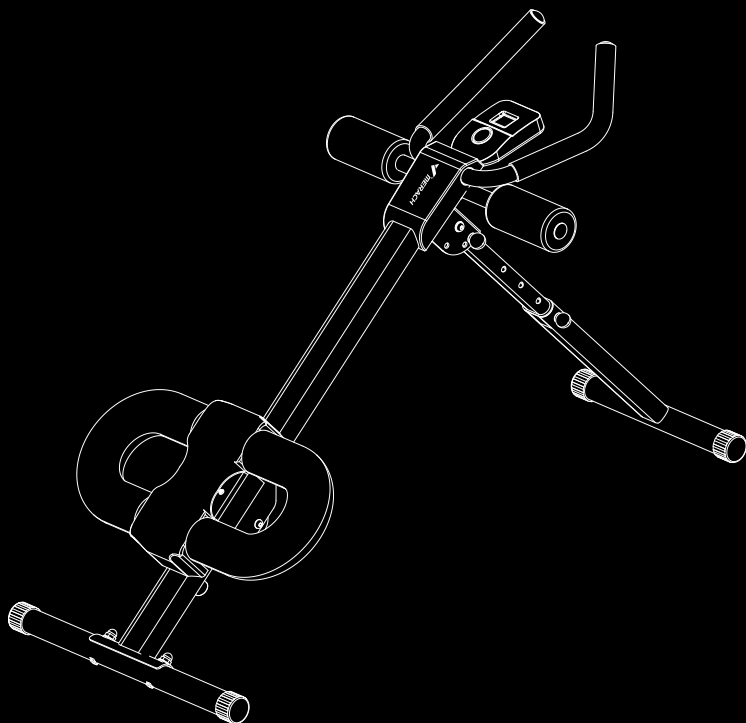




USER MANUAL

MERACH MR-2314 AB 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: 44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL

support.eu@merach.com

MODEL: MR-2314



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

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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.

- Before using this product, please always read this manual carefully.
- Children and the elderly shall use the goods under the supervision of the guardian according to the doctor's advice.
- Use with caution old injuries to the waist, elbow, shoulder or other joints and muscles.
- Do not expose the equipment to damp places, which will cause failure.
- Please confirm whether the parts are loose, detached, damaged or cracked before each use. If there is any damage, do not use it.
- Check the surrounding environment before use, and it is recommended that the barrier-free space is 3x3m.
- Please avoid ground cracks, slippery ground and uneven areas when using.
- The Company shall not be responsible for the damage to the personal damage caused by the use of the product in violation of the operating rules.
- This equipment is a non-competitive equipment, limited to fitness exercise, beyond the scope of use will cause physical injury.
- Before the use, you should do a warm-up exercise, please take exercise with your own condition, strengthen the exercise load step by step, if you have any discomfort, please stop practicing.
- The equipment can only be used for the intended purpose described by the manufacturer, do not change the equipment or use accessories not recommended by the manufacturer.
- The machine can adjust the intensity of the exercise by adjusting the height method, from low to high can be adjusted back and forth to choose your appropriate resistance.
- The user must weigh no more than 440lbs/200kg.
- CHOKING HAZARD-Small Parts, Not for children under 3yrs.

Warm Tips:

- Warm up before exercise.
- The training intensity should be gradual.
- Excessive training can cause injury.



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.



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-2314 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.

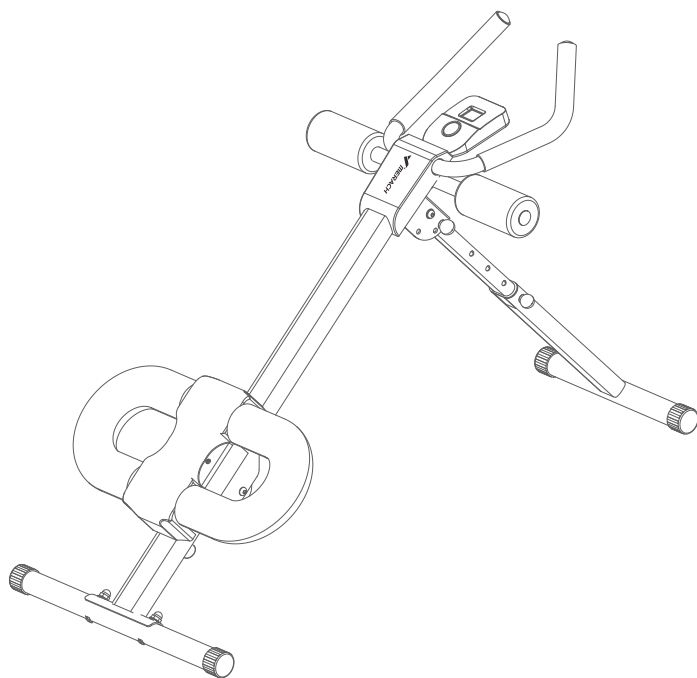
Manufactured by:

Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng
Technology Building, 298 Weiye Road,
Binjiang District, Hangzhou,
Zhejiang Province, China
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

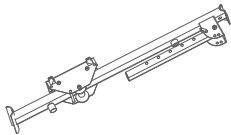
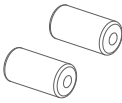
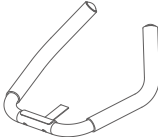
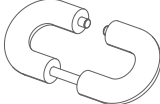
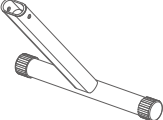
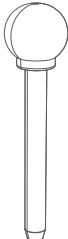
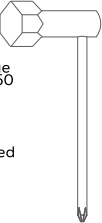
PRODUCT INFORMATION



Name	MERACH AB Machine
Model	MR-2314
Material	ABS, Steel Pipe, Foam Cotton
Folded size	49.8*19.9*7.1inch/1265*505*180mm
N.W.	17lbs/7.7kg
Max Load:	440lbs/200kg
Power:	AAbattery *1

PACKAGE LIST

Check if all parts and accessories are in the package.

 # 1 Main Frame *1	 # 2 Armrest Cover *1	 # 3 Foam Cushions *2
 # 4 Support Rod *1	 # 7 Handlebar *1	 # 8 Monitor *1
 # 19 U-shaped Kneeling Pad *1	 # 17 Rear Foot Tube *1	 # 13 Front Foot Tube *1
 # 21 Kneeling Pad Cover *1	 User Manual *1	
 #11 safety Pin	 #24 Allen Key	 #22 Carriage bolts M8*40  #6 Hexagon socket bolts  #18 Carriage bolts M8*50  #10 Flat shim  #5 Arc-shaped  #9 Nut M8  #16 Cap nuts  #23 Socket Wrench

INSTALLATION GUIDE



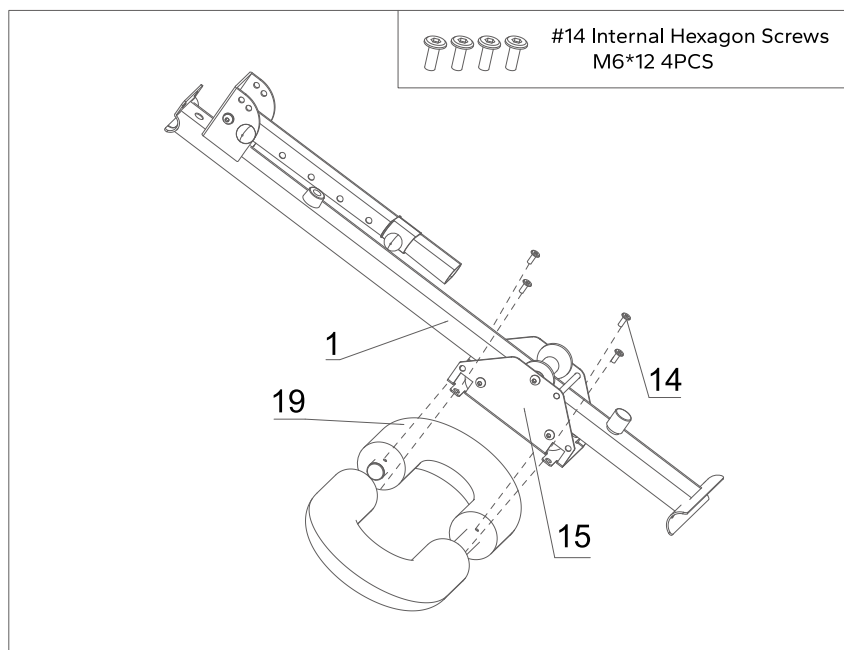
Tips | Scan QR code to watch installation video

Step1: Install the U-shaped Kneeling Pad

Place the U-shaped Kneeling Pad Pipe (19) on the ground, with the Pulley Stand (15) on top of it. Fasten the U-shaped Kneeling Pad Pipe (19) to the Pulley Stand (15) using 4PCS Internal Hexagon Screws (14).

NOTE:

- The U-shaped kneeling pad can be assembled directly without any distinction between top and bottom directions.
- 4PCS Internal Hexagon Screws (14) are pre-assembled in the U-shaped Kneeling Pad Pipe (19).

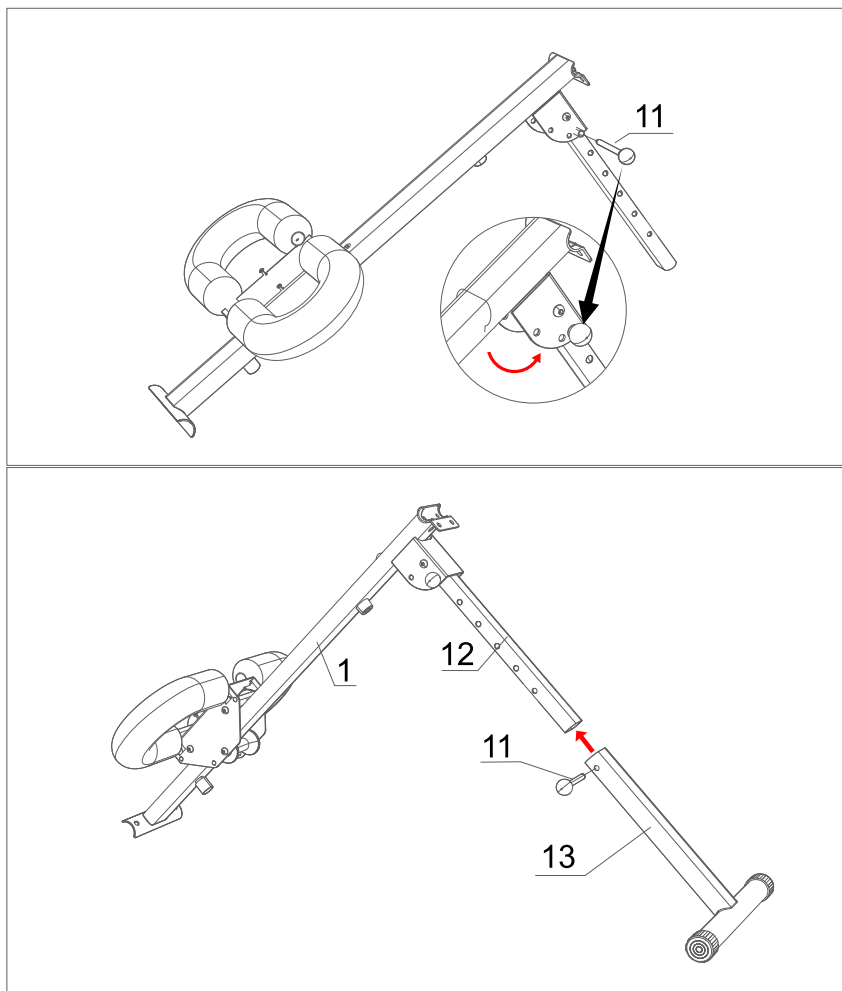


Step2: Install the Front Foot Tube

Remove the Safety Pin (11), then rotate the Gear Tube (12) outward. After aligning with the holes, insert the Safety Pin (11) to secure it. Next, insert the Front Foot Tube (13) into the Gear Tube (12), and secure it by inserting the Safety Pin (11).

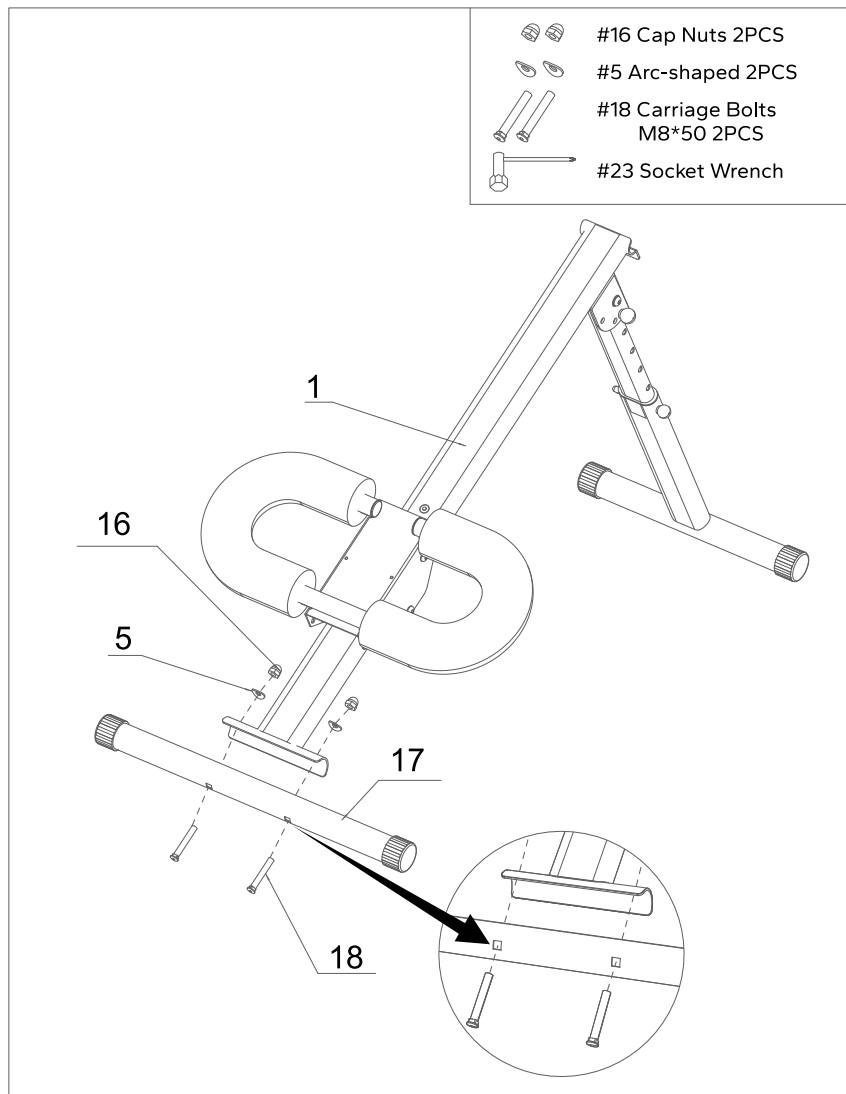
NOTE:

- There is no positive or negative orientation of the Front Foot Tube (13).
- One of the safety pins(11) are pre-assembled in the Main Frame(1).



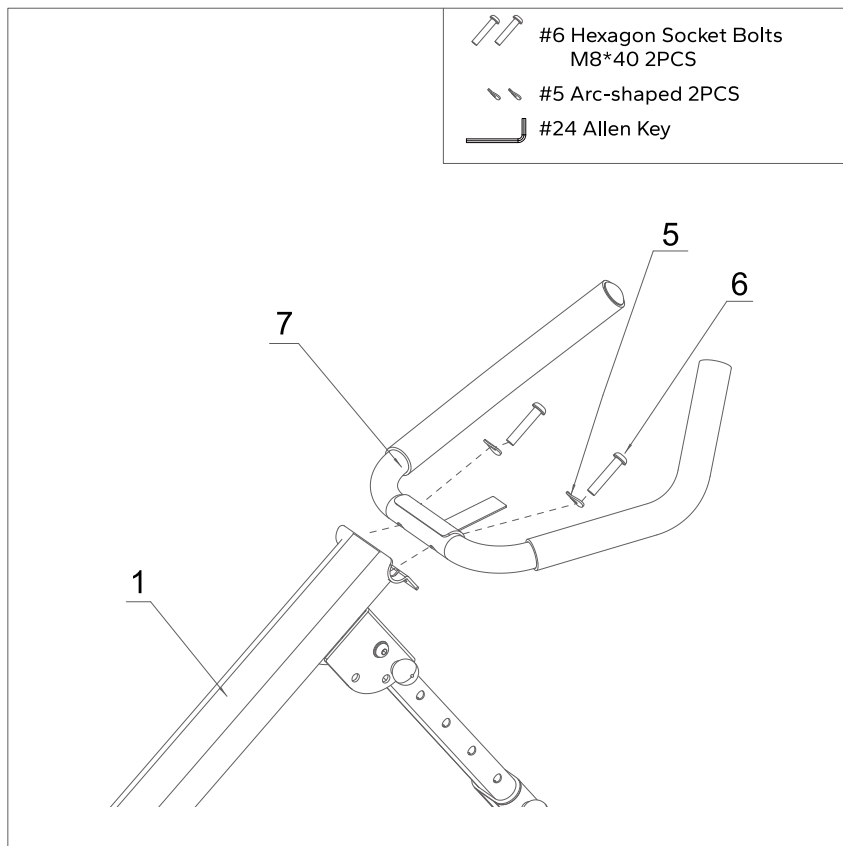
Step3: Install the Rear Foot Tube

Install the Rear Foot Tube (17) with 2PCS Carriage Bolts (18), Arc-shaped (5) and Cap Nuts (16) onto the Main Frame (1), secure with Socket Wrench(23).



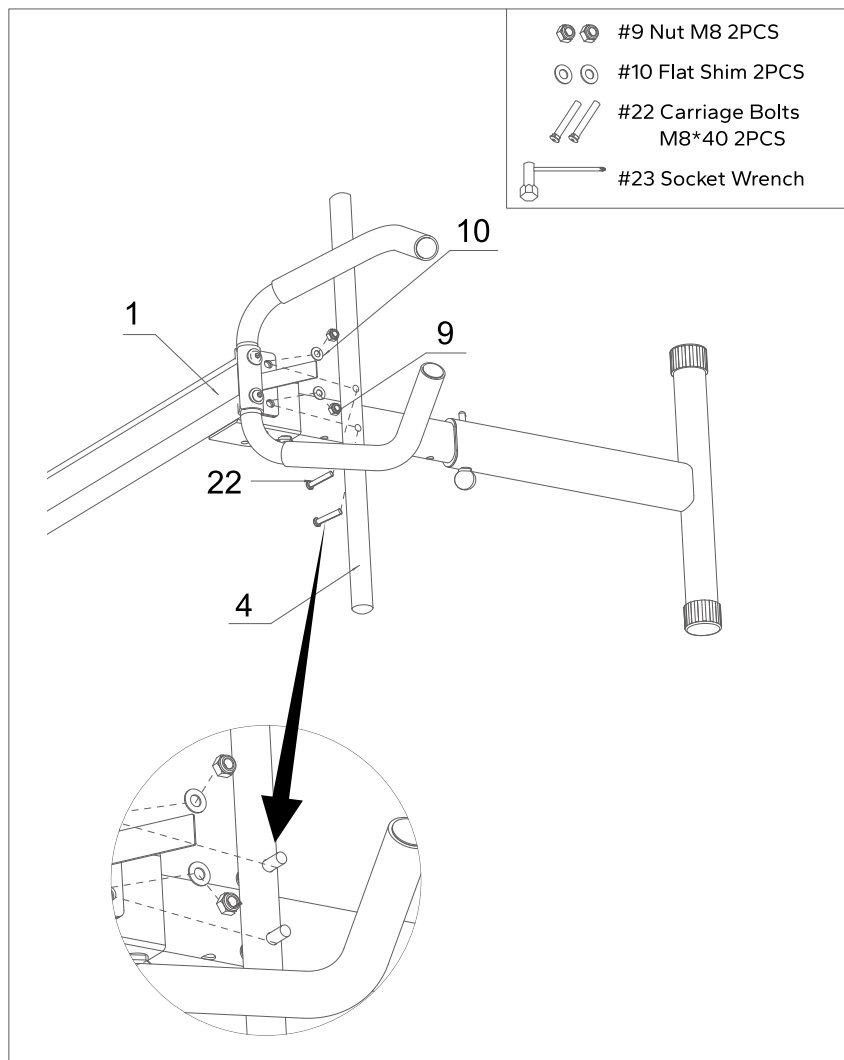
Step4: Install the Handlebar

Install Handlebar (7) with 2PCS Hexagon Socket Bolts (6) and Arc-shaped (5) onto the Main Frame (1), and tighten with Allen Key (24).



Step5: Install the Support Rod

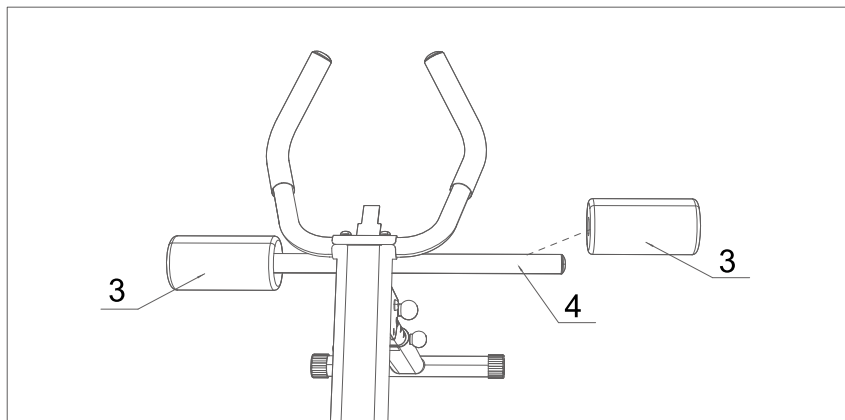
Install the Support Rod (4) with using 2PCS Nuts (9), Carriage Bolts (22) and Flat Shim (10) to onto the Main Frame (1) and tighten with Socket Wrench (23).



Step6: Install the Foam Cushions

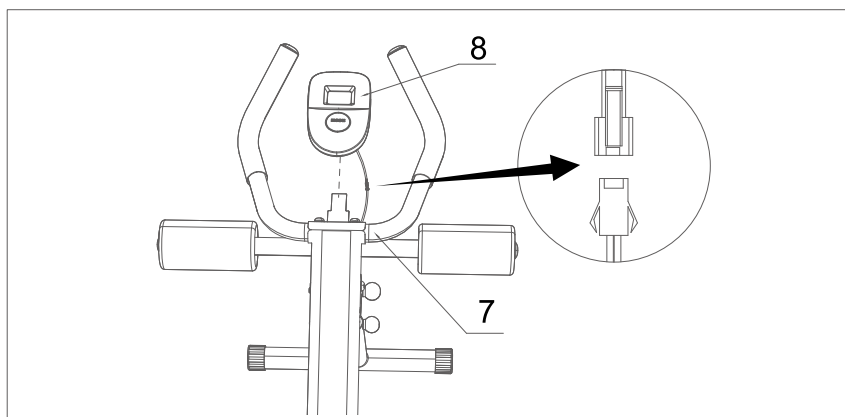
Insert the Foam Cushions (3) onto the Support Rod (4).

(NOTE: tighten on both right and left side properly.)



Step7: Install the Monitor

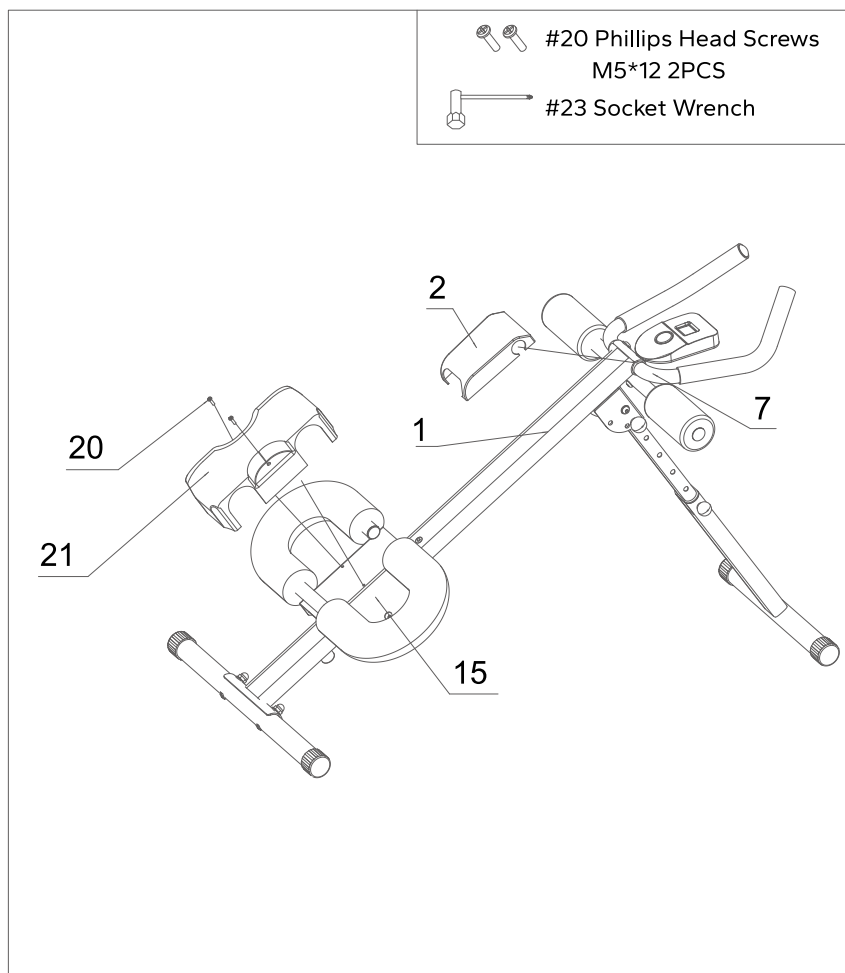
Insert the Monitor (8) into the fixing piece on the Handlebar (7). At last, install the Sensing Wires as shown in the diagram.



Step8: Install the Pad Covers

Align the Armrest Cover (2) with the Pipe and tap it into place. Use 2pcs Phillips Head Screws (20) and with Socket Wrench (23) tighten the Kneeling Pad Cover (21) to the Main Frame (1).

NOTE: 2pcs Phillips Head Screws (20) are pre-assembled on the Pulley stand (15), please remove them with Socket Wrench (23).



INSTRUCTIONS FOR THE MONITOR

SECIFICATIONS

TIME	0:00'~99:59'
COUNT	0 ~ 9999
CALORIE	0 ~ 9999KCAL
REPS/MIN	0 ~ 9999

KEYFUNCTION

MODE/SELECT: To select the function you want, press and hold the key for 4 seconds to reset all function values.

OPERATION PROCEDURES

AUTO ON/OFF: The monitor will automatically shut off if no signal is received for 4 minutes. It will power on automatically when exercise begins or a key is pressed.

FUNCTION

<1>. TIME (TMR)

Auto-memorize the workout time while exercising.

<2>. COUNT (CNT)

Accumulate the steps while exercising.

<3>. CALORIES (CAL)

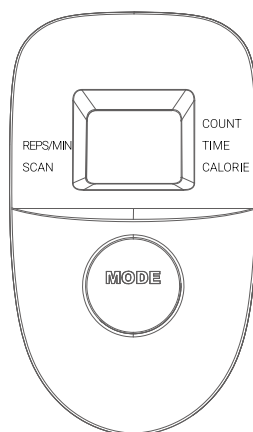
Auto-memorize calories amount consumed while exercising.

<4>. REPS/MIN (CN/M)

Display the steps per minute while exercising.

<5>. SCAN

Automatically scan through each function between ①TIME ②CAL ③REPS/MIN.



NOTE:

BATTERY : This monitor uses one "AA" battery. If there is a problem with the monitor display, replace the battery first. Please dispose of old battery according to your regional guidelines.

Batteries Installation Instructions

Remove the back cover by hand (Figure A), then install one AA battery, cover the back cover (Figure B), and the battery assembly is completed.

NOTE:

One "AA" battery is included in the package.

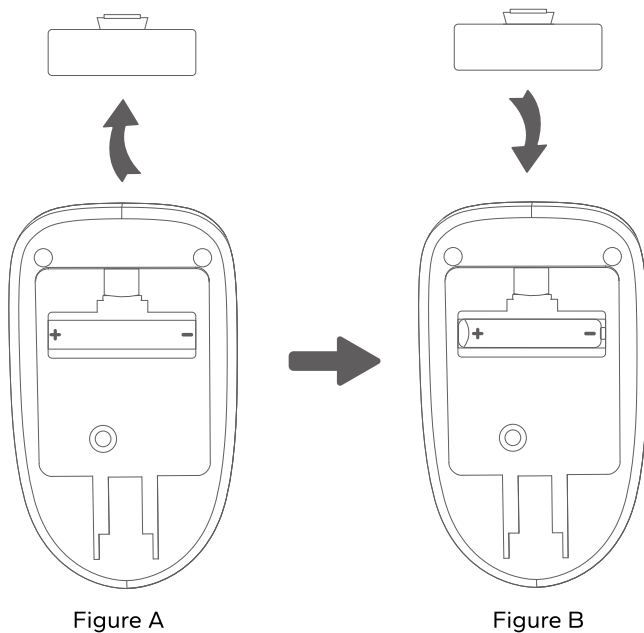


Figure A

Figure B

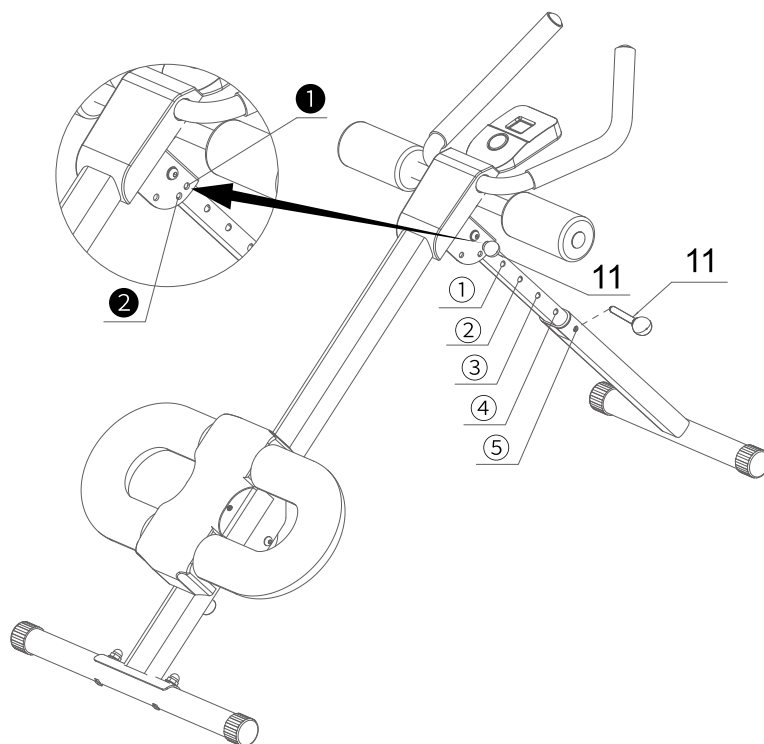
ADJUSTMENT INSTRUCTIONS

1. Pull out the Safety Pin (11) and insert it into an appropriate hole to adjust the slope.

2. **Minimum resistance:** When the angle adjustment Safety Pin(11) is in the first (①) position (outermost) and the leg Safety Pin (11) is in the first (①) position (uppermost), that is, when the product is at its lowest height, the product training difficulty is the lowest. It is recommended that novices beginners from this position.

Maximum resistance: When the angle adjustment Safety Pin(11) is in the second (②) position (innermost) and the leg Safety Pin(11) is in the fifth (⑤) position (lowermost), that is, when the product is at its highest height, the product training difficulty is the highest. It is recommended that people with a certain training foundation try it.

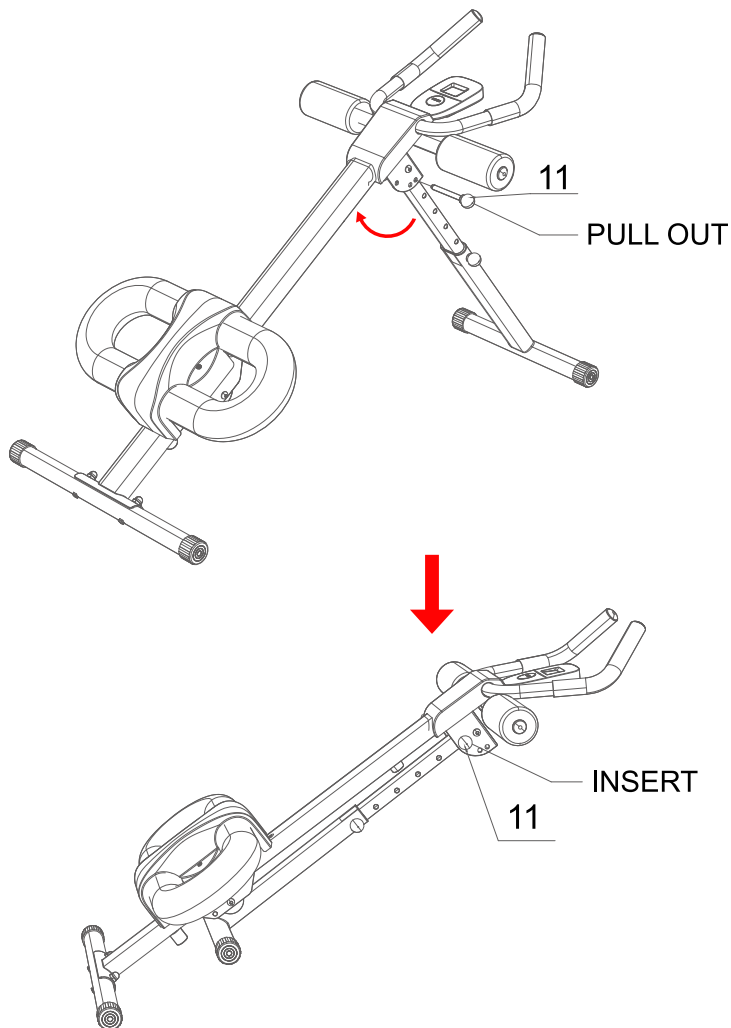
Refer to the diagram for details.



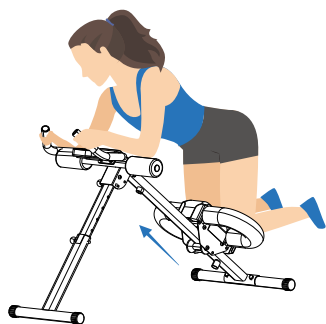
FOLDING INSTRUCTIONS

Pull out the Safety Pin (11) first, then insert the Safety Pin (11) to fix it after folding.

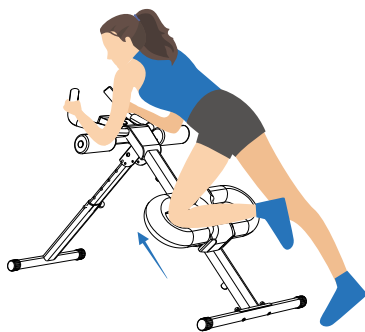
Refer to the diagram for details.



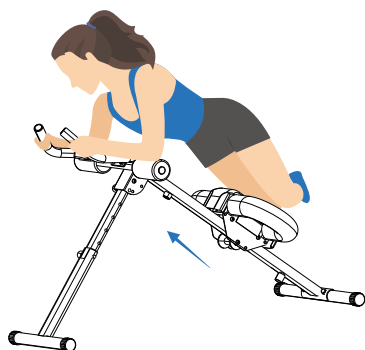
INSTRUCTIONS FOR USE



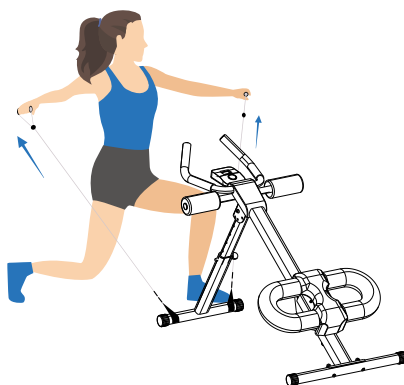
AB Workout



Glute Workout



Lateral AB Workout



Arm Workout

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

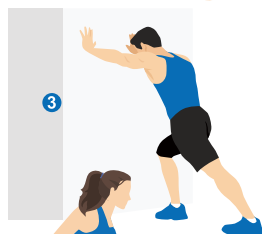
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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).



WARRANTY INFORMATION

Product Name	MERACH AB Machine
Model	MR-2314
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.



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