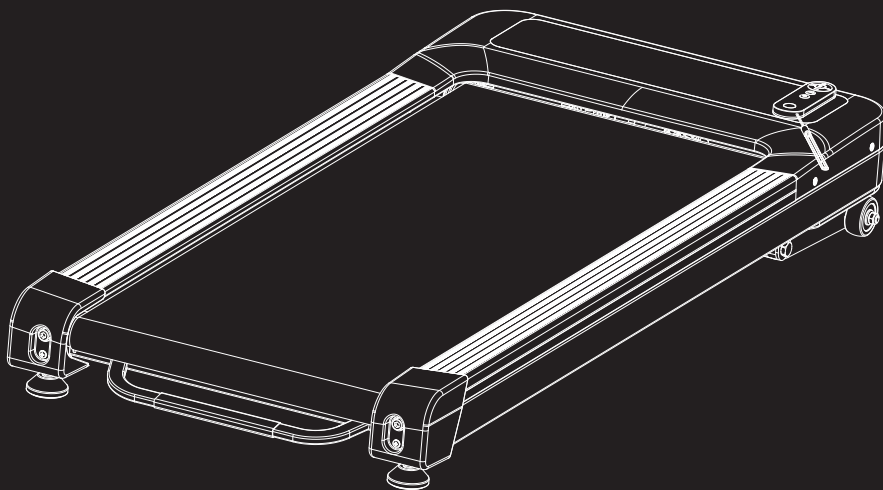


USER MANUAL

MERACH TREADMILL
UK · DE · FR · ES · IT · NL · PL · PT



Questions or Concerns?

IMPORTANT!

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

PLEASE FEEL FREE TO CONTACT US: support.eu@merach.com

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

Connect · Train · Conquer



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 treadmill as much as we do.)



Explore

Explore fitness courses

EU: merachfit.eu

DE: merachfit.de

FR: fr.merachfit.com

UK: uk.merachfit.com

(You can find the official website address based on your region. If your region is not listed below, please contact customer service.)



Enjoy

Enjoy weekly, featured courses

made exclusively by our in-house fitness instructor



Train

Unlock unlimited guided classes and never train alone again with **MERACH**.

WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



Email your item model to
register@merach.com

If you purchased the product from an authorized distributor, please contact them directly to register for the warranty.



SAFETY INSTRUCTIONS

To ensure your safety and avoid accidents, please read the manual carefully before use and pay attention to the following safety matters.

- The treadmill must be placed on flat ground, the treadmill is suitable for placing indoors, avoiding moisture and not splashing water onto the treadmill. Do not place any foreign objects on the treadmill, both sides of the treadmill and the front end should be 3.3 ft and the back end should have 6.6*3.3ft of safe use space, so as to facilitate the emergency jump away.
- When not using the treadmill, put the safety lock out of reach of children, if not used for a long time, please disconnect the power cord.
- Accessories package please put in a place where children can not get, to avoid unnecessary accidents.
- This product is not suitable for people with disabilities, or children, such as physical discomfort or mental deficiencies, and lack of common sense is prohibited, except under the supervision or guidance of a person responsible for their safety. If you do not comply, there may be a risk of injury.
- Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, so as not to interfere with the normal work of the electronic meter and controller.
- Please use the original accessories, private replacement is strictly prohibited.
- Avoid all moving parts with both hands, forbid putting hands and feet in the gap under the running belt.
- Do not put the power cord close to hot or moving objects, do not use the product outdoors, under high humidity and sunlight.
- Unplug the treadmill before moving it. Non-professional personnel must not disassemble the machine without permission, otherwise, serious consequences may occur.
- This product should not be used for a long time, long time use is easy to cause the treadmill electrical overheating and lead to electrical failure.
- Use qualified sockets to avoid bringing danger. If the plug and socket are not compatible, please do not move the plug, ask a professional to handle it.

- The product is suitable for home use, not suitable for professional training and testing, and can not be used for medical purposes.
- Do not use in the shell cracked, broken off state (internal structure exposed) or welding parts cracked state.
- Do not jump up or down on the machine during exercise, which may lead to injury due to a fall.
- Do not use after eating and drinking, fatigue, or poor physical condition, which may lead to damage to health.
- The product's maximum load is 180kg/400lbs.

Power Cord Grounding Instructions

- This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.
- The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
- DANGER – Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.
- Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 220-240 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



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.



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-T25 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.

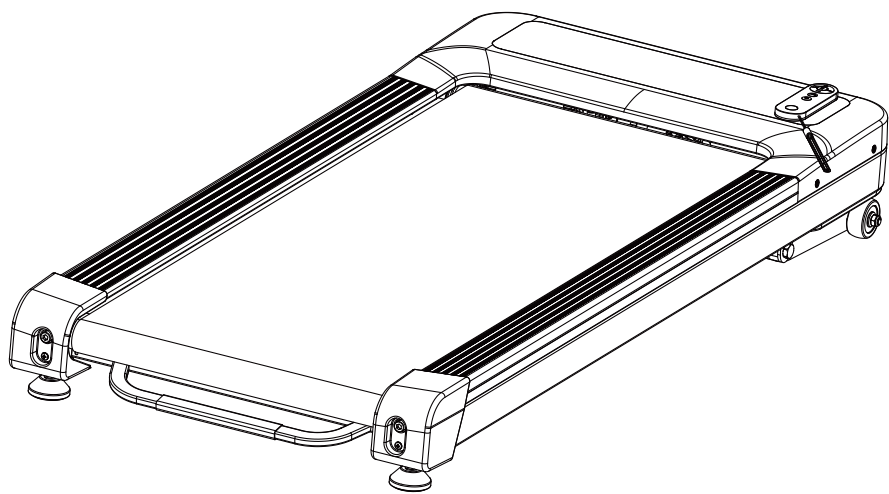
Manufactured by:

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

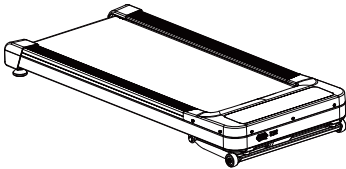
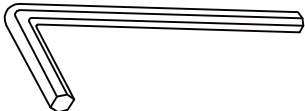
Imported by:

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

SPECIFICATIONS



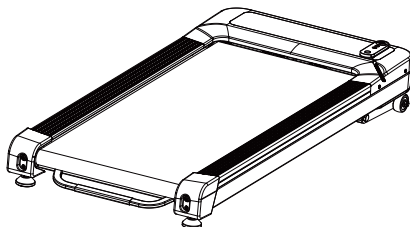
Product Name:	MERACH Treadmill
Model:	MR-T25
Voltage:	220-240V-50/60Hz
Horsepower:	3.5HP
Running Area:	420*1050mm/16.5*41.3inch
Speed Range:	1.0-6.5km/h
Maximum Weight Capacity:	180kg/400lbs
Net Weight:	30.5kg/67.2lbs
Product Dimensions:	1275*565*155mm/50.2*22.2*6.1inch
Radio Frequency:	2,4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	1,83dBm

 Main Machine * 1	 Remote Control * 1
 Power Cord * 1	 Inner Hexagonal Wrench * 1
 User Manual * 1	

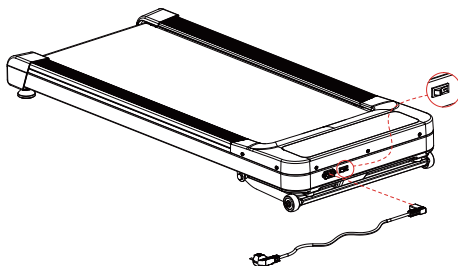
INSTRUCTIONS ON PRODUCT USAGE

I. Operation Instructions:

1. Place the treadmill flat on the ground. In case of uneven ground or treadmill shaking, adjust the 2 adjustable foot pads at the bottom of the treadmill (as shown in Figure) to the appropriate position. The foot pads must be in close contact with the ground.

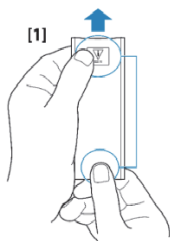


2. As shown in Figure, plug the power cord into the front socket of the treadmill, turn on the power, and switch on the power switch at the front of the treadmill. The treadmill enters standby mode.



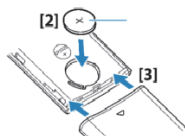
3. Control the treadmill using the remote control.

Slide the cover out in the direction indicated [1], and replace the old battery with a new one [2]. Slide the rear cover back into place in the direction indicated [3].



Rear cover

Slide the cover with holding these positions firmly.



Exercise Precautions:

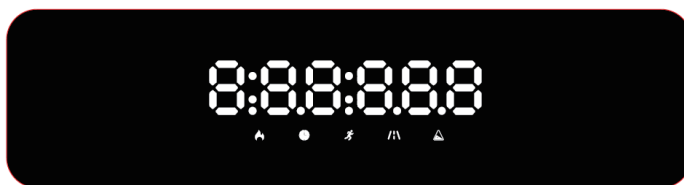
1. Always wear athletic shoes.
2. Do not use on uneven surfaces.
3. Do not walk up or down on the treadmill while it is in motion.
4. Use with caution for the elderly and pregnant women.
5. Only one person should use the treadmill at a time.
6. Do not bring pets on the treadmill.
7. Avoid lateral movements.
8. Children must be supervised when using.
9. Do not move backward.
10. Keep your gaze level to prevent dizziness.
11. Do not step on the treadmill cover.
12. Do not store upright.
13. Keep feet, hands, and fingers away from moving parts.
14. Unplug when not in use.
15. Do not store in a sideways position.



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, CR2032 Lithium battery.
- 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.





II. Window display:

At startup, the display shows "3", "2", "1" for countdown. When the treadmill is running, the display automatically cycles every 5 seconds in the following order:

"**CAL**" → "**TIME**" → "**SPEED**" → "**DIST**" → "**INC**".

1. 🔥 "**CAL**" window:

- Forward count: 0.0 to 9999 kcal, then restarts from 0.0.
- Countdown: decreases from the set calorie value to 0.0. When calories reach 0.0, the treadmill slows down smoothly, stops, and enters standby mode.

2. 🕒 "**TIME**" window:

- Forward count: 0:00 to 99:59, then restarts from 0:00.
- Countdown: decreases from the set time to 0:00. When the time reaches 0:00, the treadmill slows down smoothly, stops, and enters standby mode.

3. 🏃 "**SPEED**" window:

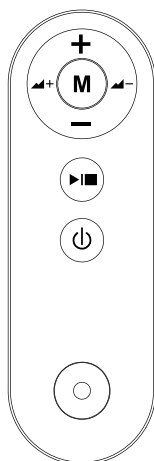
Displays the current running speed. Range: 1–6.5 km/h.

4. 📏 "**DIST**" window:

- Forward count: 0.0 to 999 km, then restarts from 0.0.
- Countdown: decreases from the set distance to 0.0. When the distance reaches 0.0, the treadmill slows down smoothly, stops, and enters standby mode.

5. ⚡ "**INC**" window:

Displays the current incline level. Range: 0–12.



III. Remote control button function

1. Pairing and Cancel Pairing

*When multiple machines are in use, pair the remote with the treadmill to avoid misoperation. For a single machine, pairing is not required.

Hold "⊕" to power on. A beep will sound and "0:00" will appear, indicating successful pairing. Pairing will be cleared after reconnecting the power.

2. "▶■" Button

- When the power is on, press this button in standby mode to start the treadmill.
- During exercise, short press this button to pause the treadmill (all data except speed and incline will be retained). The display will show "PAUS".
- During exercise, press and hold this button for 3 seconds to stop the treadmill and reset all data to zero.
- In pause mode, press this button to resume running at the minimum speed of 1km/h.

3. "⊕" Button

After the treadmill starts, press this button to increase the speed by 0.1 km/h each time. Hold the button for more than 1 second to increase continuously.

4. "⊖" Button

After the treadmill starts, press this button to decrease the speed by 0.1 km/h each time. Hold the button for more than 1 second to decrease the speed continuously.

5. "M" Button

Pressing this key can cycle through the selection of "0:00", "30:00", "1.0", and "50.0" ("0:00" is the manual mode, "30:00" is the time countdown mode, "1.0" is the distance countdown mode, and "50.0" is the calorie countdown mode.) When selecting various modes, the speed up and down keys can be used to set the relevant countdown values. After setting is completed, press the "▶" button to start the treadmill.

6. "▲" Button

After the treadmill starts, press this button to increase the incline by 1 level each time. Hold the button for more than 1 second to increase continuously.

7. "▼" Button

After the treadmill starts, press this button to decrease the incline by 1 level each time. Hold the button for more than 1 second to decrease continuously.

8. "⏻" Button

- In the running state of the treadmill, this button can be used to stop the treadmill and reset it to zero.
- When the treadmill is in standby mode, this button can be used to enter the screen off power-saving mode.
- When the treadmill is in a paused state, this button can be used to reset the treadmill to zero.

NOTE:

Ascension self-test: Press and hold the "▲" button at the moment of power on to display the current Ascension segment, then press "M" button to enter self-test.

IV. Quick start

- Turn on the power switch.
- Press the "M" button to select the mode and set the parameters.
- Press the "▶" button to start. The system will enter a 3-second countdown, the buzzer will sound, and the speed window will display the countdown. After the countdown, the treadmill starts running at 0.6 mph.
- When the treadmill is running, press the "+" and "-" buttons to adjust the speed, and press the "▲" and "▼" buttons to adjust the incline.
- Press the "⏻" button to pause the treadmill.
- Press the "⏻" button to gradually slow down the treadmill until it stops. You can turn off the treadmill at any time using the power switch. Doing so will not damage the machine.

V.Sleep Function:

If no operation is performed for 10 minutes in pause mode, the machine enters standby.

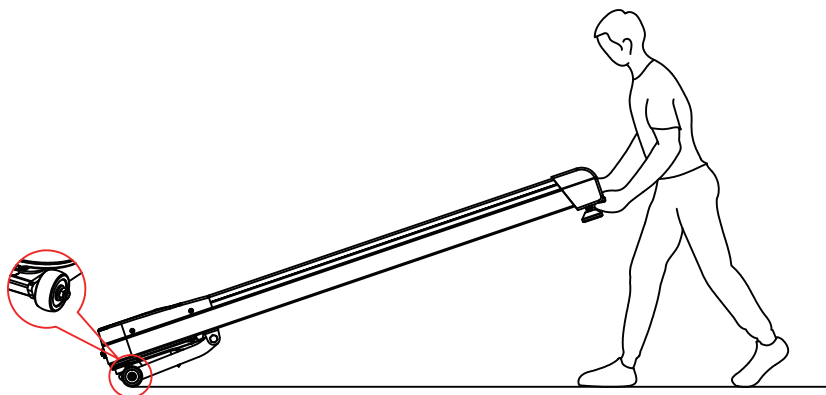
If no operation is performed for 10 minutes in standby, the machine enters sleep. Press any key to wake it.

VI.Workout Parameter Display and Setting Ranges

Setting parameters	Initial values	Setting initial values	Set range	Display range
Time(min:sec)	0:00	30:00	5:00-99:00	0:00-99:59
Incline	0	/	/	0-12
Speed(km/h)	0.0	1.0	1.0-6.5	1.0-6.5
Distance(km)	0.0	1.0	0.5-99.9	0.0-999
Calories(kcal)	0.0	50.0	10.0-999	0.0-9999

VII. Moving and Transporting:

If transportation is required, please disconnect the power cord first, lift the rear end of the treadmill, and then move it.



VIII. Storage:

- 1.Place the treadmill on a flat surface.
- 2.Do not store the treadmill upright, inverted, or sideways to prevent damage.

APP SETUP INSTRUCTION

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



2. Open the MERACH app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.
4. Select "Treadmill", and finish your "MRK-T25-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-UP

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then do some stretches shown below - 5 times, 10 seconds or more per leg. Do it again after the workout.

1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).



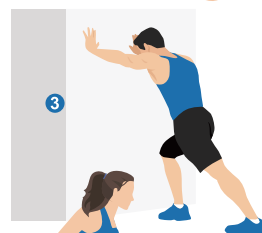
2. Seated hamstring stretch

Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



3. Calf and Achilles tendon stretch

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



4. Quadriceps stretch

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



5. Sartorius (inner thigh muscle) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax.

Repeat 3 times (see Figure 5).



TROUBLESHOOTING

Problem	Reason	Solution
Console Displays E01 (Communication error)	1. The interface between the upper and lower control main connection lines is loose. 2. The upper and lower control main connection lines are damaged. 3. The electronic watch is faulty. 4. The controller is damaged.	1. Re reinforce the connection line interface. 2. Replace the upper and lower control main connection cables. 3. Replace the electronic watch. 4. Replace the controller.
Console Displays E02 (Motor overvoltage protection)	1. The voltage of power grid is unstable, with high peak voltage. 2. The controller is damaged.	1. It is necessary to add an external filtering regulator. 2. Replace the controller.
Console Displays E03 (Undervoltage Protection)	1. The voltage of power grid is unstable, with low peak voltage. 2. The controller is damaged.	1. It is necessary to add an external filtering regulator. 2. Replace the controller.
Console Displays E04 (Excessive Three-Phase Current)	1. Main motor damaged. 2. Controller malfunction. 3. Main motor blocked by foreign objects and unable to rotate.	1. Replace the motor. 2. Replace the controller. 3. Check inside the machine for foreign objects blocking operation.
Console Displays E09 (Ascension self-test failed)	1. The ascending motor wire is not connected or loose. 2. The lifting motor is open circuited and damaged. 3. The controller is damaged.	1. Reinforce the connection line of the lifting motor. 2. Replace the lifting motor. 3. Replace the controller.
Console Displays E14 (Heatsink NTC Overtemperature)	1. Controller temperature too high. 2. Controller malfunction.	1. Stop using the machine until the temperature returns to normal. 2. Replace the controller.
Console Displays E15 (Power transistor breakdown Explosion proof surge protection)	1. Power transistor breakdown, controller damage.	1. Replace the controller.

For parts replacement, please contact customer service for assistance and follow their guidance. Do not attempt to replace parts on your own.

MAINTENANCE

Maintenance Guide

WARNING: Always unplug the motorized treadmill before cleaning or maintaining the product.

CLEANING: A thorough cleaning will extend the life of your motorized treadmill.

Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of both sides of the treadmill belt, as this will minimize the buildup of impurities under the belt.

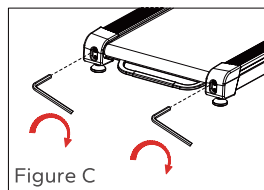
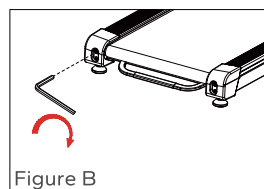
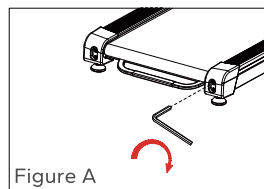
Make sure your sneakers are clean to avoid carrying foreign objects under the running belt that could wear down the running board and running belt. The surface of the running belt should be cleaned with a soapy damp cloth, please be careful not to splash water on the electrical components and under the running belt.

Running belt adjustment

1. To better maintain your motorized treadmill and prolong the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it again.
2. If the running belt is too loose, there will be slipping phenomenon when running; if it is too tight, over-tightening may reduce the performance of the motor and increase the wear and tear of the roller and running belt. When the running belt is suitable for loosening or tightening, you can lift both sides of the running belt away from the running board by hand about 50 - 75mm.

Treadmill belt centering

1. Place the motorized treadmill on a level surface. Run the motorized treadmill at about 4-5km/h and observe the running belt deviation.
2. If the running belt is to the right, unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn in clockwise direction, insert the power switch and safety lock, run the treadmill and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure A.
3. If the running belt is off to the left, unplug the safety lock and power switch, turn the left adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill, and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure B.
4. The treadmill belt will loosen after the above adjustments or after a period of use, and needs to be adjusted. Unplug the safety lock and power switch, turn the left and right adjusting bolts 1/4 turn clockwise, plug in the power switch and safety lock, run the treadmill, and then stand on the running belt to check the tightness. Repeat the above steps until the running belt is at the right level of tightness. Figure C.



WARRANTY INFORMATION

Product Name	MERACH Treadmill
Model	MR-T25
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.

@merach



Contact Us
Customer Service

Official Website

@Merachfit



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support.eu@merach.com

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DE : merachfit.de
FR : fr.merachfit.com
UK : uk.merachfit.com