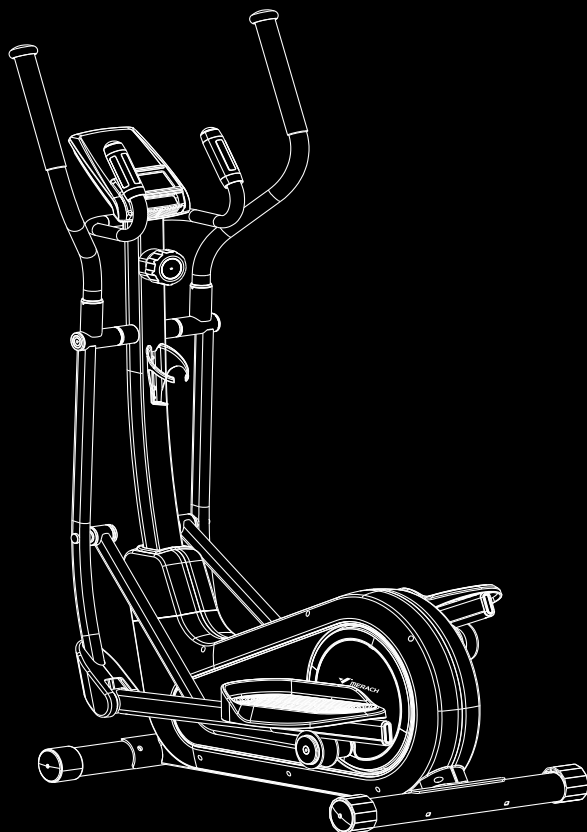


USER MANUAL

MAGNETIC ELLIPTICAL MACHINE

EN • DE • FR • ES • IT • NL



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

support.eu@merach.com

MODEL: MR-E33

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





WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



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



Email your item model to
support.eu@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.

EN • English

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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.
- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. He can define the maximum setting (Pulse, Duration of training etc) to which you may train yourself and can get precise information during training.
- Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any symptom (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.
- Set up the machine in a dry level place and keep it away from moisture and water.
- 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 330lbs/150kg.
- This machine is not for professional medical treatment.
- This product is only for customer 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.
- When using the machine, please put the pedal to the lowest position for easy to get on the machine.
- Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- When the product is in use, it follows an elliptical motion trajectory driven by the inertia of the internal flywheel. Resistance needs to be manually adjusted using the knob during usage. This product is not speed-dependent, the speed is reflective of the frequency of the motion trajectory. Before stopping the use of the equipment, there will be a certain level of inertia. Please ensure that the pedals have come to a complete stop before leaving the device.
- The equipment is not equipped with a free wheel, therefore the moving parts cannot be stopped immediately. Please grasp the handlebar during movement to avoid tossing out.

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.



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-E33 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.

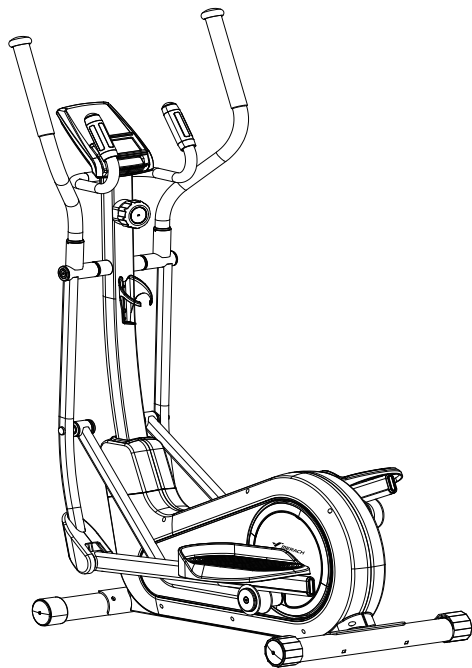
Manufactured by:

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

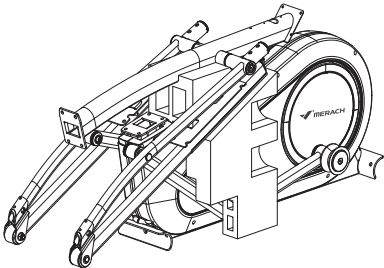
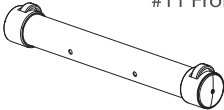
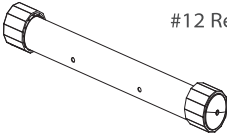
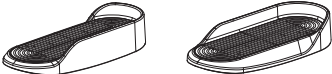
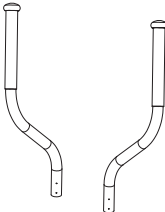
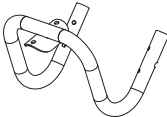
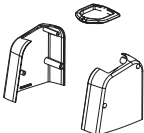
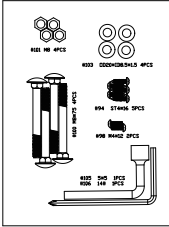
SPECIFICATIONS



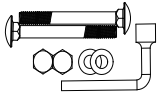
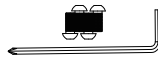
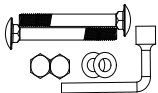
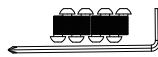
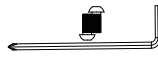
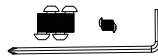
Name:	MERACH Magnetic Elliptical Machine
Model:	MR-E33
Resistance:	Magnetic Resistances(1-16)
Recommend Max Weight:	330lbs/150kg
Net Weight:	100.8lbs/45.7kg
Product Dimensions:	39.8*22.8*61.3inch/1010*580*1558mm
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	3.09dBm

PARTS LIST

Check if all parts and accessories are in the package.

#1 Main Frame 		#11 Front Foot Tube 
		#12 Rear Foot Tube 
		#55 Left Pedal #56 Right Pedal 
#13 Left Handlebar #14 Right Handlebar 	#10 Middle Handlebar 	#35 Left Handlebar Cover x1 #36 Right Handlebar Cover x1 #37 Handlebar Post Washer x1 
		#52 Cup Holder #38 Left Pillar Decorative Cover x2 #39 Right Pillar Decorative Cover x2 
#60 Monitor AA battery*2 	Screws&Kits 	User Manual 

PARTS TOOL LIST

Step 1		#100 Carriage Screw M8*75 2PCS #101 Nylon Cap M8 2PCS #103 Arc Washer 2PCS #106 Socket Wrench 14# 1PC
Step 2		#89 Flat Head Hexagon Screw M8*25 4PCS #105 Allen Wrench 5*5 1PC
Step 3		#100 Carriage Screw M8*75 2PCS #101 Nylon Cap M8 2PCS #103 Arc Washer 2PCS #106 Socket Wrench 14# 1PC
Step 4		#94 Flat Head Cross Screw ST4*16 3PCS #105 Allen Wrench 5*5 1PC
Step 5		#99 Hexagon Screw M8*15 8PCS #105 Allen Wrench 5*5 1PC
Step 6		#102 Flat Head Hexagon Screw M8*16 2PCS #105 Allen Wrench 5*5 1PC
Step 7		#107 Round Head Cross Screw M5*12 4PCS #105 Allen Wrench 5*5 1PC
Step 8		#102 Flat Head Hexagon Screw M8*16 4PCS #98 Phillips Round Head Screw M4*12 2PCS #105 Allen Wrench 5*5 1PC
Step 9		#94 Flat Head Cross Screw ST4*16 2PCS #105 Allen Wrench 5*5 1PC

INSTALLATION GUIDE

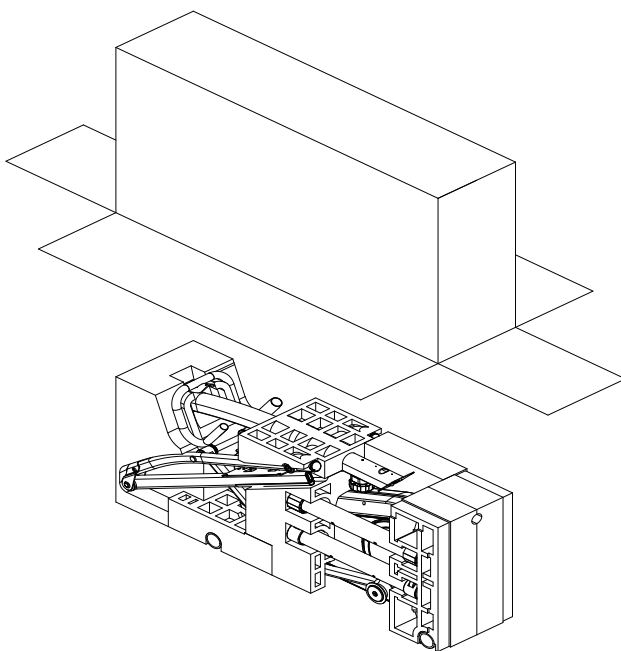


Tips

Scan QR code to watch
installation video

Unboxing Guide

Open the carton from the bottom and pour out the product.

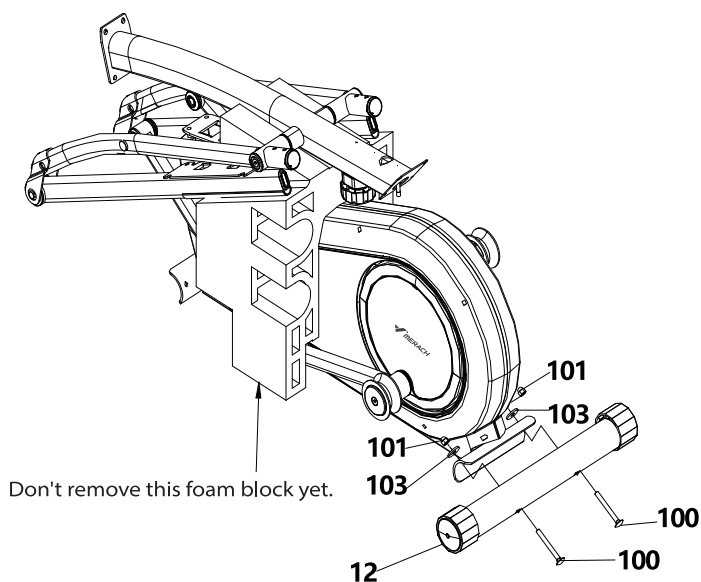


WARM TIPS: Recommend that two people assemble the equipment together , because of the equipment is relatively large.

Step 1: Installing the Rear Foot Tubes

- A. Align the Rear Foot Tubes (12) with the screw holes at the rear ends of the Main Frame (1) respectively.
- B. Use a Socket Wrench (106), Carriage Screw (100), Nylon Cap (101) and Arc Washer (103) to tighten the Rear Foot Tubes (12).

#100 Carriage Screw M8*75	2PCS
#101 Nylon Cap M8	2PCS
#103 Arc Washer	2PCS
#106 Socket Wrench 14#	1PC



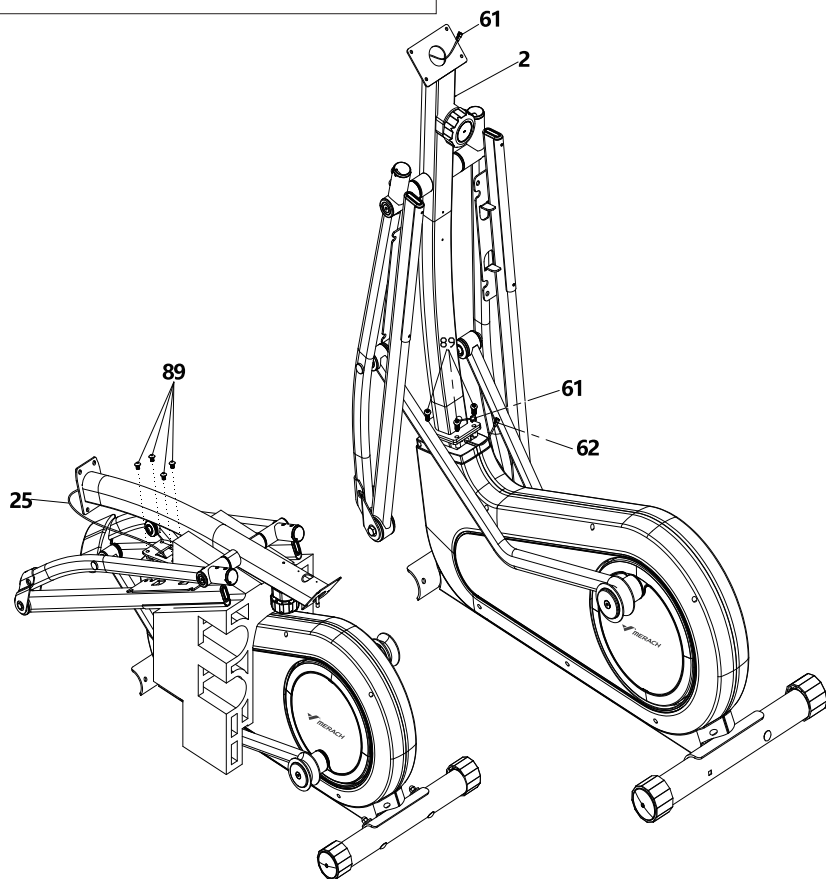
Step 2: Locking the Handlebar Post

- A. Remove the Flat Head Hexagon Screw (89) pre-installed on the Main Frame (1).
- B. Lift the Handlebar Post (2) up in the direction of the arrow and push the TCD lower cable (25) down into the Main Frame (1).
- C. Use the Allen Wrench (105) and Flat Head Hexagon Screw (89) to lock the Handlebar Post (2).
- D. Connect the Wires (61 & 62).

#89 Flat Head Hexagon Screw M8*25 4PCS

#105 Allen Wrench 5*5

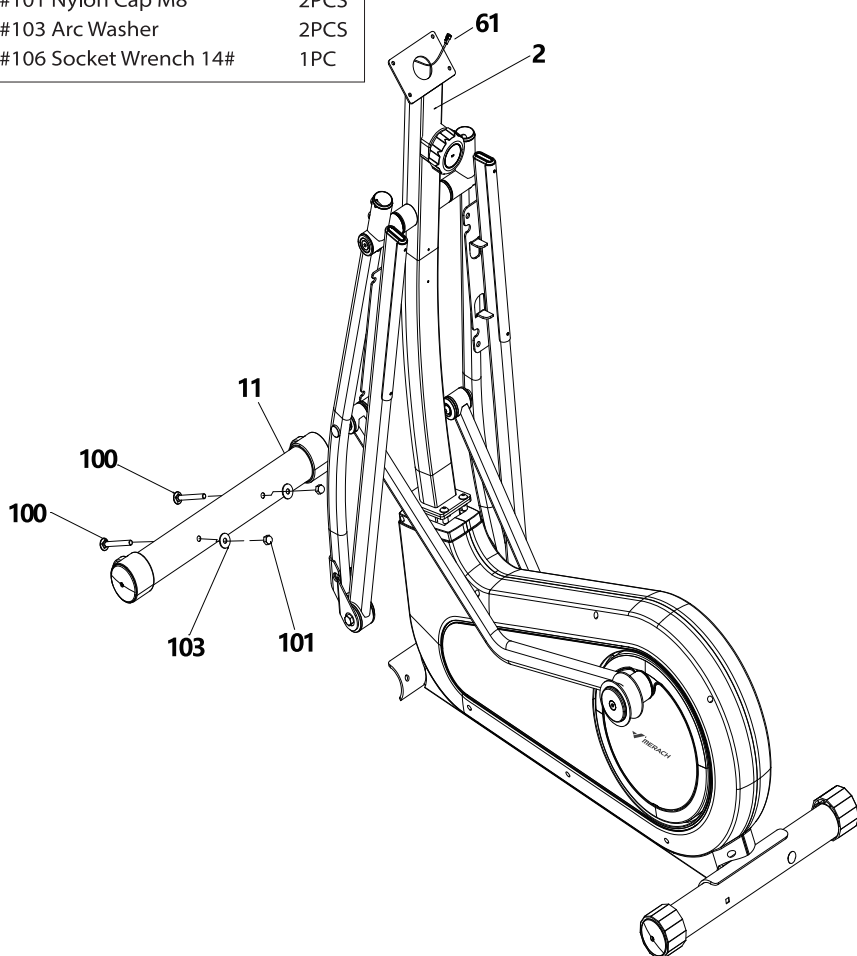
1PC



Step 3: Installing the Front Foot Tubes

- A. Align the Front Foot Tubes (11) with the screw holes at the rear ends of the Main Frame (1) respectively.
- B. Use a Socket Wrench (106), Carriage Screw (100), Nylon Cap (101) and Arc Washer (103) to tighten the Front Foot Tubes (11).

#100 Carriage Screw M8*75	2PCS
#101 Nylon Cap M8	2PCS
#103 Arc Washer	2PCS
#106 Socket Wrench 14#	1PC



Step 4: Installing the Handlebar Post Decorative Cover

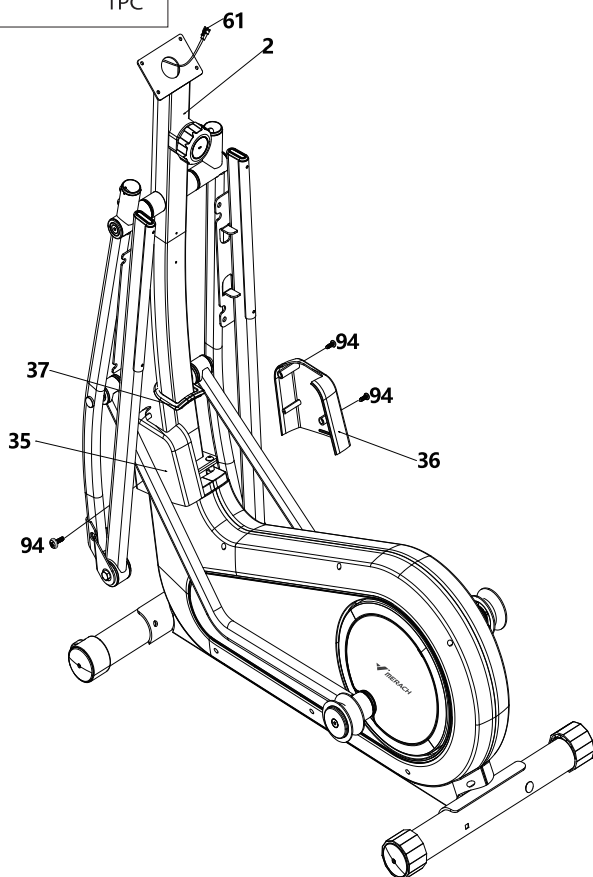
A. Place the Left and Right Pillar Decorative Cover (35 & 36) on the respective sides of the Handlebar Post (2).

B. Use an Allen Wrench (105) and Flat Head Cross Screw (94) to tighten the Left and Right Pillar Decorative Cover (35 & 36).

C. Place the Handlebar Post Gasket (37) over the Pillar Decorative Cover (35 & 36).

NOTE: There are two pillars on the inside and bottom of the Left & Right Pillar Decorative Cover (35 & 36) that need to be aligned with the holes in the outer cover before they can be closed.

#94 Flat Head Cross Screw ST4*16 3PCS
#105 Allen Wrench 5*5 1PC

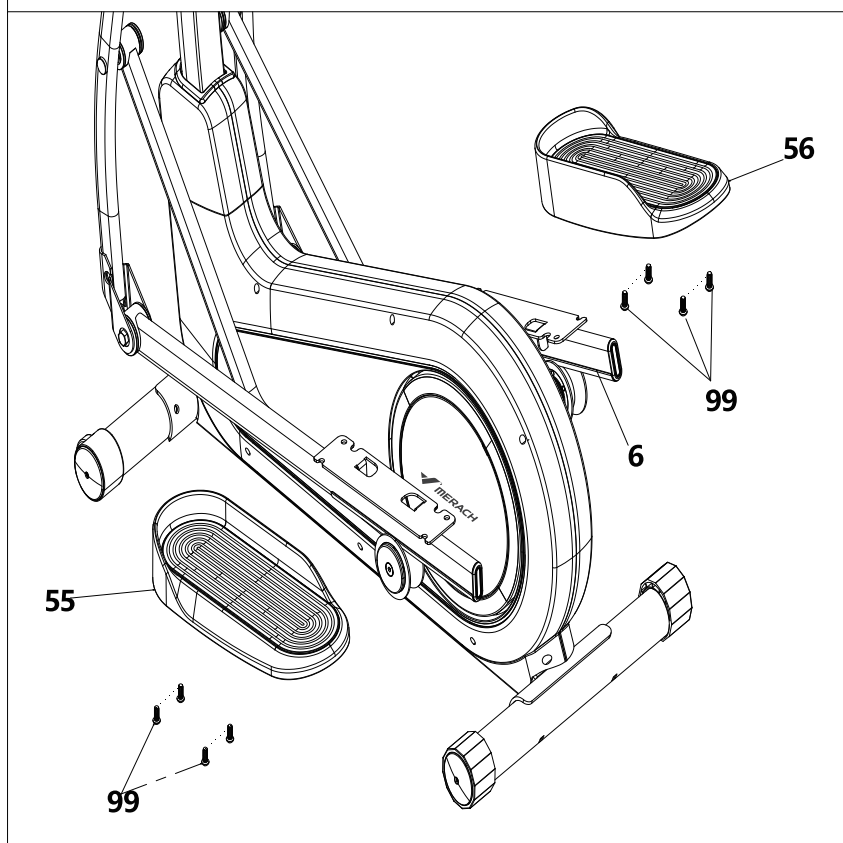


Step 5: Installing the Pedals

- A. Cut the cable tie, place the Right Pedal (56) on the Right Pedal Tube (6) mounting bracket and align the holes.
 - B. Use an Allen Wrench (105) and Hexagon Screw (99) to tighten the Right Pedal (56).
 - C. Install the Left Pedal (55) in the same way.
- NOTE:** Raise the pedal tube up for screwing conveniently the Hexagon Screw (99) into the Foot Pedal.

#99 Hexagon Screw M8*15
#105 Allen Wrench 5*5

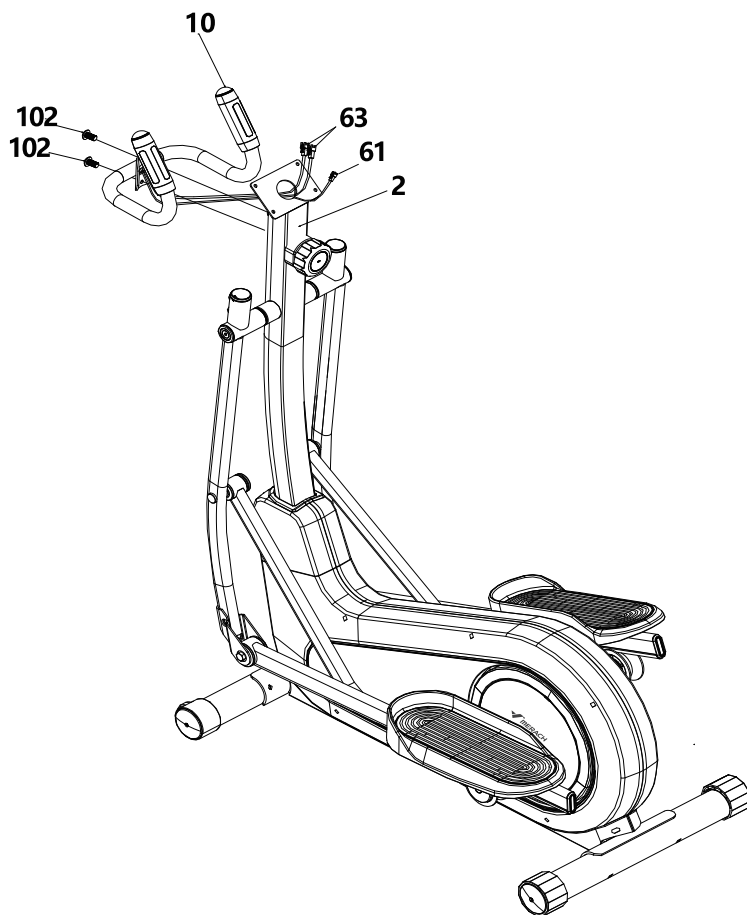
8PCS
1PC



Step 6: Install the Middle Handlebar

- A. Thread the Wire (63) of Middle Handlebar (10) through to the bottom of the Handrail Post (2).
- B. Align the Middle Handlebar (10) and the Handlebar Post (2) with the holes.
- C. Tighten the Middle Handlebar (10) with the Allen Wrench (105) and the Flat Head Hexagon Socket (102) removed in advance.

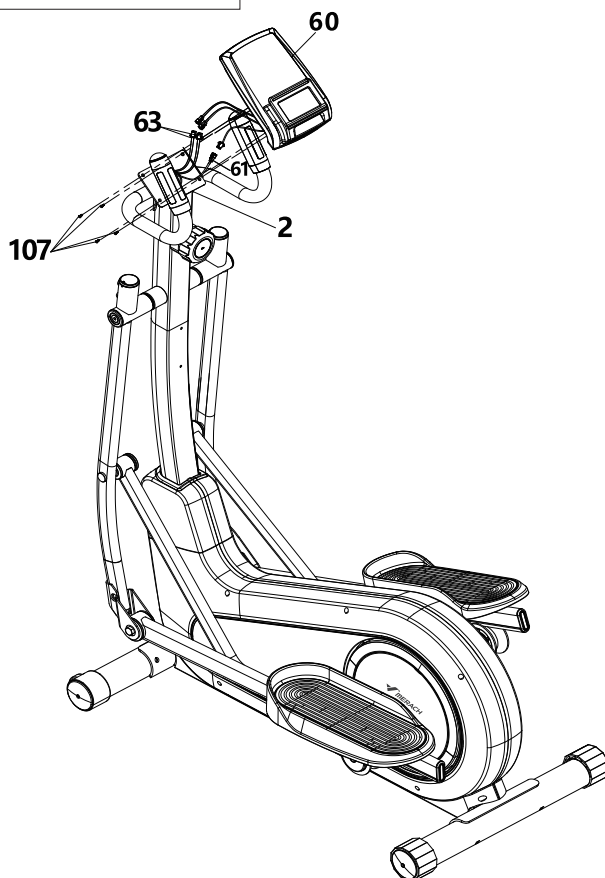
#102 Flat Head Hexagon Screw M8*16	2PCS
#105 Allen Wrench 5*5	1PC



Step 7: Installing the Monitor

- A. Remove the Round Head Cross Screw (107) pre-installed on the back of the electronic watch.
- B. Connect the Sensor Wire(61 & 63).
- C. Place the Monitor (60) on the mounting bracket of the Handlebar Post (2) and align the holes.
- D. Use an Allen Wrench (105) and Round Head Cross Screw (107) to tighten the Monitor (60).

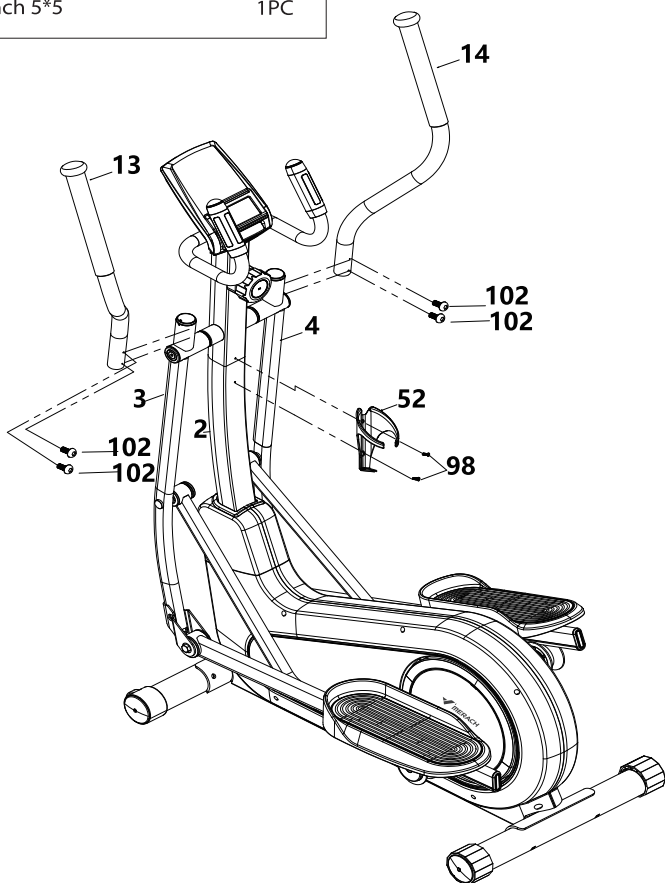
#107 Round Head Cross Screw M5*12 4PCS
 #105 Allen Wrench 5*5 1PC



Step 8: Installing the Handlebar and Cup Holder

- A. Connect the Right Handlebar (14) labeled with "R" to the Right Lower Handle Pipe (4) and align the holes.
- B. Use an Allen Wrench (105) and Flat Head Hexagon Socket Screws (102) to tighten the right handlebar tube.
- C. Install the Left Handlebar (13) labeled with "L" following the same procedure.
- D. Align the Cup Holder (52) with the holes on the Handlebar Post (4), and Use an Allen Wrench (105) and Phillips Flat Head Screw (98) to tighten the Cup Holder (52).

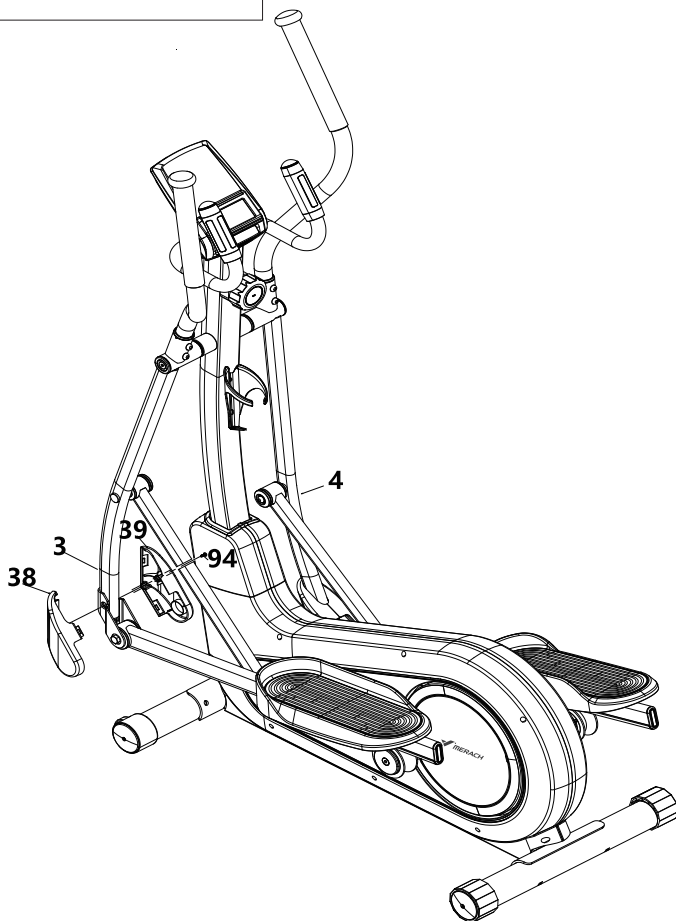
#102 Flat Head Hexagon Screw M8*16	4PCS
#98 Phillips Flat Head Screw M4*12	2PCS
#105 Allen Wrench 5*5	1PC



Step 9: Installing the Pillar Decorative Cover

- A. Align the Pillar Decorative Cover (38 & 39) with the holes on the Right Lower Handle Pipe (3) and snap it closed.
- B. Use an Allen wrench (105) and Flat Head Cross Screw (94) to tighten.
- C. Install the other side Pillar Decorative Cover using the same method.

#94 Flat Head Cross Screw ST4*16	2PCS
#105 Allen Wrench 5*5	1PC



PRODUCT USAGE INSTRUCTIONS

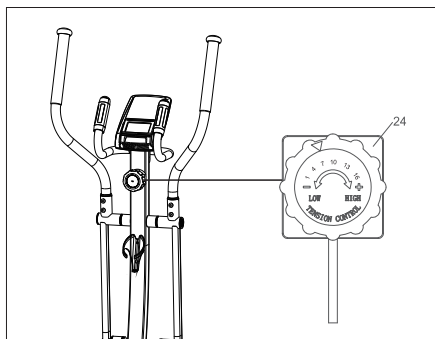
Resistance Adjustment Instructions

Turn the resistance knob so that the arrow is aligned with the gear number, as shown in the figure.

Turn clockwise to gradually increase the resistance,

Turn counterclockwise to gradually decrease the resistance.

Number 16 has the highest resistance, and number 1 has the lowest resistance.



Foot Pad Adjustment:

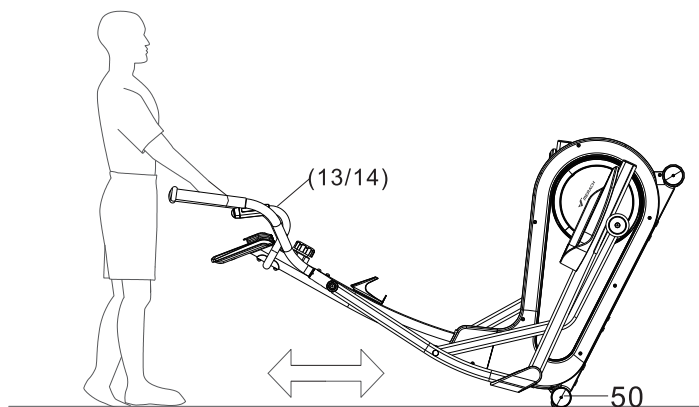
When the overall balance of the machine is poor, you can adjust it by using the 2 adjustment foot pads (51) on the rear foot tube. Rotate the foot pads to fully support the ground, and the machine will no longer shake.



Machine Moving Instructions:

Grab the Left and Right Handlebars with your hands and press down. When the Front Foot Tube touches the ground, you can drag it forward and backward.

Note: The best drag angle is when the handlebars and Front Foot Tube form a 45°.



Battery Installation Instructions

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

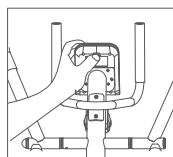


Figure A

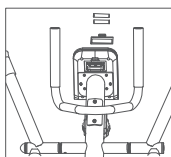


Figure B

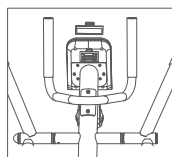


Figure C

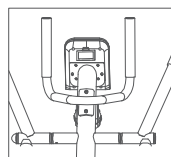


Figure D

MONITOR INSTRUCTIONS

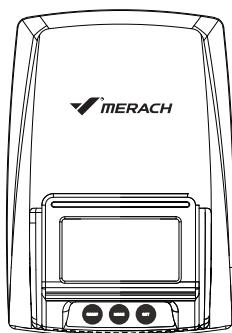
MODE-Push down for selecting functions.

If the long time holds down **MODE** button down for resetting Time, Distance and Calories.

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

RESET - Push down for resetting Time, Distance and Calories.

FUNCTION AND OPERATIONS



1. SCAN:

Press "**MODE**" button until "**SCAN**" appears, monitor will rotate through all the 6 functions: Time, Speed, Distance, Calories, ODO and PLUSE, each display will be hold 6 seconds.

2. TIME:

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

(2) Press "**MODE**" button until "**TIME**" appears, press "**SET**" button to set exercise time.

When the "**SET**" is zero, the computer will stop 1 second after the start of the time.

3. SPEED: Display current speed.

4. DIST:

(1) Count the distance from exercise start to end.

(2) Press "**MODE**" button until "**DIST**" appears, press "**SET**" button to set exercise distance.

When the "**SET**" is zero, the computer will stop about 1 second after the start of the time.

5. CALORIES:

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

(2) Press "**MODE**" button until "**CAL**" appears, Press "**SET**" button to set exercise calories.

When the "**SET**" is zero, the computer will stop about 1 second after the start of the time.

6. ODO:

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

7. PULSE:

Press "**MODE**" button until "**PULSE**" appears. Before measuring your pulse rate, please place your palms of your hands on Both of your contact pads and the monitor will show your current heart beat rate in beats per minute(BPM) on the LCD after 6-7 seconds.

Remark: During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2-3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

NOTE:

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

SPECIFICATIONS:

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

APP SETUP INSTRUCTION

Download and use of MERACH

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



MERACH APP Download



APP Connection Guide



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

Download and use of KINOMAP



1. To download the Kinomap app, scan the QR code or search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose Merach.
5. Select "Ellipticals", and find your "MRK-E33L-XXXX".
6. Start training and explore different workout methods.

WARM-UP

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

1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax.

Repeat 3 times (see Figure 1).



2. Seated hamstring stretch

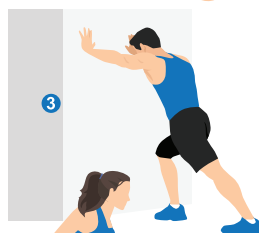
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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



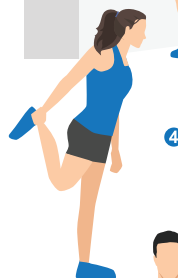
3. Calf and Achilles tendon stretch

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



4. Quadriceps stretch

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



5. Sartorius (inner thigh muscle) stretch

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

Repeat 3 times (see Figure 5).



WARRANTY INFORMATION

Product Name	MERACH Magnetic Elliptical Machine
Model	MR-E33
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:

 **44-1315070255 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.**