

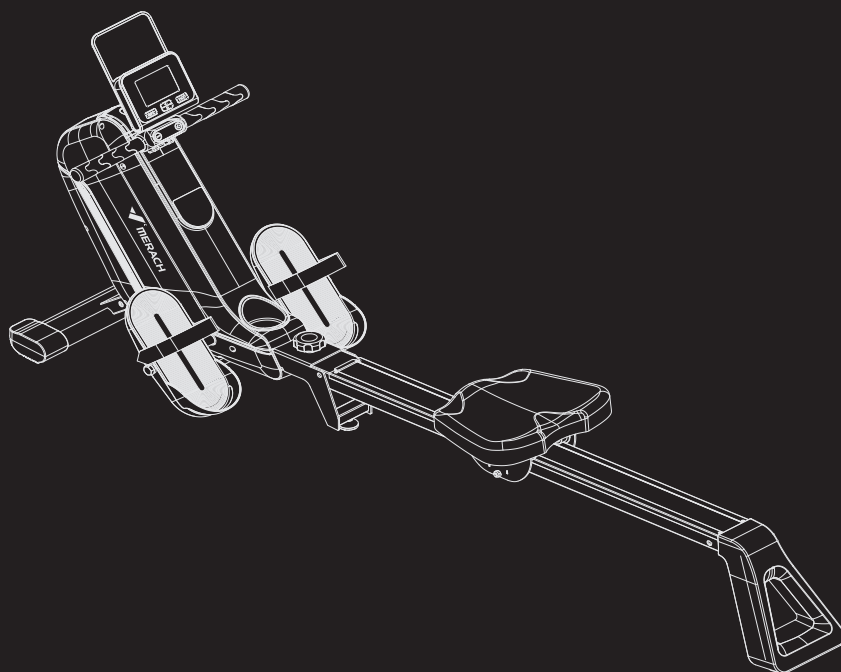
MERACH R15



PANTONE 2394 C

USER MANUAL

MERACH R15 MAGNETIC ROWING MACHINE



Questions or Concerns?

IMPORTANT!

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

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

Phone: +1 (833) 529-6620 Mon-Fri 8am-5pm (PST)

support@merach.com

MODEL: MR-R15



WHO WE ARE

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

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

Welcome to MERACH

THANK YOU FOR YOUR PURCHASE!

(We hope you love your 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 exchange 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.

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

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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 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 2.0 ft (0.6m).
- 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 350lbs/158kg.
- This machine is not for professional medical treatment.
- This product is only for family use.

- 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.
- 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.

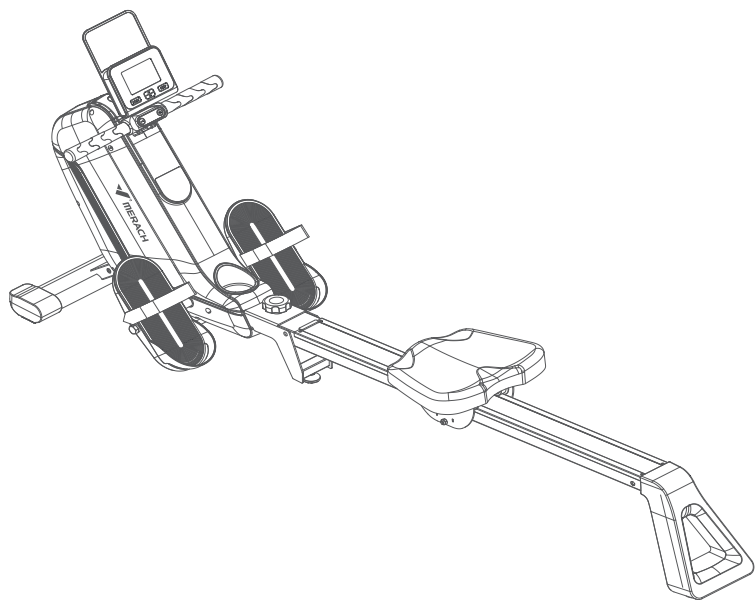
Care & Maintenance

- 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.

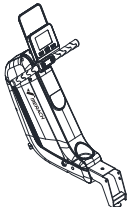
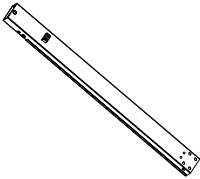
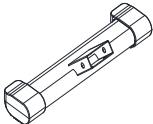
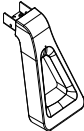
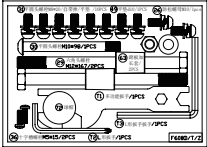
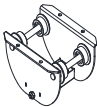
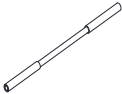
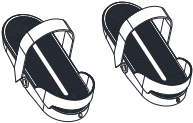
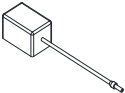
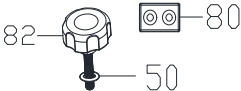
SPECIFICATIONS



Model:	MR-R15
Name:	MERACH Electric Magnetic Rowing Machine
Resistance:	Magnetic Resistances (1-16 Level)
Power:	AAA Battery x2 Button Battery x1
Max Load:	350lbs/158kg
Product Dimensions:	L73.7*W18.4*H29.7 inch/L1872*W468*H754 mm
Net Weight:	43.7 lbs/19.8 kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHZ
Maximum RF Power:	1,48dBm

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
		
88 Power Adapter	A11 Plum Knob	A12 User Manual

INSTALLATION GUIDE



Tips

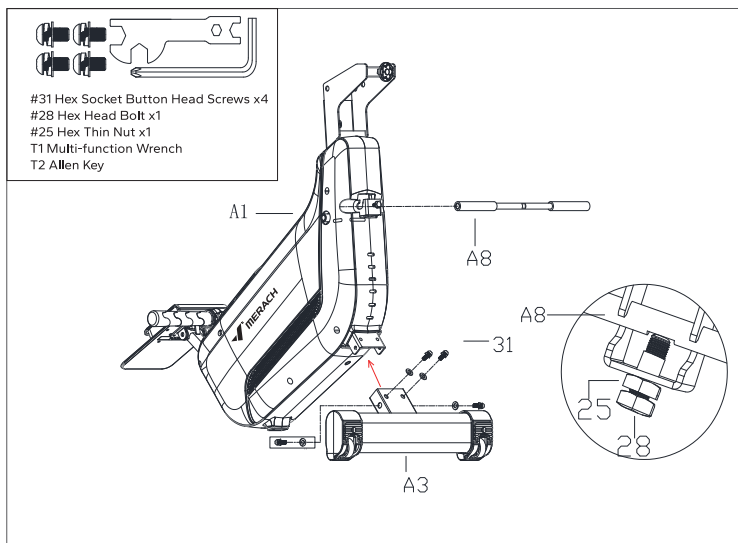
Scan QR code to watch installation video

Step 1:

- A. Install the Front Foot Tube (A3) on the Main Frame (A1) with 4PCS Hex Socket Button Head Screws (31) and the Allen Key (T2).
- B. Use the Multi-function Wrench (T1) to install the Pedal Limit Shaft (A8) on the Main Frame (A1).

NOTE:

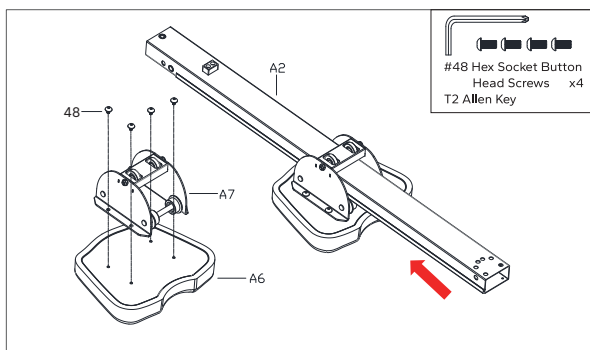
- The Hex Head Bolt (28) and the Hex Thin Nut (25) are pre-installed on the Main Frame (A1).
- After installation, check whether each bolt is tightened.
- The Hex Socket Button Head Screws (31) includes the Spring Washers and Flat Washers.
- As you install it in Step1, adjust the angel of Monitor to prevent scratching it.



Step 2:

- A. Remove 4PCS Hex Socket Button Head Screws (48) from the Cushion (A6).
- B. Use the Allen Key (T2) to attach the Seat Cushion Assembly (A7) with the Cushion (A6).
- C. After tightening all screws, install the Seat Cushion Assembly (A7) into the Slide Rail (A2) in the direction of the arrows.

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



Step 3:

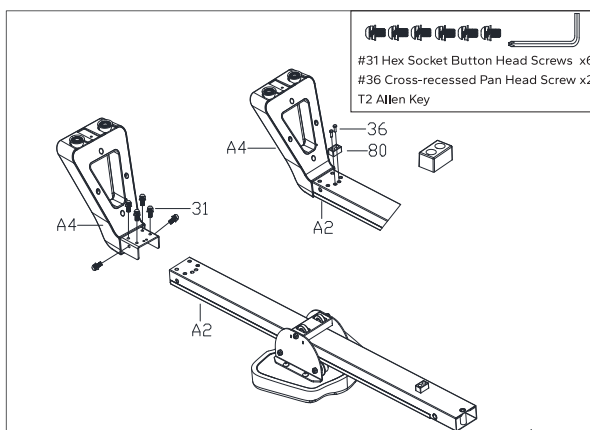
- A. Use the Allen Key (T2) and 6PCS Hex Socket Button Head Screws (31) to install the RearFoot Tube (A4) with the Slide Rail (A2) in the direction of the arrow.
- B. Use the Allen Key (T2) and 2PCS Cross-recessed Pan Head Screw (36) to attach the LimitBlock (80) with the Slide Rail (A2).

NOTE:

*The 6PCS Hex Socket Button Head Screws (31) includes the Spring Washers and FlatWashers.

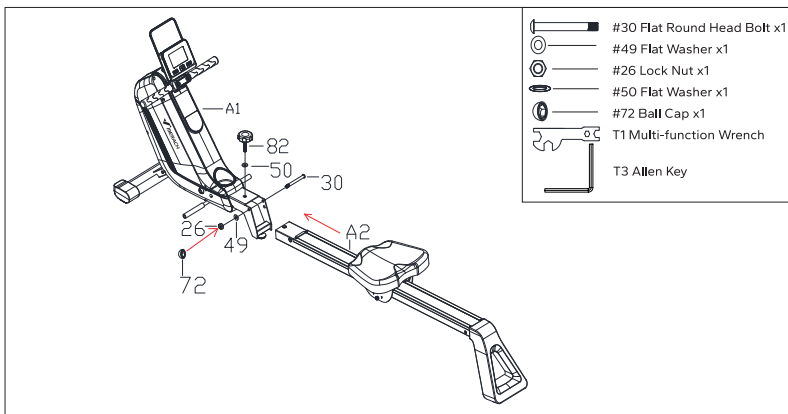
*Use the Allen Key (T2) to remove the Limit Block (80) from the Rear Foot Tube (A4).

*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 strengthen 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.

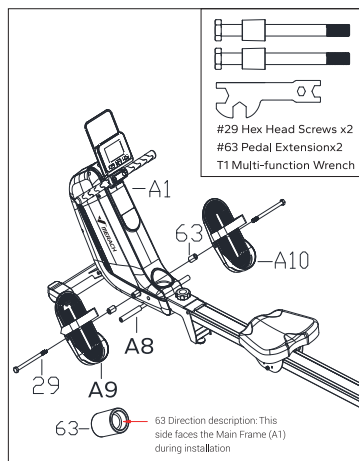


Step 5:

- A. Use 2PCS Hex Head Screws (29) and 2PCS Pedal Extension (63) to connect the Left & Right Pedal (A9&A10) with the Main Frame(A1).
- B. Use the Multi-function Wrench (T1) to tighten it.

NOTE:

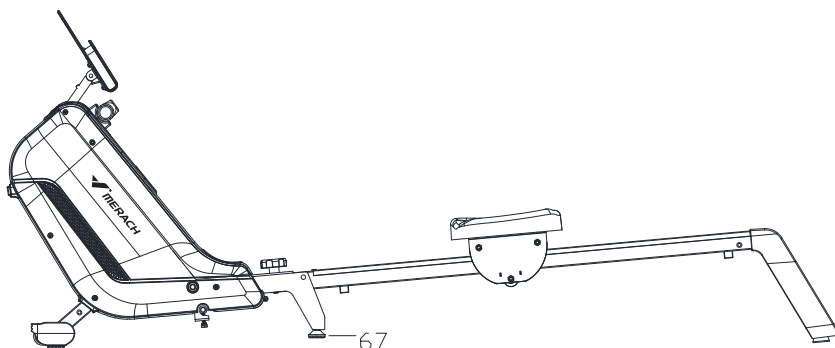
Realize the direction of the Pedal Extension (63) (the large circle facing the Main Frame (A1) and the small circle facing the Pedals (A9) (A10)).



PRODUCT OPERATION GUIDE

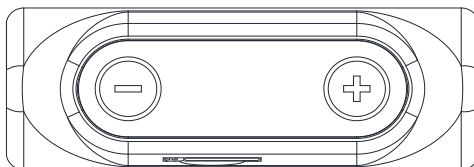
Foot Pad Adjustment Instructions

- 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

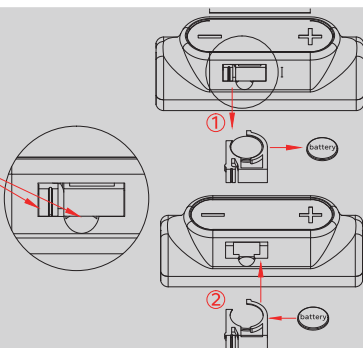
Bluetooth Handle Instructions Users can adjust the magnetic resistance according to their needs for exercise. This equipment provides 16 levels of adjustment (1 to 16 Levels). Press the “-” and “+” button of the Bluetooth Handle to select the resistance.



Replace Battery Instructions

Pull out the battery compartment along the direction indicated by the arrow (Figure ①), 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 and keep 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-replaceable battery contained, LR44, 1.5V.
- 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 to venting, leakage or explosion resulting in chemical burns.



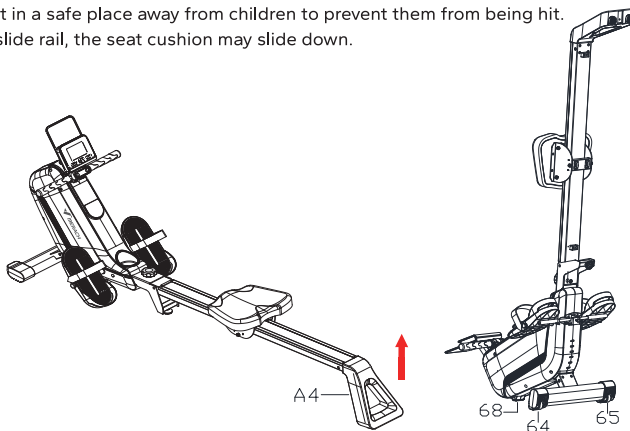
Storage Instructions

Method 1:

Grasp the Rear Foot Tube (A4) with both hands and lift the machine in the direction of the arrow until the Transport Wheel Assembly (64) (65) and the Foot Pad (68) touch the ground at the same time.

NOTE:

- *Be sure to place the equipment against a wall or in front of a fixed surface when placed vertically.
- *Be sure to place it in a safe place away from children to prevent them from being hit.
- *When lifting the slide rail, the seat cushion may slide down.

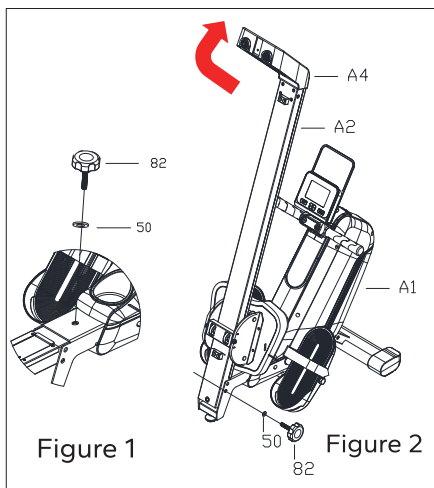


Method 2:

- 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).

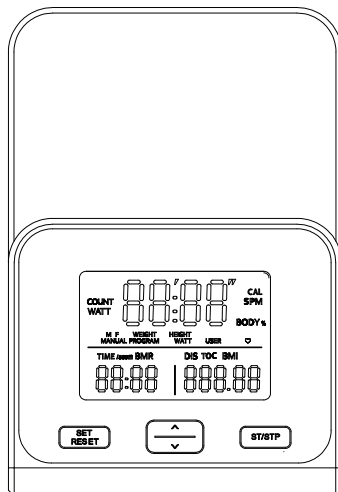
NOTE:

- *Please operating carefully, beware of injure your finger.
- *When lifting the slide rail, the seat cushion may slide down.



INSTRUCTION OF MONITOR

Description of Instrument Window



ITEM	DESCRIPTION	RANGE
TIME	Current time for exercise	0min:00s~ 99min:59s
TIEM/500m	Time per 500 meters: Real-time estimation of time/500m at the current stroke speed	0min:00s~ 99min:59s
DIS	Current distance for exercise	0-99999 M
	Distance with all of the exercise	0-99999 M
WATT	Power	0-999 W
CAL	Current calories burned during the exercise	0-9999 Kcal
SPM	Stroke speed: Number of strokes per minute, indicating the stroke speed during	0~999
COUNT	The strokes of each workout, when starting exercise	0~9999
TOC	The total strokes of all workout	0~99999
APP (*)	MERACH, KINOMAP	MERACH, KINOMAP

NOTES: Optional - users can choose whether to have this function for the product.

Description of Button Functions

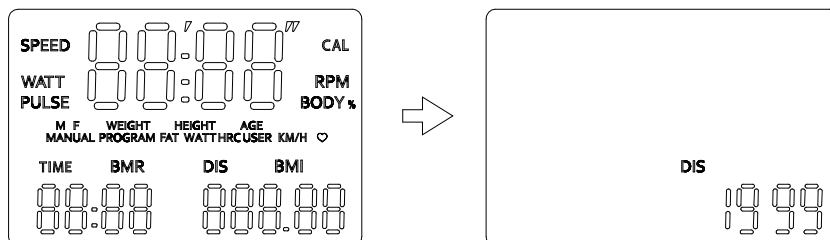
S.T/STP.	Start or stop the exercise,
SET RSTET (Compound key)	In the set state: Clears the current data to 0; In the stop state: Clears the all of the data to 0 (without TOC);
 UP	Exercise State: which is used to increase the value of LEVEL.press and hold for quick adjustment; Stop State:upward adjustment when setting, press and hold for quick adjustment;
 DOWN	Exercise State: which is used to decrease the value of LEVEL.press and hold for quick adjustment; Stop State: downwards adjustment when setting, press and hold for quick adjustment;

Description of instrument window

- COUNT:**The number of strokes ,
- MANUA:** Program mode;
- TIME:** Current time for exercise;
- 4.1-16:** This product features 16 resistance levels, with level 1 offering the least resistance and level16 providing the most resistance;

Distance with all of the Exercise

1. The maximum value is 99999M, and the value restarts at 0M when it overflows;
2. It is displayed only after the power-on or RESET function;



1. **MANUAL** icon display;
2. Press the **"ST/STP."** key to start exercise, or press the **"Compound key"** to enter the setting mode;
3. At set state, press the **"Compound key"** to select the set items in sequence, and the selected items (time, distance, strokes, calories) will flash;
4. Press the **"UP"** or **"DOWN"** key to adjust upwards or downwards, and press the **"Compound key"** to select the next item;
5. After all selections are completed, it will automatically exit the set state, or you can directly press the **"ST/STP."** key to start at set state;
6. At exercise state, you can use the **"UP"** or **"DOWN"** key to increase or decrease the resistant value ;
7. At exercise state, can press **"Compound key"** to change **COUNT-WATT-CAL-SPM-SCAN;**
8. If any time/ distance/ calories/ strokes set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a **"DI DI"** sound prompt.
9. Press **"ST/STP."** key to stop exercise;

Sleep Mode

The system turns off automatically when the sensor has no signal input or no key are pressed for approximately 5 minutes.

Description of Error Codes

ERROR CODES	POSSIBLE CAUSES	INSPECTION	SOLUTIONS
E3	The motor is not working properly.	Whether the motor wiring plug is correctly plugged into the wiring terminal	Whether the motor wiring plug is correctly plugged into the wiring terminal
	The internal cable of the machine is failure	Whether the cable is damaged	Replace the cable.
	The instrument cannot output the corresponding control signal to the motor.		Replace the electronic instrument.

NOTE: 1. This instrument requires a 12V/2A power adapter

2. When the instrument displays abnormally, please unplug and then plug in the power plug again.

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



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 find your "MRK-R15-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).



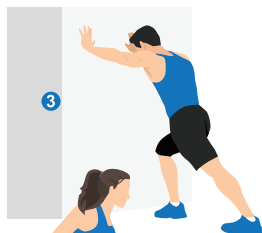
2. Seated hamstring stretch

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).



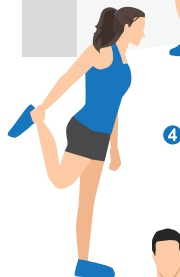
3. Calf and Achilles tendon stretch

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 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).



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

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.

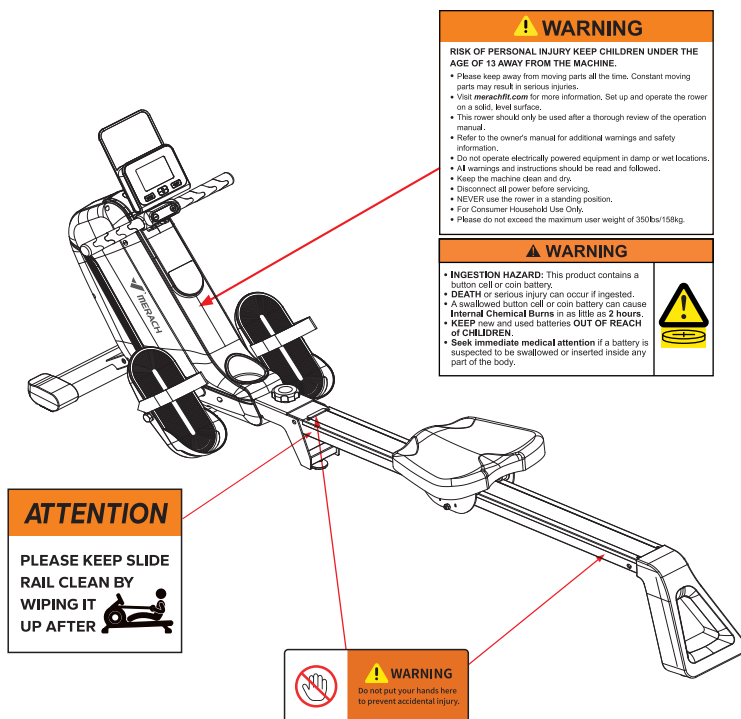
By following these maintenance steps, you can ensure your fitness equipment remains in excellent condition and prolong its life span for many workouts to come.

If you notice any wear and tear on your machine during your regular inspection that may require replacement, please contact us at **support@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 Electric Magnetic Rowing Machine
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 **merach-fit.com/pages/warranty** and enter your order number 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:

Should your product prove defective within the specified warranty period, please contact the Customer Support via **support@merach.com** with your invoice and order number. **DO NOT** dispose of your product before contacting us.

Customer Support

Your satisfaction is our goal! Should you encounter any issues or have any questions about your new product, feel free to contact our **Customer Support Team** via **support@merach.com** or Phone Support:

 **+1 (833) 529-6620 Mon-Fri 8am-5pm (PST)**

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.**



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Contact Us: +1 (833) 529-6620 Mon-Fri 8am-5pm(PST)

Customer Service: support@merach.com

Official Website: merachfit.com