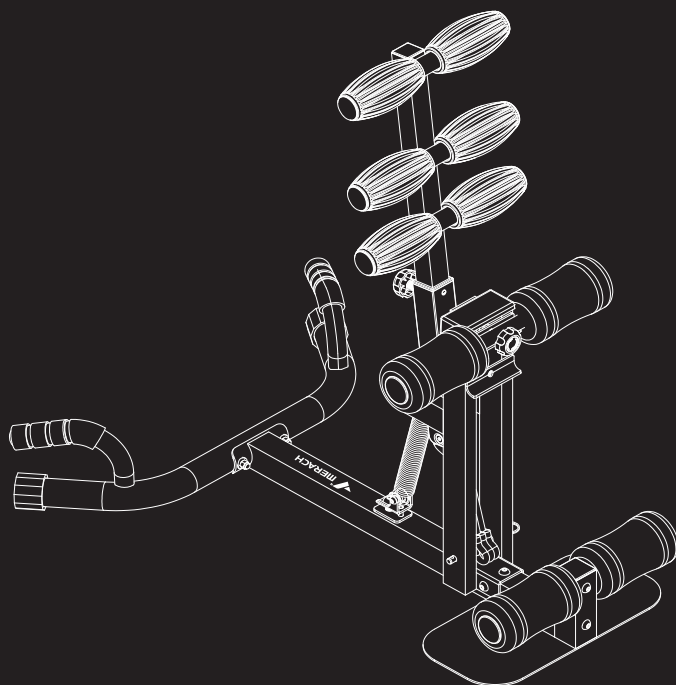




USER MANUAL

MERACH MR-2417 DEEP SQUAT 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 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-2417



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 Deep Squat 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
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.

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 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 via the after-sales email service.

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

Search our products on Office Website 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.eu@merach.com

CONTENTS · ENGLISH

Safety Instructions	01
Specifications.....	03
Parts List	04
Installation Guide	05
Product Operation Guide	12
Instructions For Push-up Exercise	14
Warm-up	15
Warranty Information	16



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, the elderly or people with physical disabilities 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 user must weigh no more than 136 kg (300 lbs).
- CHOKING HAZARD-Small Parts, Not for children under 3yrs



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-2417 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.



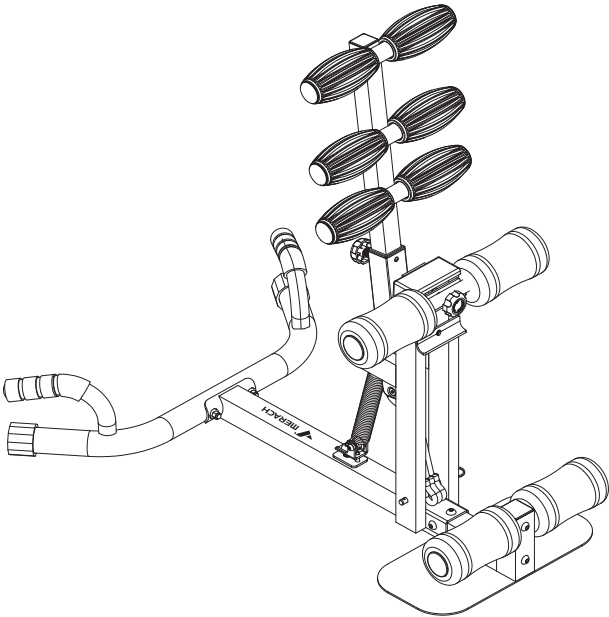
Batteries do not belong in household waste!

As the end use, 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

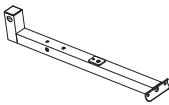
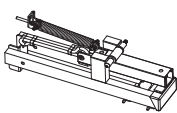
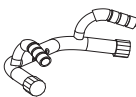
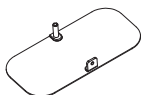
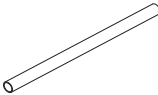
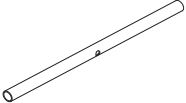
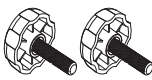
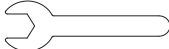
SPECIFICATIONS



Name:	MERACH DEEEP SQUAT MACHINE
Model:	MR-2417
Size:	31.1*23.6*30.3inch/790*600*770mm
Material:	Iron, Plastic
Net Weight:	18.5lbs/8.4kg
Max Load:	300lbs/136kg

PARTS LIST

Check if all parts and accessories are in the package.

		
#A1 Chassis *1	#A2 Block Pipe *1	#A3 Rear Foot Tube *1
		
#A4 Backrest *1	#29 Curved Foam *4	#12 Marble Latch $\Phi 8$ *1
		
#A5 Foot Pedal *1	#8 Hook Leg Tube *1	#9 Leg Tube *1
		
#33 Round Tube Stopper *4	#28 Lock Knob M8×33 *2	#14 Combined Cap Nuts M8 *2
		
#T1 Open-end wrench *1	#T2 L-shaped Wrench *1	#15 Flat Washer M8 *1
		
#18 Hexagon Socket Bolts M8×12 *3	#19 Hexagon Socket Bolts M8×45 *2	#20 Hexagon Socket Bolts M8×55 *1
		
#41 Hexagon Socket Assembly Bolt M8×20 *1	#22 Hexagon Socket Bolts M10×40 *1	#24 Arc Washers *2
		
		User Manual *1

INSTALLATION GUIDE



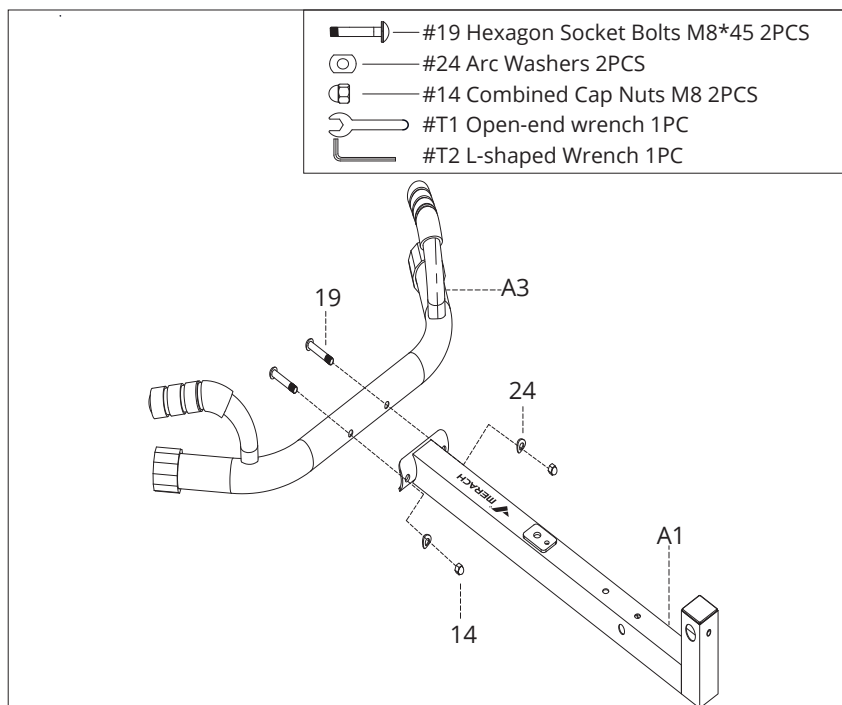
Tips | Scan QR code to watch installation video

STEP 1: Installing the Rear Foot Tube

Insert 2PCS Hexagon Socket Bolts (19) through the Rear Foot Tube (A3) and connect it to the Chassis (A1). Screw 2PCS Arc Washers (24) and 2PCS Combined Cap Nuts (14) onto the Hexagon Socket Bolts (19) to fix it.

NOTE:

Use the L-shaped Wrench (T2) and the Open-end Wrench (T1) to tighten the bolts.

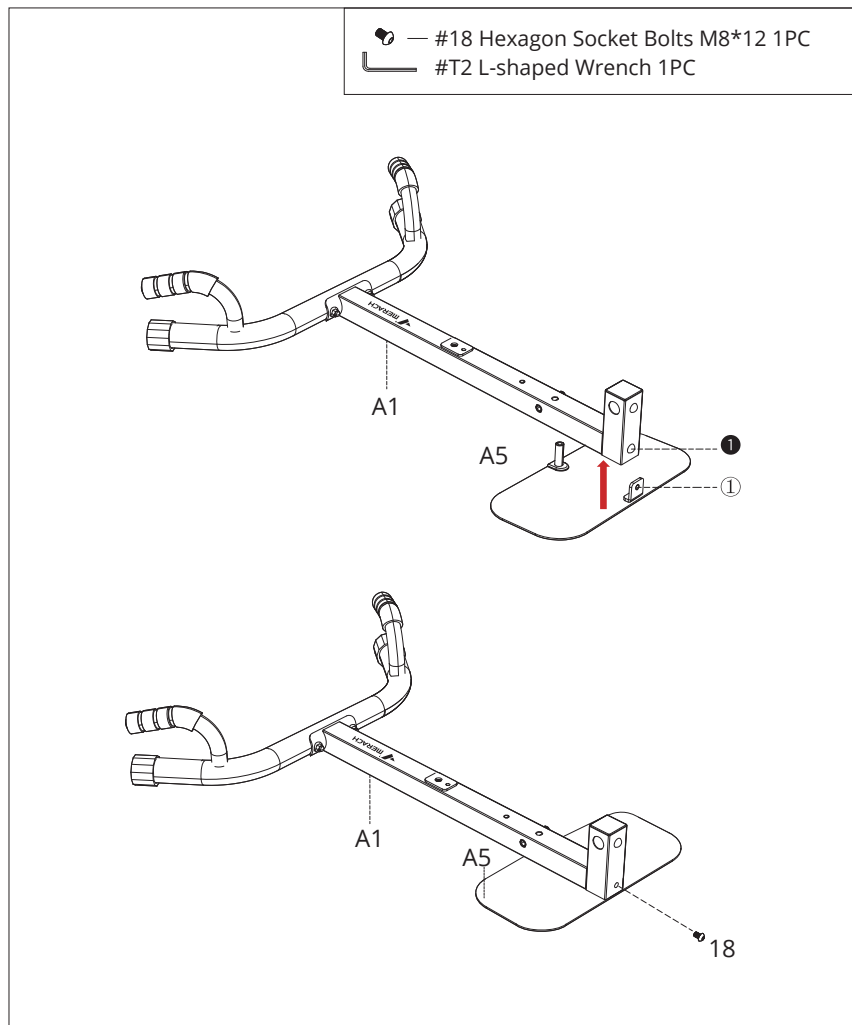


STEP2: Installing Block Pipe and Foot Pedal

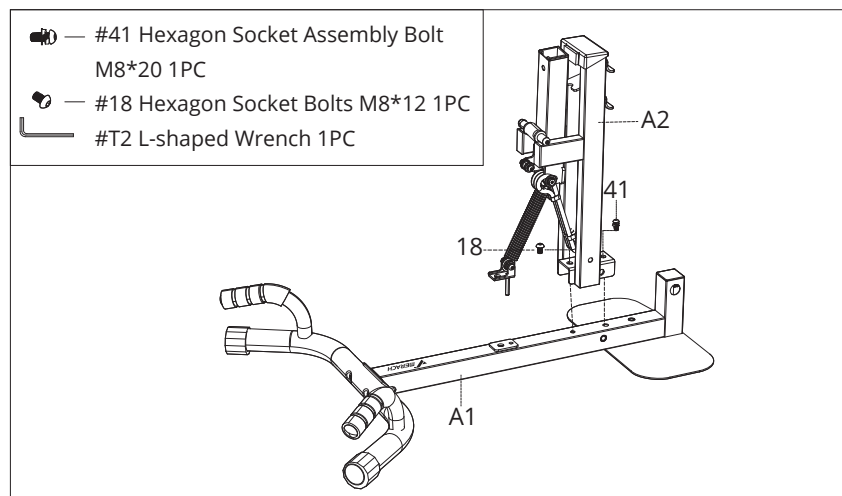
- A. Align hole ① of the Foot Pedal (A5) with the hole (❶) of the Chassis(A1).
Use the L-shaped Wrench (T2) and 1PC Hexagon Socket Bolts (18) to install the Foot Pedal (A5) onto the Chassis (A1).

NOTE:

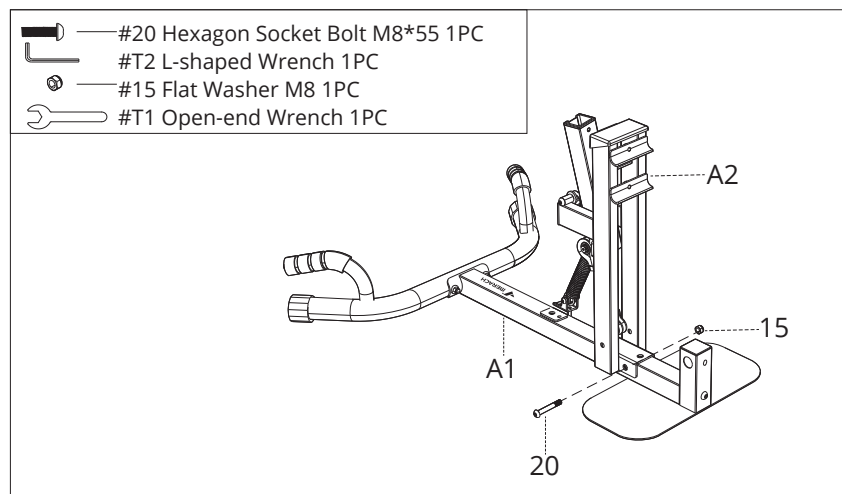
1. Do not fully tighten the bolts at this stage.
2. The Foot Pedal Hole(❶) is located at the rear.



- B. Install the Block Pipe (A2) onto the Chassis (A1), and after the holes are aligned, pass 1PC Hexagon Socket Bolt (18) through the Block Pipe (A2) and the Chassis (A1). Pass the Hexagon Socket Assembly Bolt (41) through the Block Pipe (A2) and lock it to the Chassis (A1).

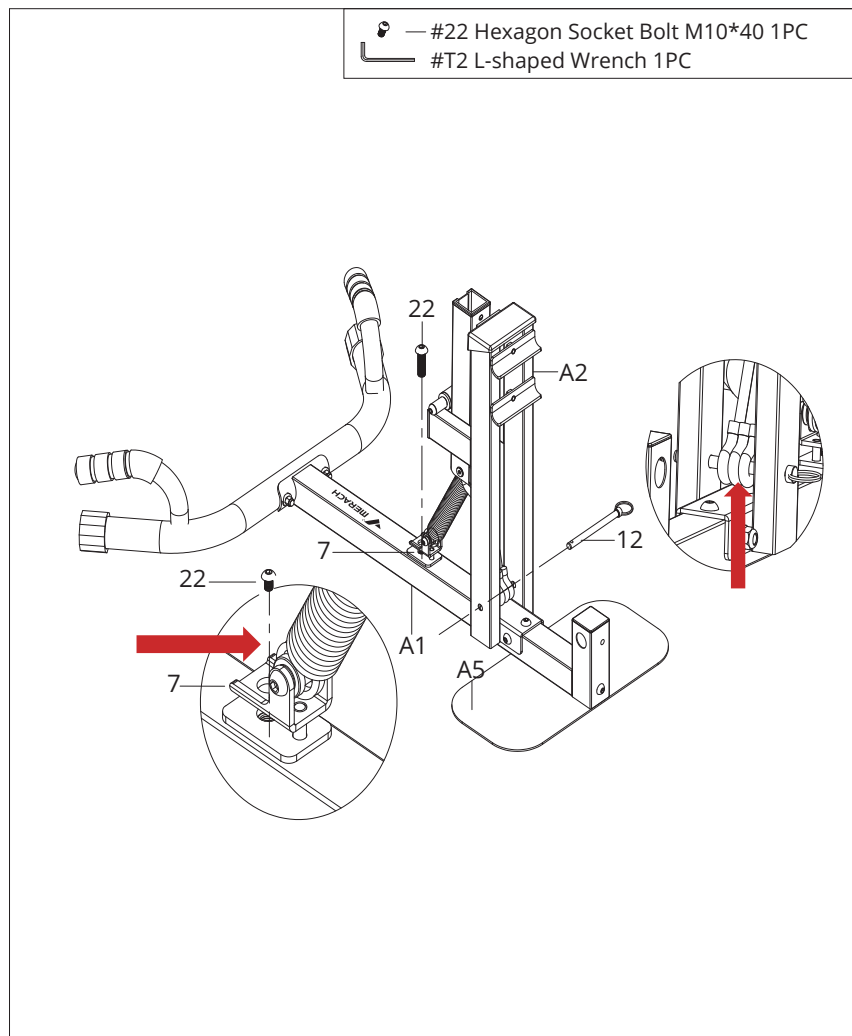


- C. Pass 1PC Hexagon Socket Bolt (20) through the Block Pipe (A2) and Chassis (A1), and pre-lock it by 1PC Flat Washer (15) .
Finally, use the L-shaped Wrench (T2) and the Open-end Wrench (T1) to tighten all bolts in place without any signs of looseness.



STEP 3: Installing Spring Fixing Plate

- A. Use one hand to hold the Spring Fixing Plate (7) to the hole on Chassis (A1), and use the other hand to pass 1PC Hexagon Socket Bolt (22) through Block Pipe (A2) and screw it onto Chassis (A1) and install it in place using the L-shaped Wrench (T2).
- B. Use the Marble Latch (12) to pass through Block Pipe (A2), and select the appropriate number of elastic ropes to pass through according to the force value you need and install it in place.

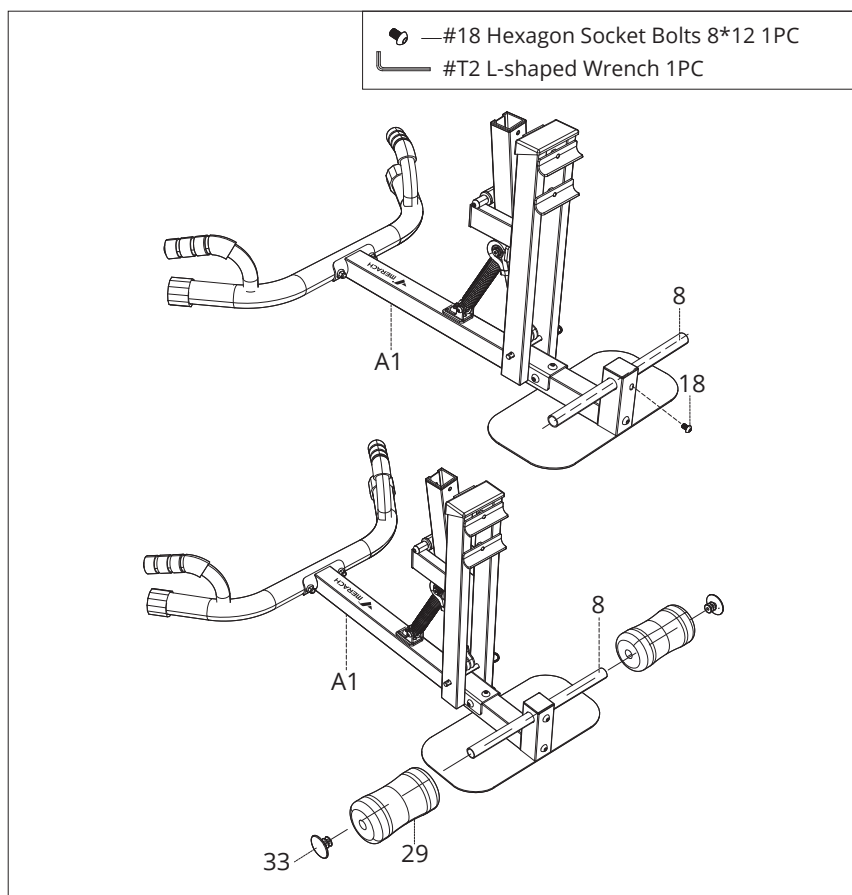


STEP 4: Installing Hook Leg Tube

- A. First, pass the Hook Leg Tube (8) through the two ends of the Chassis (A1) symmetrically, with the same length on the left and right sides.
- B. Use the L-shaped Wrench (T2) and the 1PC Hexagon Socket Bolt (18) to hold the Hook Leg Tube (8) against the Chassis (A1).
- C. Install the Curved Foam (29) on both ends of the Hook Leg Tube (8), and then install the Round Tube Stopper (33) on both ends of the Hook Leg Tube (8).

NOTE:

All Round Tube Stopper (33) must be assembled in place, and the end faces of the stoppers must be close to the end faces of the tubes.

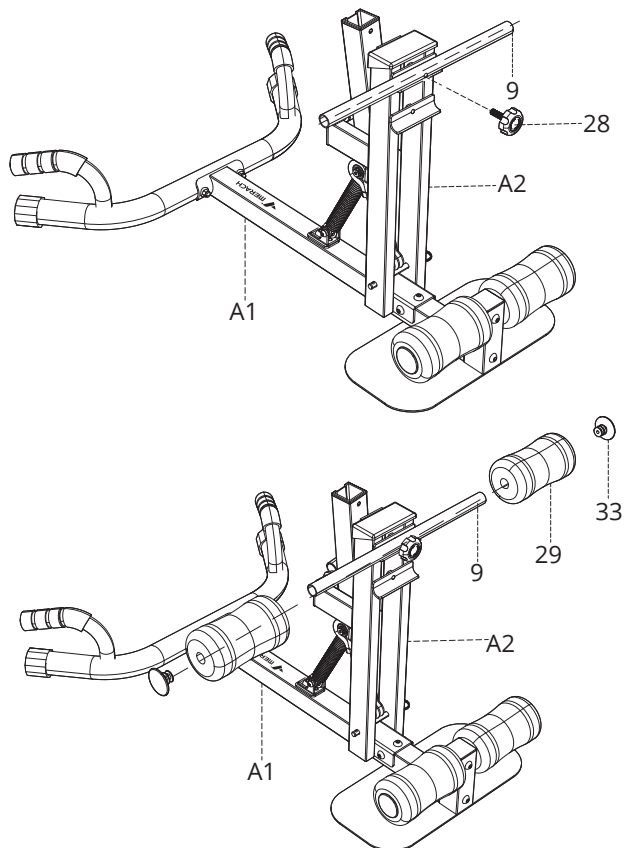


STEP 5: Installing Leg Tube

- A. Install the Leg Tube (9) on the Block Pipe (A2) and fix it with the Lock Knob (28) .
- B. Install the Curved Foam (29) on the Leg Tube (9), and the outermost two ends of the Curved Foam (29) are on the same plane as the two ends of the Leg Tube (9). Continue to knock the Round Tube Stopper (33) on both ends of the Leg Tube (9).

NOTE:

All Round Tube Stopper (33) must be assembled in place, and the end faces of the stoppers must be close to the end faces of the tubes.

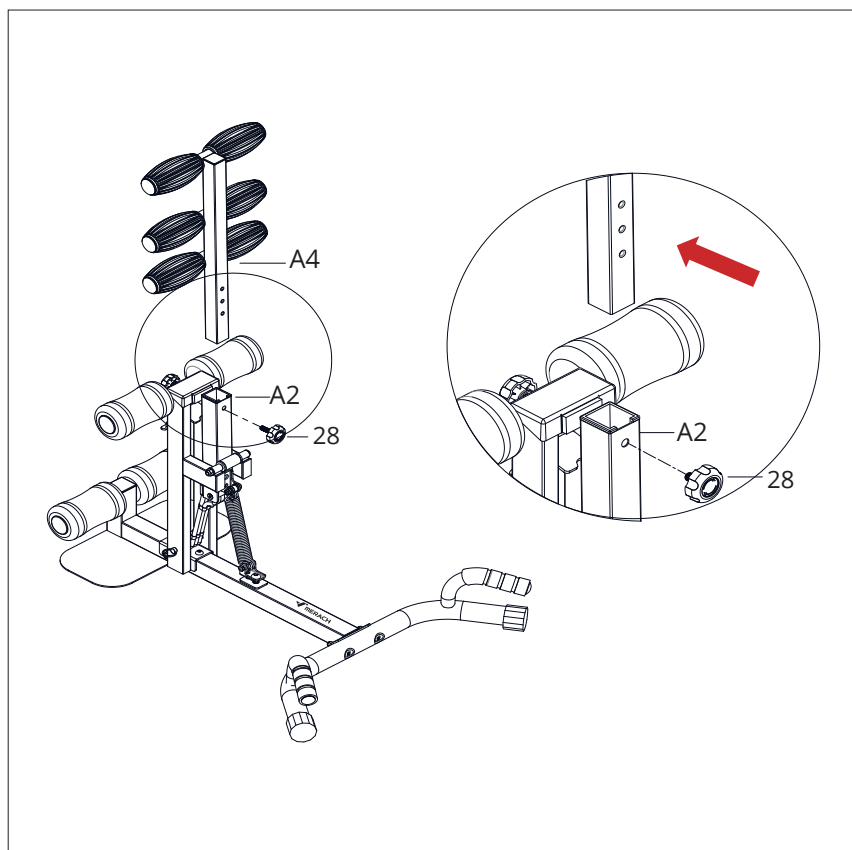


STEP 6: Installing the Backrest

Install the Backrest (A4) on the Block Pipe (A2) and fix it with the Lock Knob (28).

NOTE:

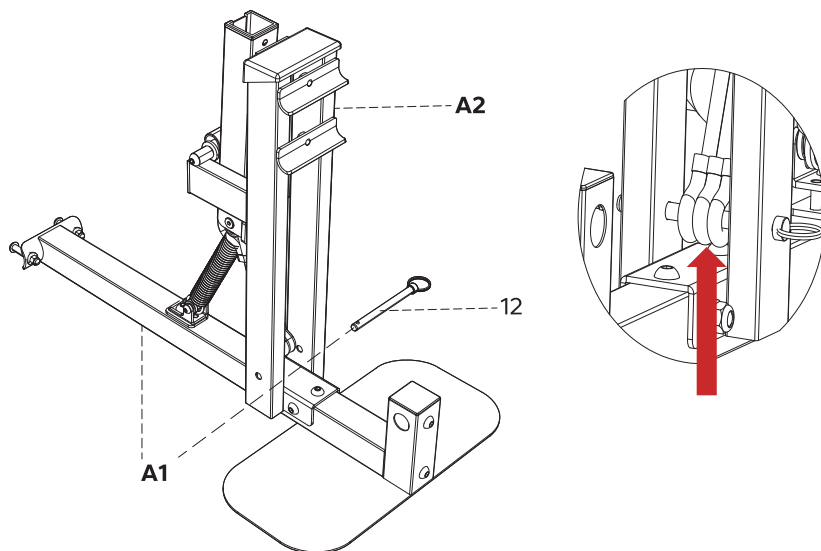
After installation, carefully check whether each bolt is fully locked in place, and not shaking before starting training.



PRODUCT OPERATION GUIDE

Resistance Adjustment

Use the Marble Latch (12) to thread the Block Pipe (A2) and the elastic cord. Select a number of elastic ropes to pass through according to the required resistance. The more elastic ropes passed through, the greater the resistance.



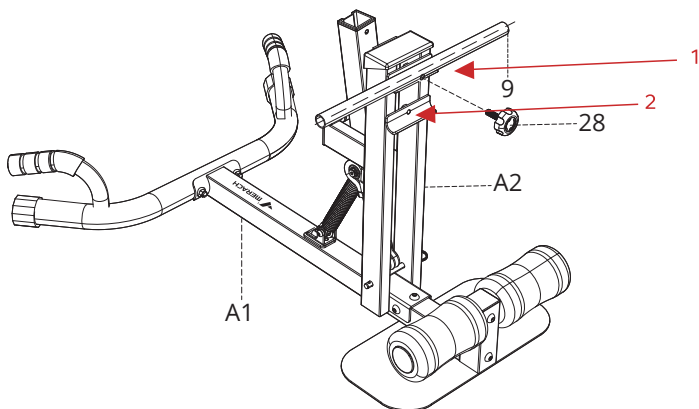
Size Adjustment

1. Height Adjustment

Adjust the height of the Leg Tube (9) through the Holes (1 or 2) in the Block Pipe (A2). Align the holes of the Leg Tube (9) and the Block Pipe (A2). Secure them with the Lock Knob (28).

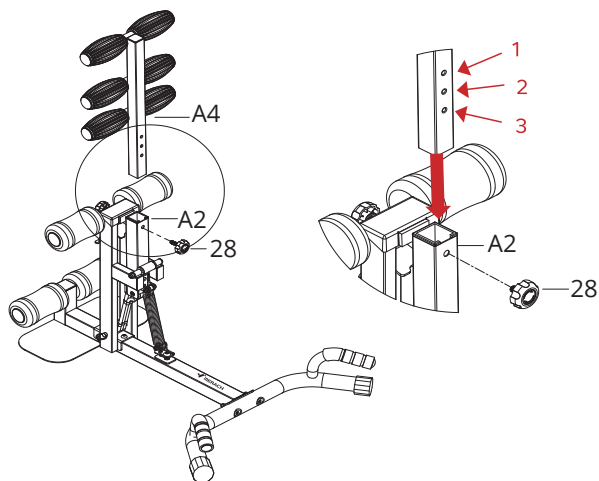
NOTE:

The height of the Leg Tube (9) should not exceed the knee pit, so that it can provide support for the knee when squatting.

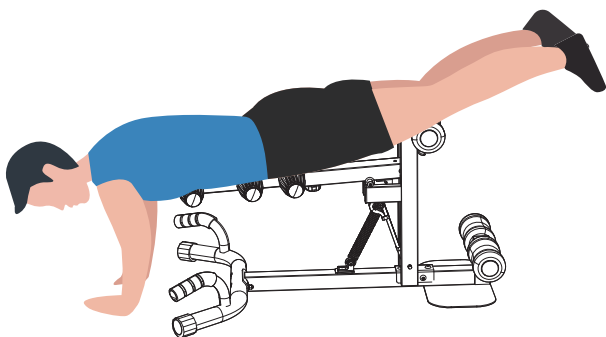


2. Length Adjustment

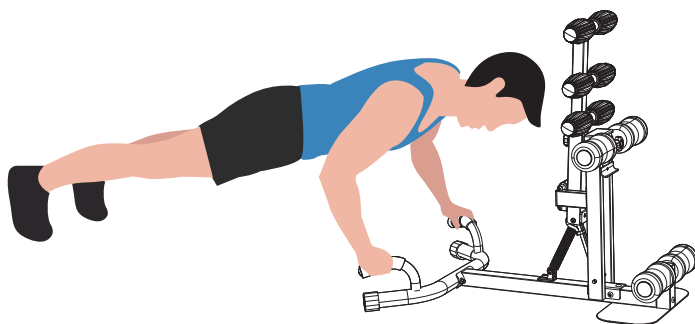
Adjust the height of the Backrest (A4) through the Holes (1 or 2 or 3) in the Backrest (A4). Align the holes of the Backrest (A4) and the Block Pipe (A2). Secure using the Lock Knob (28).



INSTRUCTIONS FOR PUSH-UP EXERCISE



Decline Push-Up



Incline Push-Up

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).



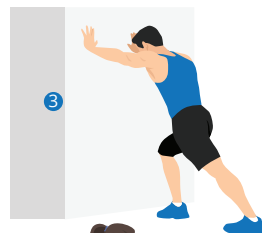
2. Seated hamstring stretch

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).



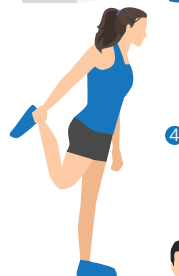
3. Calf and Achilles tendon stretch

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 DEEEP SQUAT MACHINE
Model	MR-2417
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 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.eu@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.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.



@Merachfit



@merach

Contact Us: 44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL
Customer Service: support.eu@merach.com
Official Website: merachfit.com