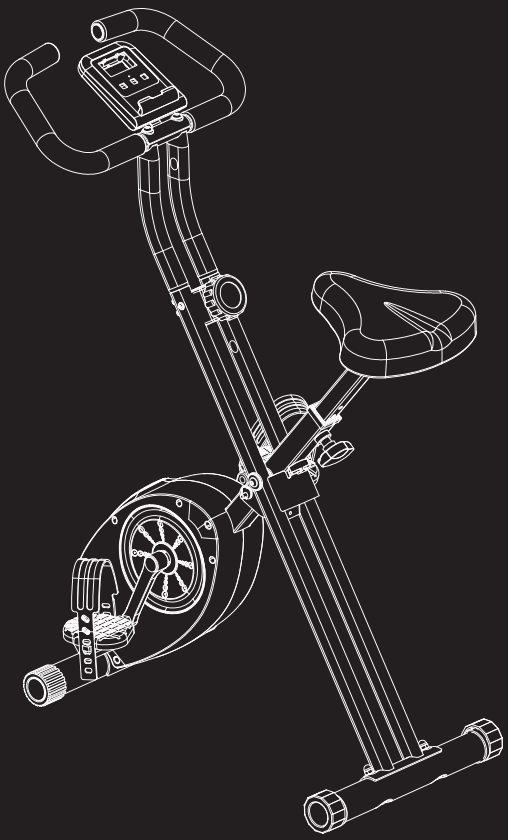
MERACH

POWERED BY MERACH

USER MANUAL

MERACH MR-S14 EXERCISE BIKE

AU&SA&UAE



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-S14

WHO WE ARE

Our customers aren't just important; their health, fitness, and pure enjoyment for live 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



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

Safety Instructions..... 1
Specifications 4
Parts List..... 5
Parts Tool List..... 6
Assembly Guide..... 7
Product Operation Guide..... 14
Monitor Instructions..... 19
MERACH APP Setup..... 21
Warm-Up..... 22
Troubleshooting Guide..... 23
Warranty Information..... 24

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.
- 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 onthe floor or carpet to prevent a floor from damaging.Make sure the distance between the machine and each obstacle is at least 1.6 ft (0.5m).
- 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 123kg （270lbs).

- This machine is not for professional medical treatment.
- This product is only for family use
- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.
- If the moving parts are damaged, please do not use the machine until the parts are repaired.
- Keep the children away from the machine. The equipment is not for children to use or play with. They can injure themselves accidentally

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.

CE	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.
UK CA	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-S14 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.

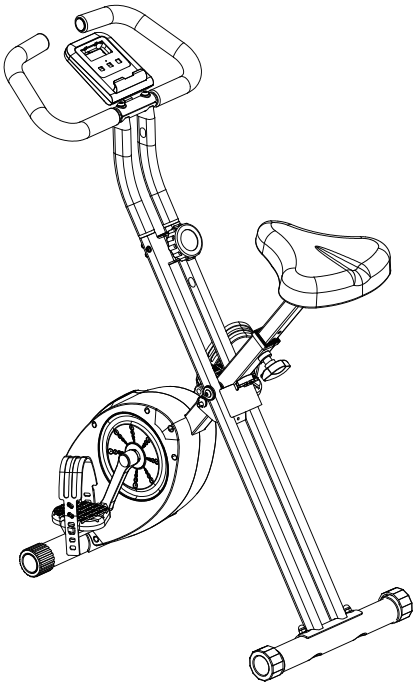


Batteries do not belong in household waste!
As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

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

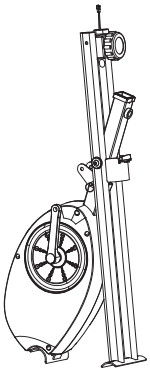
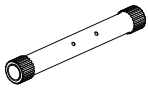
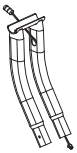
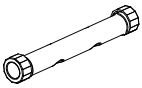
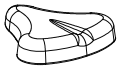
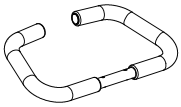
Imported by:
HANGZHOU JINGGE E-COMMERCE LTD
Room 1205, Xianfeng Technology Building, 298 Weiye Road, Puyan Subdistrict, Binjiang District, Hangzhou, Zhejiang Province,China
jingge_mrk@163.com

Specifications



Product Name	MERACH Exercise Bike
Model	MR-S14
Max Load	270lbs/123kg
Item Weight	32.5lbs/14.72kg
Item Dimensions	31.5*17.3*44.9inch/800*440*1140mm

Parts List

<table>
<tr>
<td rowspan="2">#39 Main Frame x1
  </td>
<td>#36 Front Foot Tube x1
  </td>
<td>#10 Handrail Post x1
  </td>
</tr>
<tr>
<td>#24 Rear Foot Tube x1
  </td>
<td>#35 Seat Cushion x1
  </td>
</tr>
<tr>
<td>#34 Seat Post x1
  </td>
<td>#29 Knob x1
  </td>
<td rowspan="2">#27 Foot Pedals x2
  </td>
</tr>
<tr>
<td>#5 Monitor Tray x1
  </td>
</tr>
<tr>
<td>#3 Handrail x1
  </td>
<td>#1 Monitor x1
  </td>
<td>Screw kit x 1
  </td>
<td>Manual x 1
 
</td>
</tr>
</table>

Parts Tool List

Step 1



#28 Hanging Ring Marble Pin x 1

Step 2



#38 Hexagon Socket Pan Head Bolt M8*55 x2



#26 Square Neck Bolt M8*60 x2



#22 Cap Nut M8 x2



#7 Spring Washer D8 x2



#23 Arc Washer D8*20*1.5 x2



#A Cross Head Hexagon Wrench S5 x1



#B Open Wrench S13-15-19 x1

Step 3



#13 Hexagon Socket Pan Head Screw M6*12 X6



#14 Flat Washer D6*Φ 12*1.5 X2



#32 Curved Washer D6*Φ12*1.5 X4



#C Hexagon Socket Wrench S4 x1

Step 4



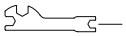
#29 Heart-Shaped Knob M16 x1



#33 Flat Washer D8 x3

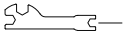


#57 Nylon Nut M8 x3



#B Open Wrench S13-15-19 x1

Step 5



#B Open Wrench S13-15-19 x1

Step 6



#6 Hexagon Socket Pan Head Bolt M8*40 x2



#7 Spring Washer D8 x2



#8 Arc Washer D8*20*1.5 x2



#A Cross Head Hexagon Wrench S5 x1

Step 7



#2 Cross Pan Head Screw M5*10 x4



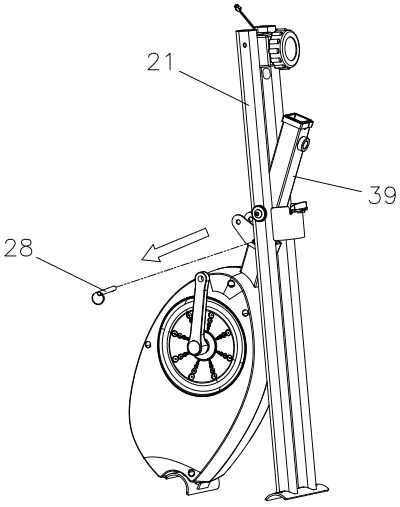
#A Cross Head Hexagon Wrench S5 x1

Assembly Guide

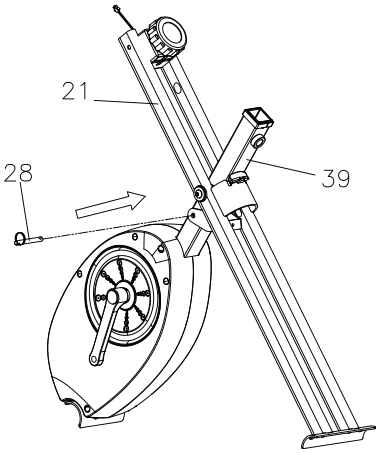
Tips | Scan QR code to watch installation video

Step 1: Open the Main Frame

As shown in Figure P1, first pull out the Hanging Ring Marble Pin (28) in the direction of the arrow; then open the Main Frame (39) and align it with the uppermost hole of the U-shaped part of the Bracket Weld (21), and then insert the Hanging Ring Marble Pin (28) to fix the Bracket Weld (21) and the Main Frame (39), as shown in Figure P2.



P1

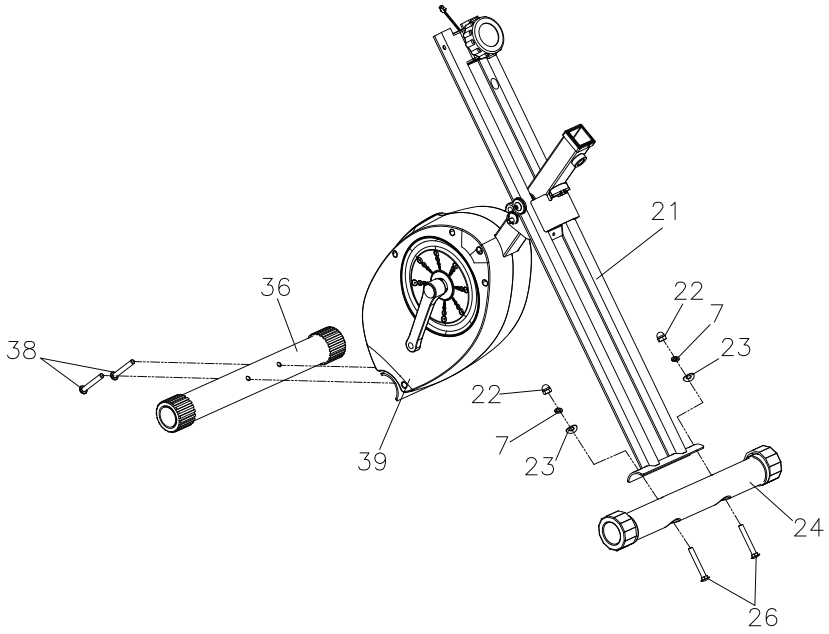


P2

Step 2: Install Front and Rear Foot Tubes

A. First, use a Cross Head Hexagon Wrench (A) to tighten the Front Foot Tube (36) to the Main Frame (39) with 2PCS 38 Hexagon Socket PanHead Bolt (38).

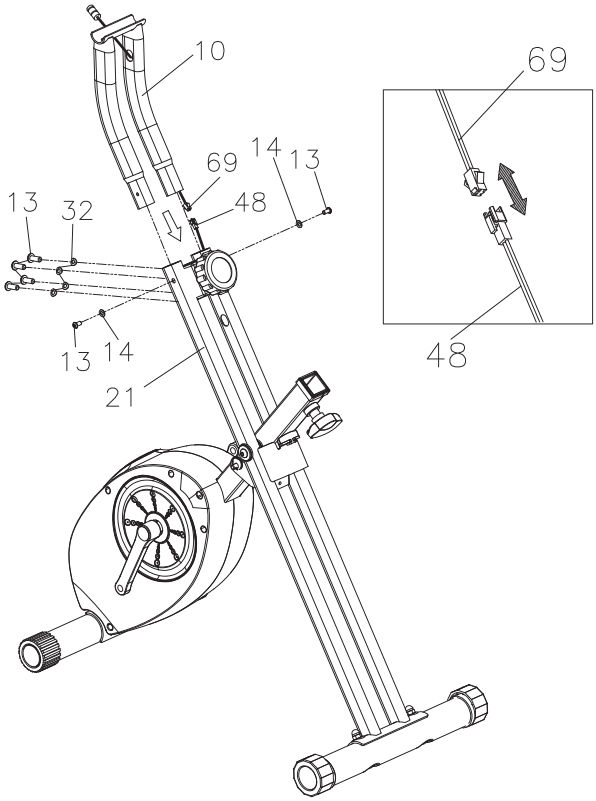
B. Then, use a Open Wrench (B) to tighten the Rear Foot Tube (24) to the Bracket Weld (21) with 2PCS Square Neck Bolts (26), Arc Washer (23), Spring Washer (7), and Cap Nuts (22).



Step 3: Install Handrail Post

A. First, connect the Relay Line (69) and the Needle Sensor Line (48).

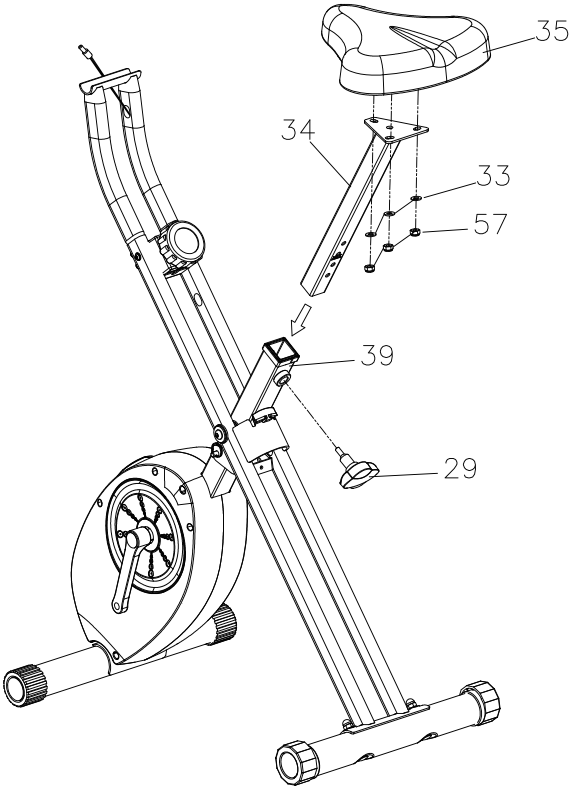
B. Then insert the Handrail Post (10) into the Bracket Weld (21), and use the Hexagon Socket Wrench (C) to lock the Handrail Post (10) to the Bracket Weld (21) with 6PCS Hexagon Socket Pan Head Screw (13), 4PCS Curved Washers (32), and 2PCS Flat Washer (14).



Step 4: Install Seat Cushion and Seat Post

A. Use a Open Wrench (B) to first remove 3PCS Flat Washer (33) and 3PCS Nylon Nuts (57) from the Seat Cushion (35).

B. Then use the Open Wrench (B) to lock the Seat Cushion (35) onto the Seat Post (34) using the Flat Washer (33) and the Nylon Nuts (57); finally, use a Heart-Shaped Knob (29) to lock the Seat Post (34) onto the Main Frame (39).

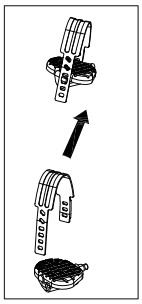


Step 5: Install Foot Pedals

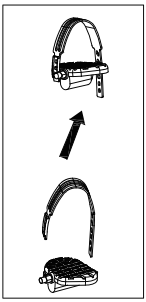
A. Assemble the left and right pedal belts as shown in Figures P1 and P2; then use a Open Wrench (B) to tighten the Left and Right Pedals (27L) and (27R) to the Left and Right Cranks (42L) and (42R) respectively.

Note: As shown in Figure P3, manually screw the bolt of the Right Pedal (27R) to the Right Crank (42R) by three screws in a clockwise direction, and then tighten it clockwise with a Open Wrench (B).

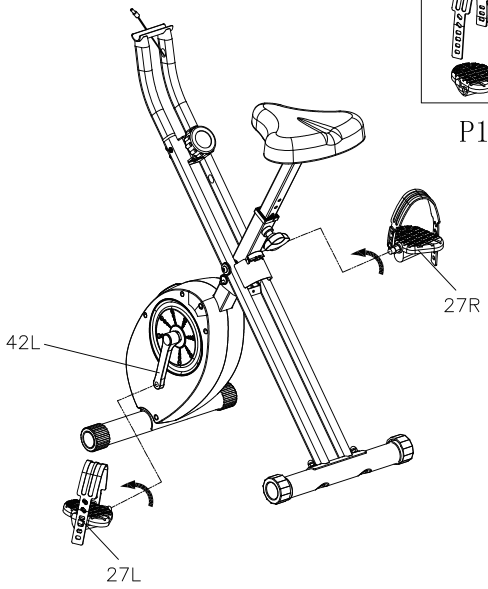
B. Similarly, manually screw the bolt of the Left Pedal (27L) to the Left Crank (42L) by three screws in a counterclockwise direction, and then tighten it counterclockwise with a Open Wrench (B). During exercise, the Left and Right Pedals (27L) and (27R) should always be kept locked.

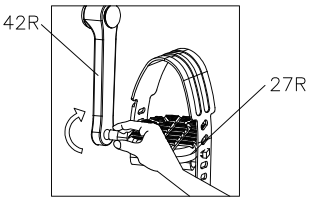


P1



P2

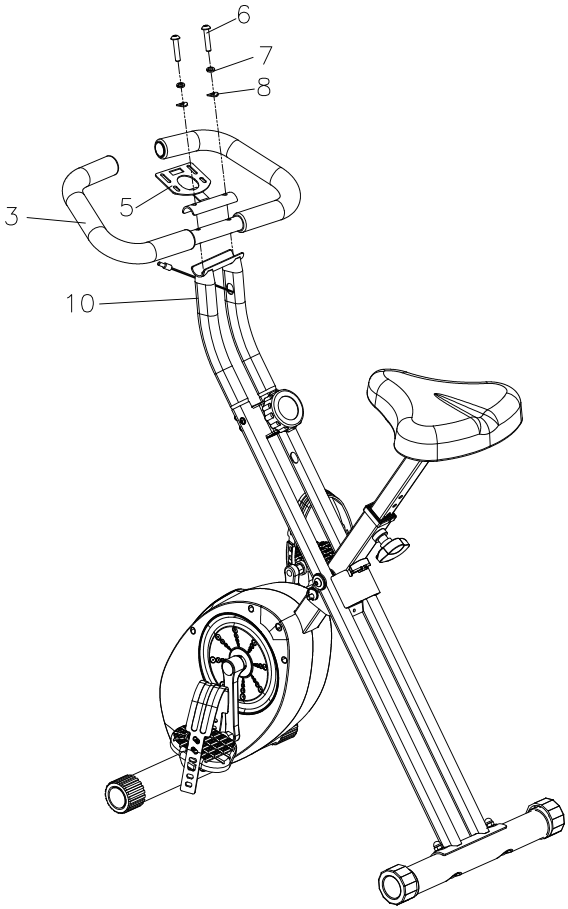




P3

Step 6: Install Handrail

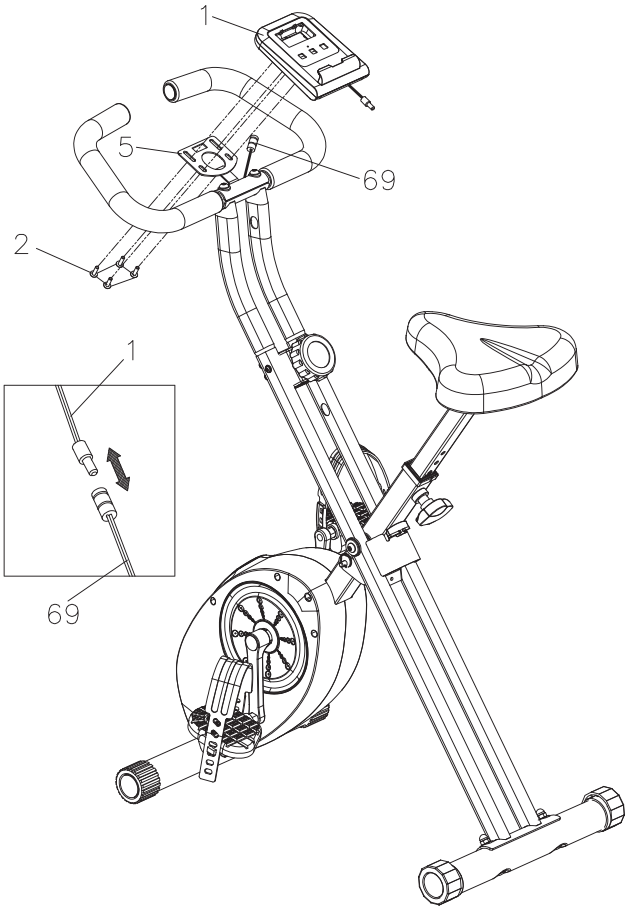
Install the Handrail (3) into the arc-shaped piece of the Handrail Post (10), then place the electronic meter Monitor Tray (5) on top and align the holes, then use 2PCS Arc Washer (8), spring washer (7), hexagon socket pan head bolt (6) to lock the Handrail (3) and the electronic meter Monitor Tray (5) on the Handrail Post (10) using a Cross Head Hexagon Wrench (A).



Step 7: Install Monitor

A. First, use a Cross Head Hexagon Wrench (A) to remove 4PCS Cross Pan Head Screw (2) from the Monitor (1); then use the Cross Head Hexagon Wrench (A) to tighten the Monitor (1) to the Monitor Tray (5) with 4PCS Cross Pan Head Screws (2).

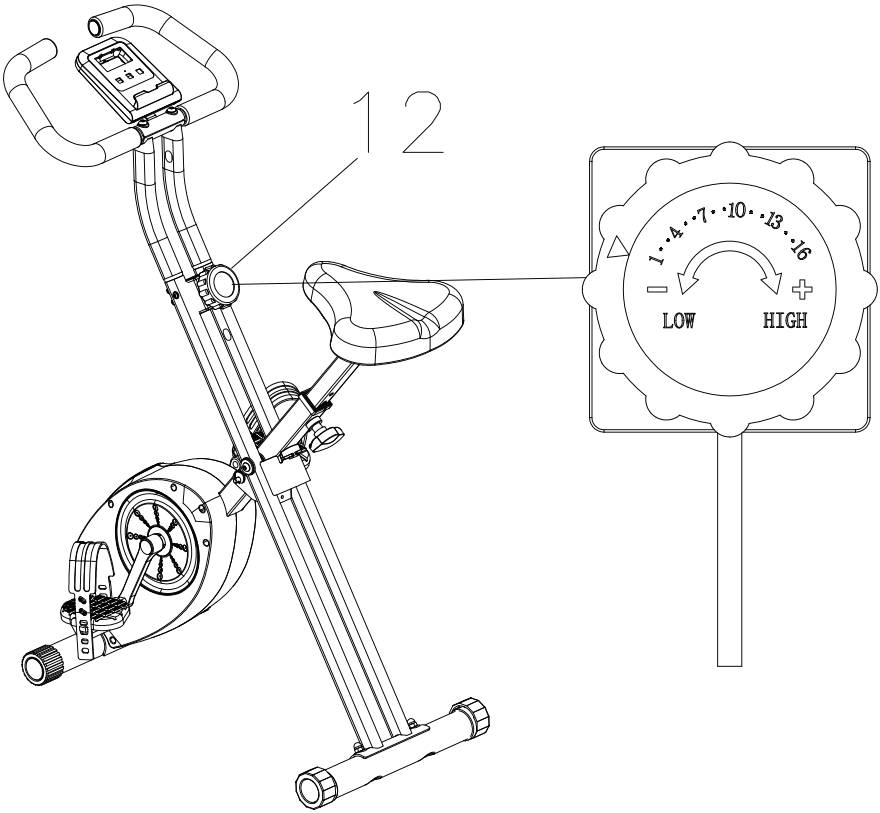
B. Then connect the electronic watch line (1) to the induction line (69).



Product Operation Guide

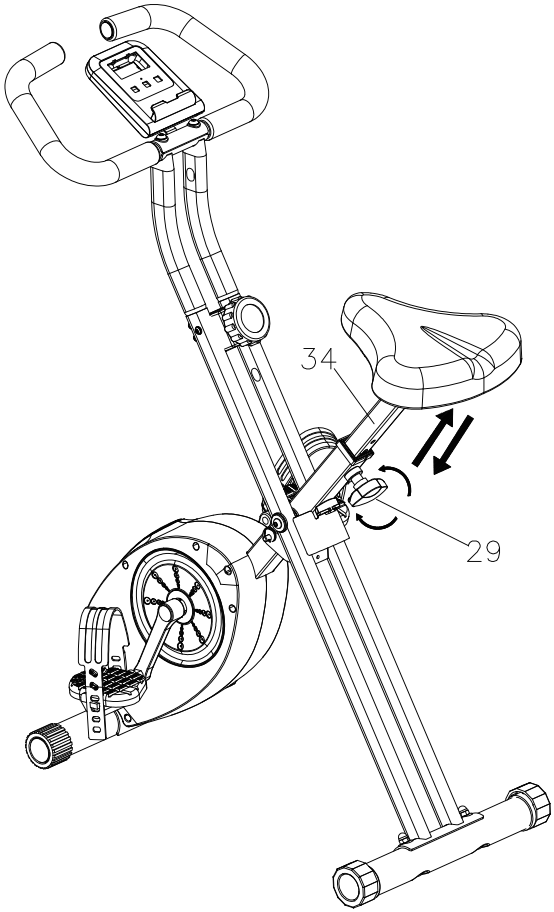
Resistance Adjustment Instructions

Users can adjust the resistance according to their needs for exercise.
This equipment provides 16 levels of adjustment (1 minimum ~ 16 maximum).



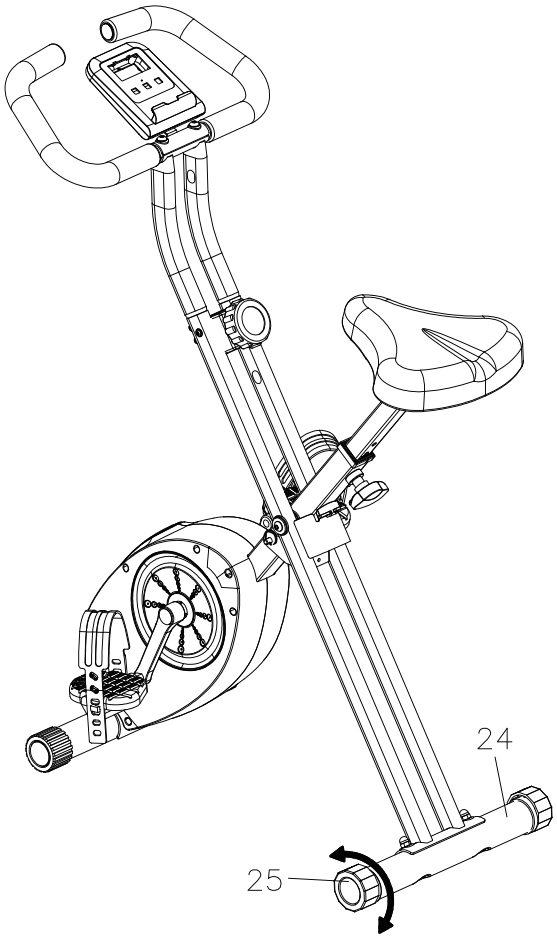
Seat Adjustment Instructions:

Loosen the Heart-shaped Knob (29) counterclockwise to allow the Seat Post to move up and down, adjust the Seat Post (34) to the desired position, and then tighten the Heart-shaped Knob (29) clockwise.

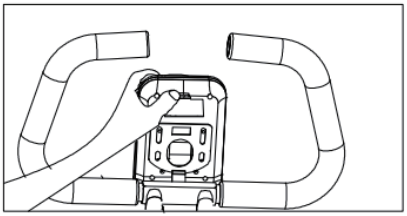


Foot Tube Adjustment Instructions

The rear Foot Cover (25) on the Rear Foot Tube (24) can be adjusted as needed to ensure that the fitness bike is stable and does not shake.

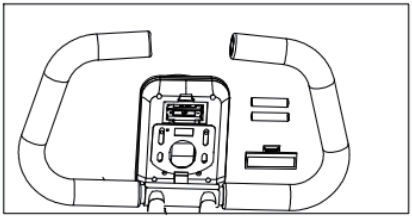


Battery Installation Instructions



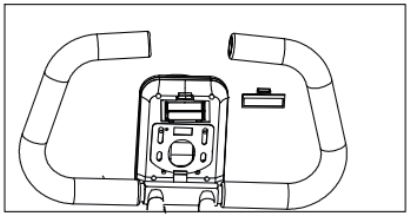
Remove the back cover by hand

Figure A



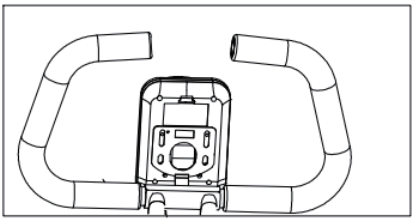
After removing the back cover, prepare the batteries

Figure B



Install two batteries and close the back cover

Figure C

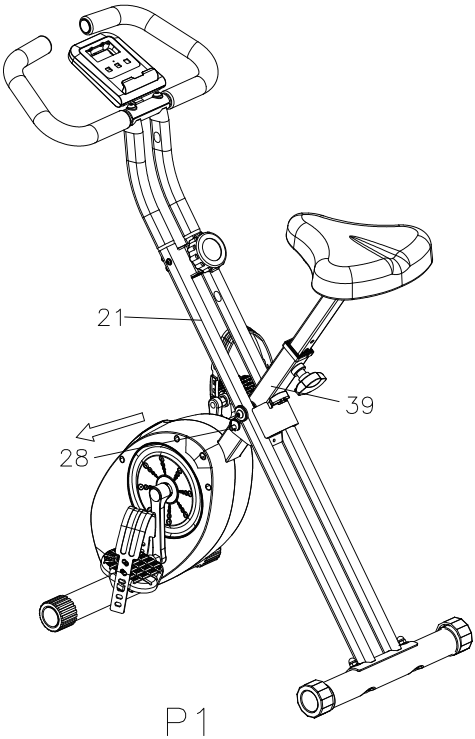


Battery assembly is complete

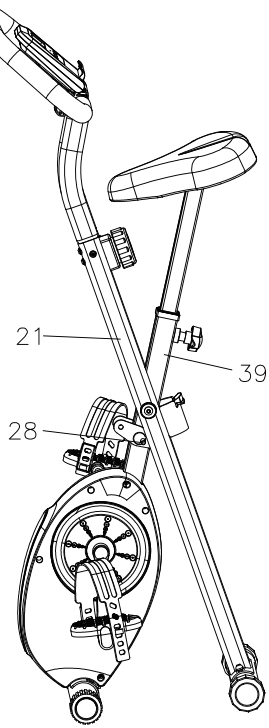
Figure D

Folding Instructions

When not in use, first pull out the Hanging Ring Marble Pin (28), as shown in Figure P1; fold the Bracket Weld (21) and the Main Frame (39); then align the holes on the bottom of the U-shaped part of the Main Frame (39) and the Bracket Weld (21), and finally insert the Hanging Ring Marble Pin (28) to fix it, as shown in Figure P2.



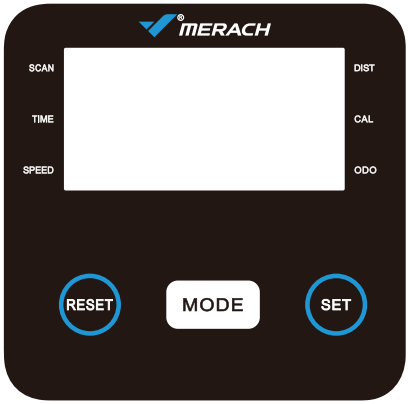
P1



P2

Monitor Instructions

FUNCTIONAL BUTTONS:



MODE- Press to select function. Long press to reset time/distance/calorie.
SET - To set the values of time, distance,calories when not in scan mode.
RESET - Press to reset time, distance,calories.

FUNCTION AND OPERATIONS:
1. SCAN:
Press **"MODE"** button until **"SCAN"** appears,the monitor will switch the displayevery 6 seconds in the following order :**Time,speed,distance、ODO、calorie**
2. TIME:
(1)Count the total time from exercise start to end.
(2)Press "MODE" button until**"TIME"** app-ears, press**"SET"** button to set exercise time.When the**"SET"** is zero, the monitor 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 exercisedistance.
When the**"SET"** is zero, the monitor will stop about 1 second after the start of the time.
5.ODO:
The total distance which this function is refers to from battery capacity period runs.
6.CALORIES:
(1)Count the total calories from exercise start to end.
(2)Press **"MODE"** button until **"CAL"** appears, press **"SET"** button to set exercisecalories.
When the **"SET"** is zero, the monitor will stop about 1 second after the start ofthetime.

Function

	Auto Scan	Every 5 seconds
	Time	0:00-99:59
	Current Speed	Maximum speed 999.9 km/h
	Trip Distance	0.00~9999km
	Total Distance(ODO)	0.0~9999km
	Calories	0.0~9999 Kcal
Battery Type		2pcs of SIZE -AAA or UM -4
Operating Temperature		0℃C~+40°C
Storage Temperature		-10°C~+60°C

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 turn on automatically after restarting the exercise or pressing thebutton.
4. The monitor will automatically start calculating when you start to exercise and willstop calculating when you stop exercising for 4 seconds .

MERACH APP Setup

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

GET IT ON Google Play

Available on the App Store

2.Open the MERACH app. Log In or Sign Up.
3. Please note:If your phone is Apple-iPhone,please refer to the path: Profile>Settings>Language after login to switch the desired language.
4.Follow the in-app instructions to set up your device.

App Store

Google Play

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. 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

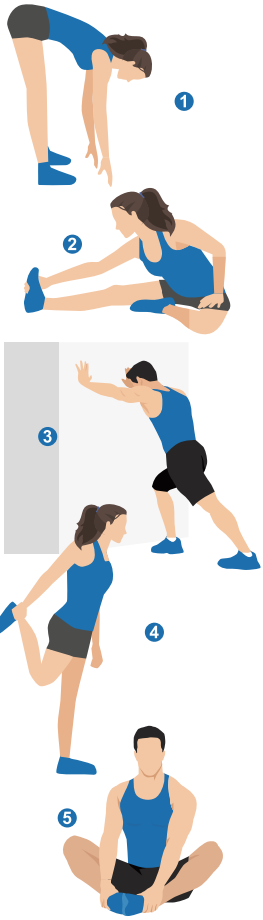
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

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 Figure4).

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 Figure5).



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

Troubleshooting Guide

Troubleshooting	Problem Possible Soultion
The entire machine slightlyshakes or cocks its feet duringmovement	Check whether the front and rear foot tubes are fixedtightly enough.
	Check whether the front and rear foot tube rubbersleeves are installed smoothly, and rotate them to makethem smooth.
The pedal is loose	Check whether the left and right foot pedals are installedtightly enough.
The monitor does not display!	Check whether the positive and negative electrodes ofthe battery are installed correctly or replace the batterywith a new one.
No heart rate display,no speed display	Check whether the heart rate interface on the back of themonitor and the handle outlet are installed in place.
	Check whether the speed line of the monitor and theoutgoing line of the machine body are installed in place.

Warranty Information

Product Name	MERACH Exercise Bike
Model	MR-S14
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.**

@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