rowing resistance?	Check whether the handle falls off during the movement. The belt may be stuck in the pulley groove. Adjust the belt to the center of the pulley.
	The rowing machine is still malfunctioning. Please contact **Customer Support.**
What to do when the whole machine shakes slightly or the footpads are lifted during exercise?	Check whether the front and rear leg tubes are fastened.
	Adjust the foot pads under the tubes until the whole machine is stable.
	Use the rower on a surface that has a better grip on the floor stabilizer, or purchase an exercise mat to hold the rower in place.
	The rowing machine is still malfunctioning. Please contact **Customer Support.**
What should be done when the pedals wobble or the straps are loose?	Check whether the left and right foot straps are tight enough.
	Check whether the fixing screw of the middle pedal shaft at the bottom of the middle of the machine is tight enough.
	The rowing machine is still malfunctioning. Please contact **Customer Support.**

MAINTENANCE GUIDE

If you are a fitness enthusiast, then it's essential to keep your fitness equipment in good condition for optimal performance and longevity. Here are some crucial maintenance steps to follow:

Keep the Equipment Clean:
It's crucial to maintain cleanliness by wiping down the surfaces with a mild cleaner, especially the parts that come into frequent contacts, such as the handles, seat, and rail. Avoid using acidic or alkaline cleaners, and refrain from using water or cleaners on the digital display screen. Pay extra attention to the slide rail ensuring it remains clean and is running smoothly.

Regularly Check Moving Parts:
Regularly inspect the moving parts such as the arms, wheels, pedals, etc., to ensure they are functioning smoothly and free of damage. If you notice any malfunctions, get them repaired as soon as possible, and regularly lubricate the moving parts to keep them running smoothly.

Inspect Electronic Components:
Regularly inspect the electronic components, such as the display screen, wires, and sensors, to ensure they are in good condition. If you notice any damage or malfunctions, contact the MERACH TEAM.

Check and Tighten Hardware:
Regularly check the hardware such as screws and bolts, for looseness and tighten them as needed. Regular use of the equipment can cause vibrations that may loosen parts over time, so tightening them regularly will keep your equipment in top condition.

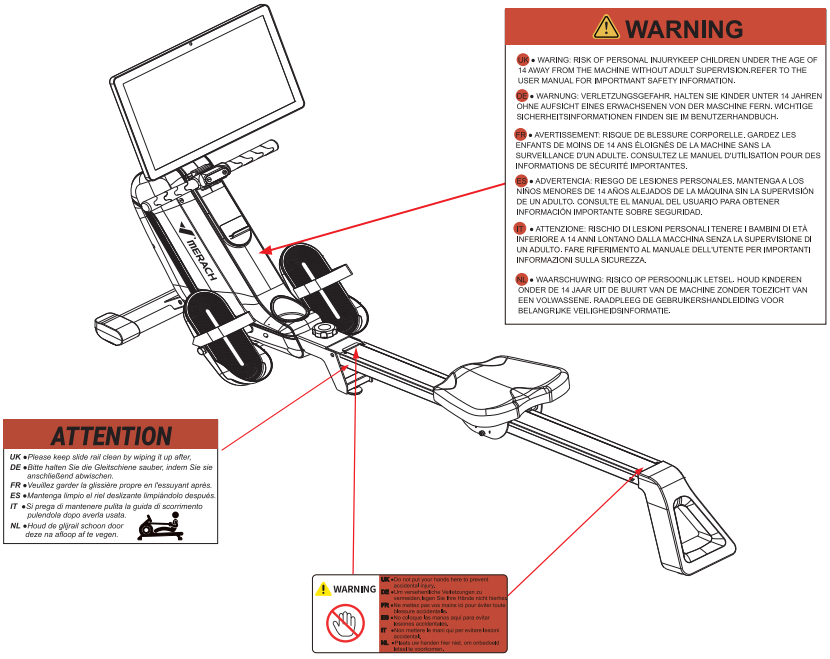
By following these maintenance steps, you can ensure your fitness equipment remains in excellent condition and prolong its life span for many workouts to come.

If you notice any wear and tear on your machine during your regular inspection that may require replacement, please contact us at **support.eu@merach.com**.

WARNING DECAL PLACEMENT

PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.
DO NOT DISCARD

This drawing show the locations of the important Safety and Warning Decals. Please ensure any user of the unit familiarizes themselves with Safety and Warning guidelines before use.



Note: The decals may not be shown at actual size.

WARRANTY INFORMATION

Product Name	MERACH Magnetic Rowing Machine with HD Display
Model	MR-R15
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.

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*** 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*** or Phone Support:

+44 1942 946399 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL

TikTok Shop Exclusive after-sales: ***service@merach.com***

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



Merachfit



@merach.us

Contact Us: +44 1942 946399 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL
Customer Service: support.eu@merach.com
Official Website: merachfit.com