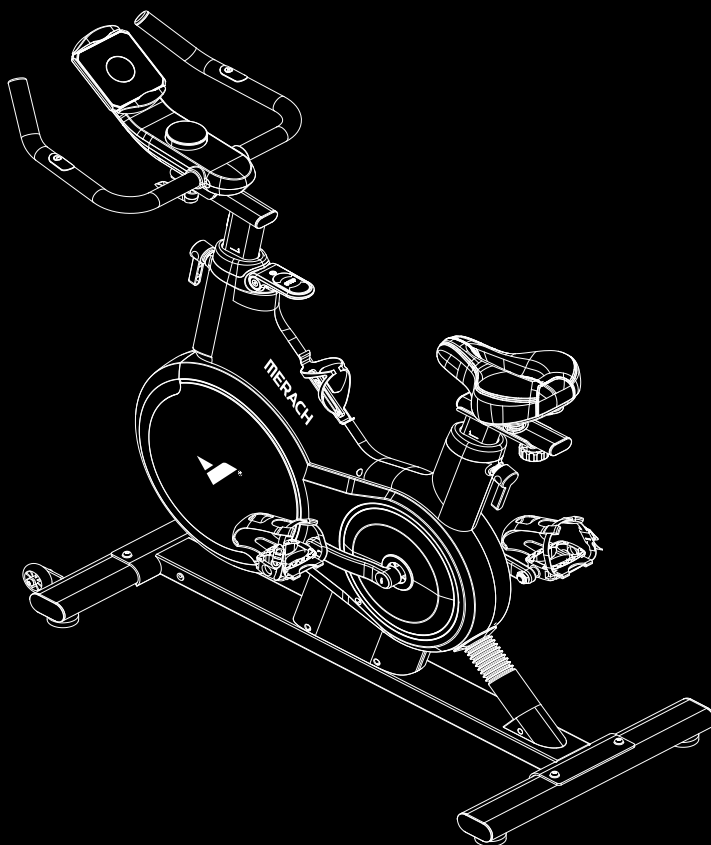


USER MANUAL

MERACH EXERCISE BIKE



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-S28

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.
- 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.
- 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 350lbs/158kg.
- 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.
- When using the machine, please put the pedal to the lowest position for easy to get on the machine.
- 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.

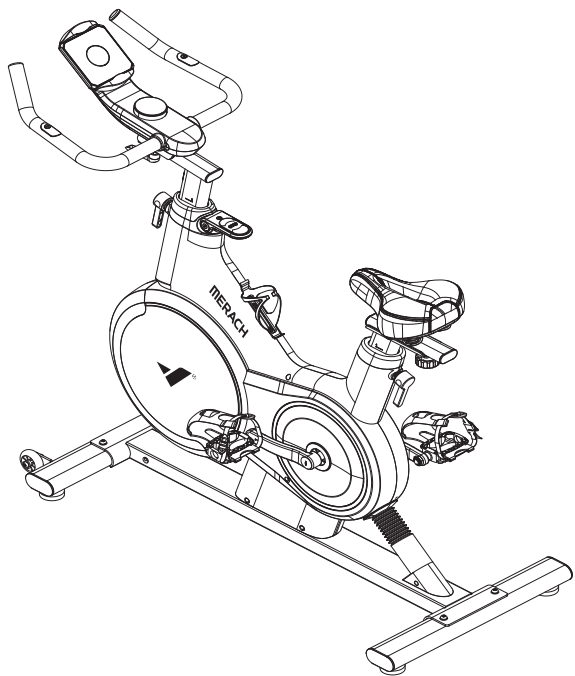
Care & Maintenance

- 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.

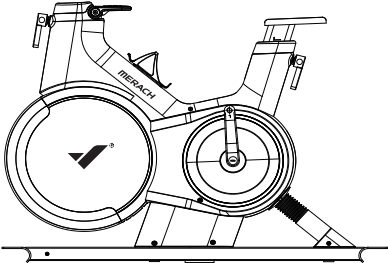
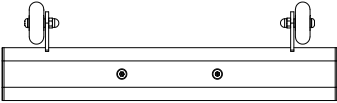
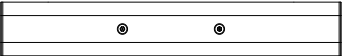
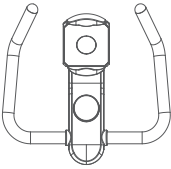
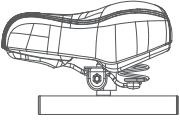
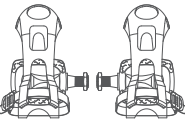
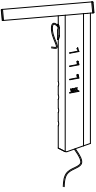
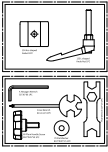
SPECIFICATIONS



Name	MERACH Exercise Bike
Model	MR-S28
Resistance	16 Level
Weight Capacity	350lbs/158kg
Product Dimensions	53.2*20.5*52inch/1350*520*1320mm
Net weight	94.8lbs/43kg
Radio Frequency	2.4GHz
Radio Frequency Band	2402-2480MHz
Maximum RF Power	5.40dBm

PARTS LIST

Check if all parts and accessories are in the package.

 #1 Main Frame		 #3 Front Foot Tube	
		 #4 Rear Foot Tube	
 #8 Handlebar	 #7 Seat	 #104 Left pedal #105 Right pedal	
 #5 Handlebar Post	 Voltage Adapter	 Screwkit	 User Manual

INSTALLATION GUIDE

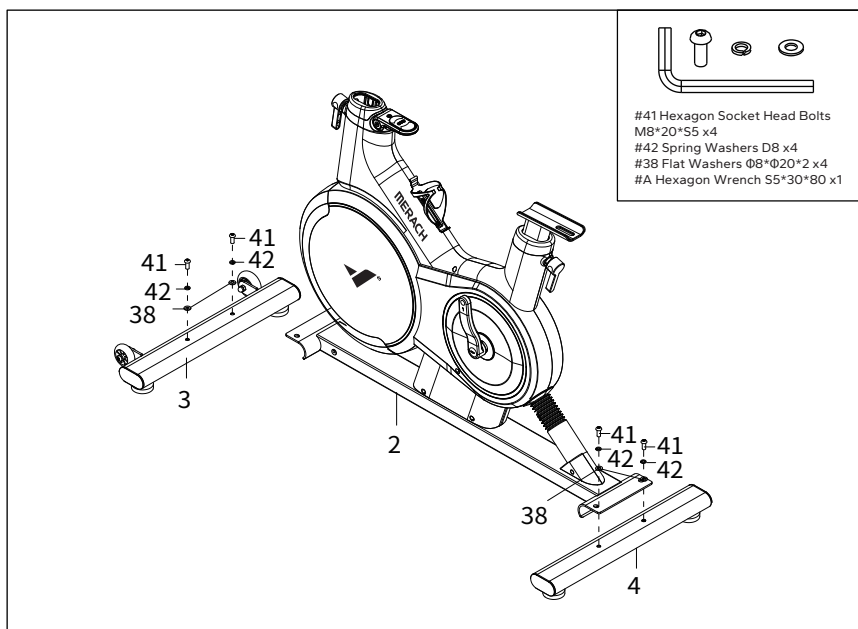


Tips

Scan QR code to watch installation video

Step 1: Install Front and Rear Foot Tube

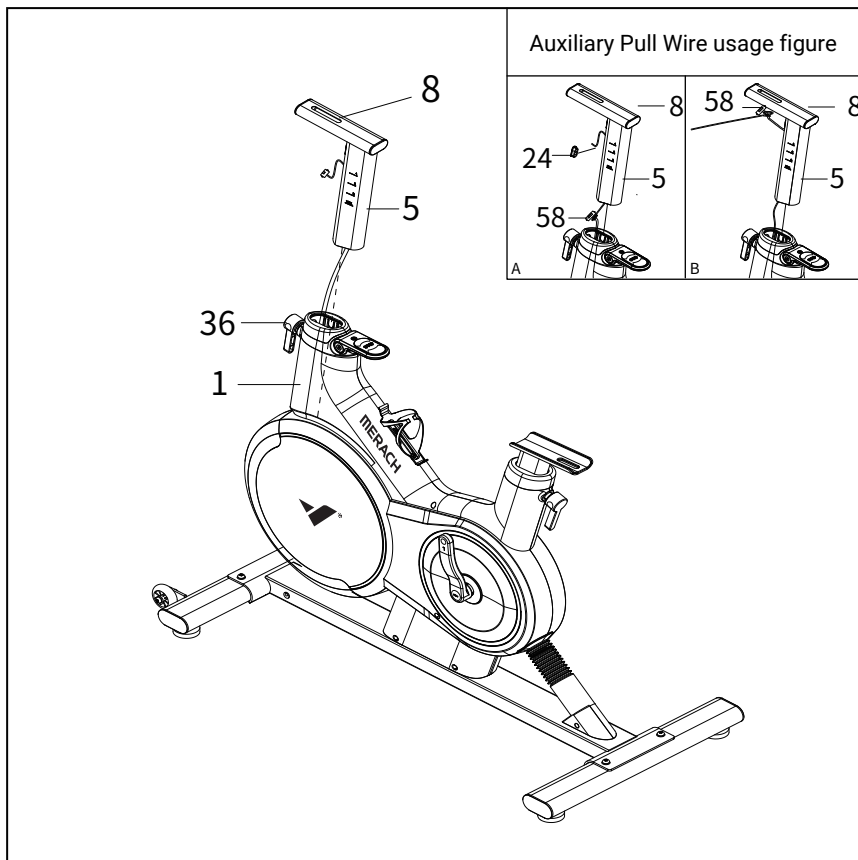
- A. First remove 4PCS Hexagon Socket Head Bolts (41), Spring Washers (42), and Flat Washers (38) from the Front and Rear Foot Tubes.
- B. Then tighten the Front Foot Tube (3) and Rear Foot Tube (4) to the Main Frame (1) using a Hexagon Wrench (A).



Step 2: Install the Handlebar Post

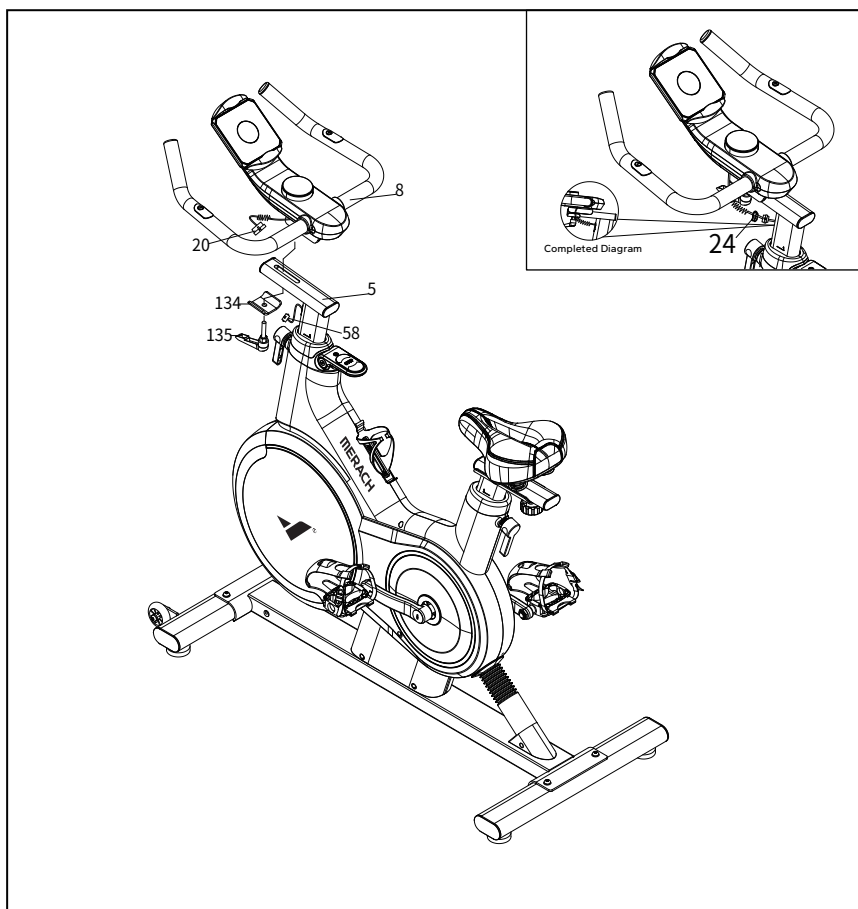
- A. Remove the Wire Hole Plug (24), use the Auxiliary Pull Wire inside the Handlebar Post (5) to tie the Data Trunk Line 2 (58) and gently pull it to the wire hole, find the direction of the wire end and remove the wire end . See Figure A and Figure B.
- B. Loosen the L-shaped Large Spring Pin Knob (36), insert the Handlebar Post (5) into the Main Frame (1) and tighten it.

Note: Do not pull the wire end hard, pulling hard may cause damage to the wire.



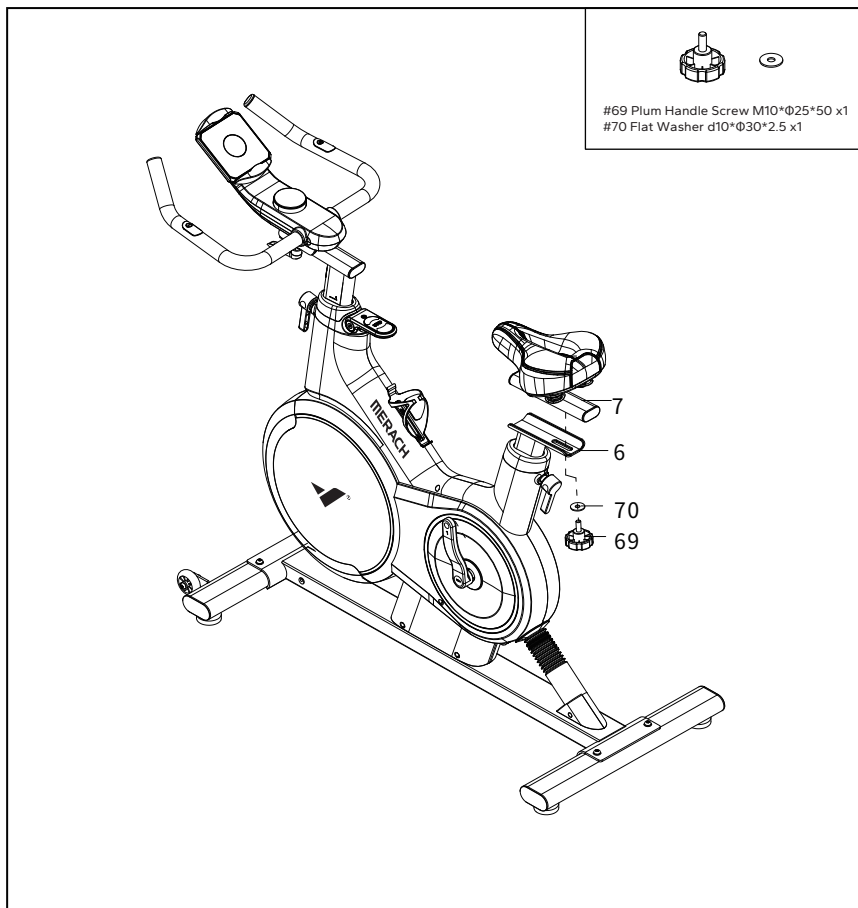
Step 3: Install the Handlebar Assembly

- A. Take out the installed Handlebar (8), place the Handlebar (8) on the Handlebar Post (5) in the direction shown in the figure.
- B. Use the L-shaped Knob Nut (135) to pass through the Arc-shaped Gasket (134) to lock the Handlebar Assembly to the Handlebar Post (5).
- C. Connect the Data Trunk Line 1 (20) and the Data Trunk Line 2 (58) in the fool-proofing direction; then insert the joint back into the Handlebar Post (5) and the Wire Hole Plug (24).



Step 4: Install the Seat

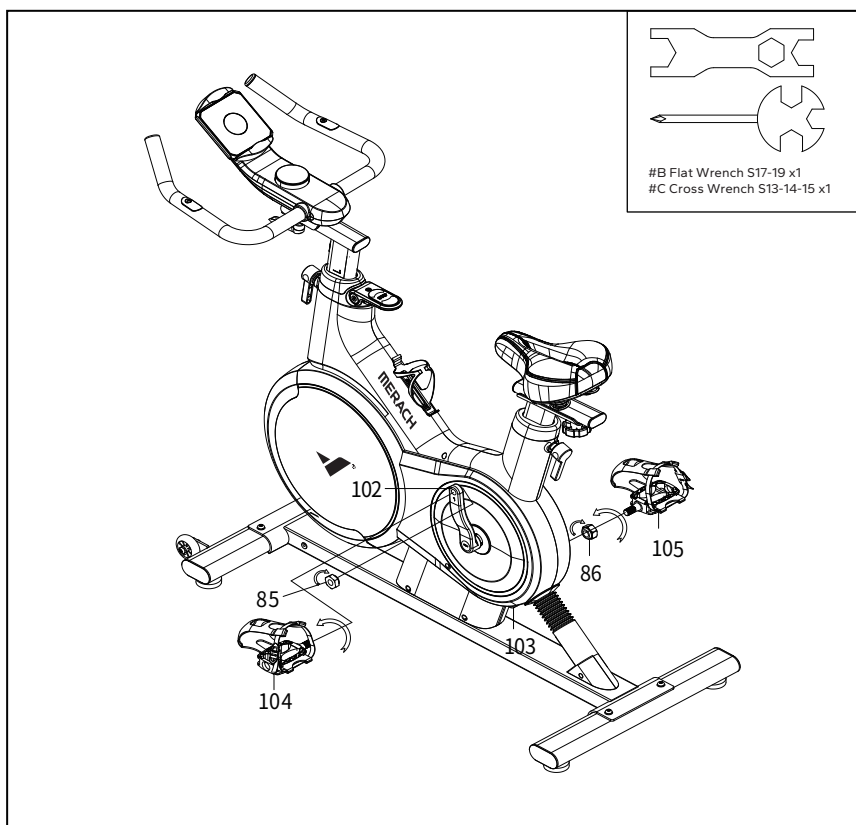
Use the Plum Handle Screw (69) and Flat Washer (70) to fix the Seat (7) to the Saddle Tube Joint (6).



Step 5: Install Left and Right Pedal

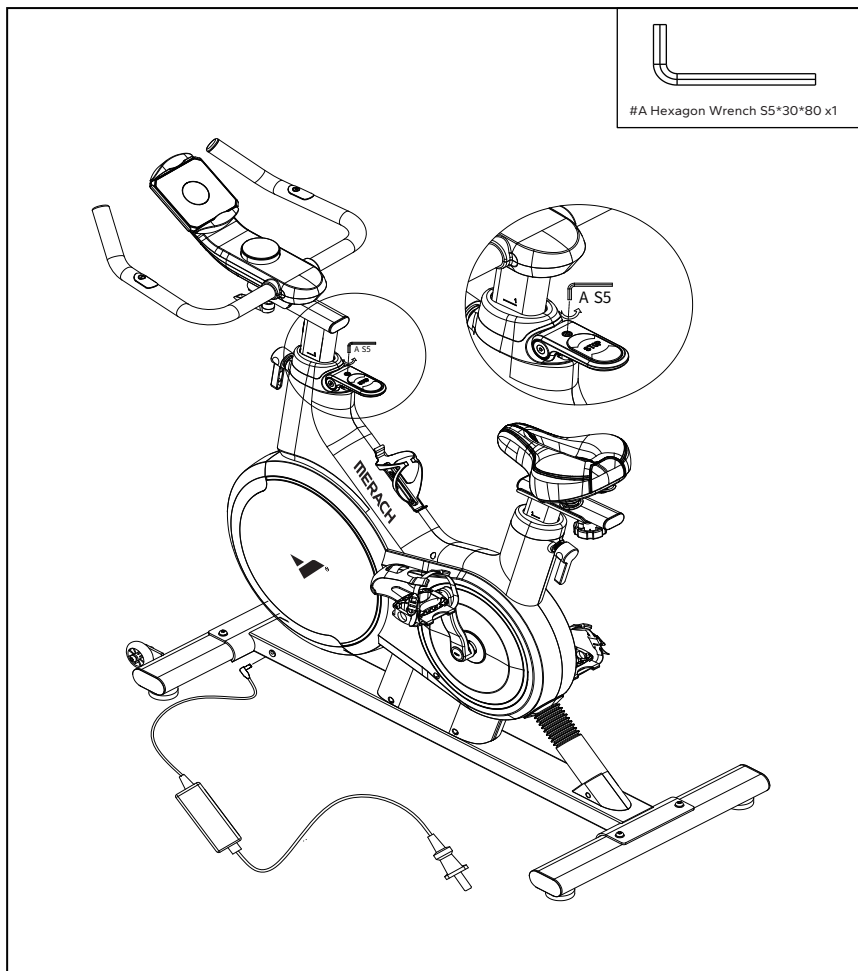
- A. Remove the Left Hexagonal Nut (85) on the Left pedal (104) and Right Hexagonal Nut (86) on the Right Pedal (105) respectively with Cross Wrench (C) and put them aside (Figure A). Note that the two nuts are different, so remember to put Left Nut & Left Pedal as a group and Right Nut & Right Pedal as a group.
- B. Install the Left Pedal (104) by vertically aligning it with the Left Crank Hole (102) using a Cross Wrench (C) in the direction shown in the figure.
- C. Then use a Flat Wrench (B) to tighten the Left Hexagonal Nut (85) to the Left Pedal (104) respectively.
- D. Install the Right Pedal (105) in the same way. Note that the tightening direction on both sides is towards the flywheel.

Note: The Pedal are divided into left and right, so be sure to install them accordingly.



Step 6: Loosen the Brake Counterclockwise

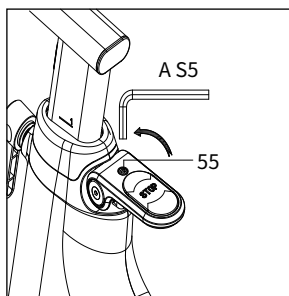
Plug in the dedicated Voltage Adapter and use the Hexagon Wrench (A) to loosen the brake counterclockwise; then it is ready for use.



PRODUCT USAGE INSTRUCTIONS

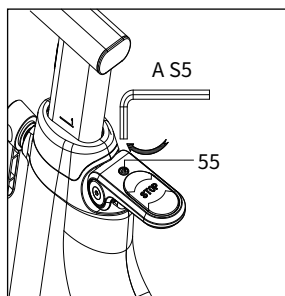
Brake Adjustment

 #A Hexagon Wrench S5*30*80 x1



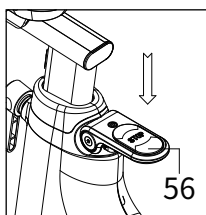
Loosen the brake:

Before using the device, use the Hexagon wrench (A) to loosen the Hexagon Socket Head Bolt (55) in a counterclockwise direction.



Tighten the brake:

When the device is not in use, use the Hexagon wrench (A) to tighten the Hexagon Socket Head Bolt (55) in a clockwise direction.



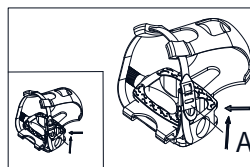
Emergency Brake:

The inertia of the flywheel of this machine is very large. When you want to stop exercising, please first press the Brake Handle (56) down to the bottom. The friction block inside can stop the flywheel as quickly as possible. Release the Brake Handle (56) when the flywheel stops rotating completely. Then get off the machine to ensure safe use.

Pedal Strap Adjustment

Instructions for pedal strap adjustment:

1. When the pedal feels tight, press the buckle and pull the strap upward to loosen it (as shown in Figure A);
2. When the pedal feels loose, press the buckle and pull the strap downward to tighten it (as shown in Figure B).
3. This product is recommended to pedal forward. Moving backward can easily cause the pedal to loosen, have gaps or make strange noises. If it is indeed loose, tighten it with a wrench in time.

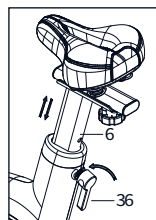


Seat Adjustment

You can adjust the position of the seat according to your height

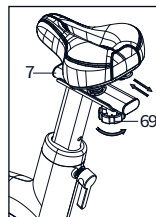
Adjust the up and down of the seat:

First, loosen the L-shaped Large Spring Pin Knob (36) counterclockwise and pull it outward, the Handlebar Post Assembly (6) can move up and down, adjust it to the appropriate position, align the L-shaped Large Spring Pin Knob (36) with the Handlebar Post Assembly (6) hole and then tighten it clockwise.



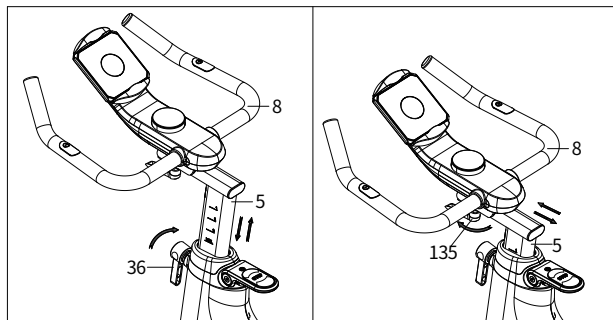
Adjust the front and back of the seat

Loosen the Plum Handle Screw (69), the Seat (7) can move forward and backward, adjust it to the appropriate position and then tighten the Plum Handle Screw (69).



Handlebar Adjustment

You can adjust the position of the handlebar according to your height



Adjust the up and down of the handlebar:

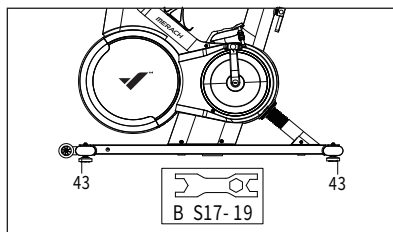
Loosen the L-shaped Large Spring Pin Knob (36) counterclockwise and pull it outward, so that the Handlebar Post (5) can be moved up and down. After adjusting to the appropriate position, align the L-shaped Large Spring Pin Knob (36) with the Handlebar Post (5) hole and tighten it.

Adjust the front and back of the handlebar:

Loosen the L-shaped Knob Nut (135) counterclockwise to adjust the handlebar forward and backward. After the handlebar is adjusted to the appropriate position, tighten the L-shaped Knob Nut (135) clockwise.

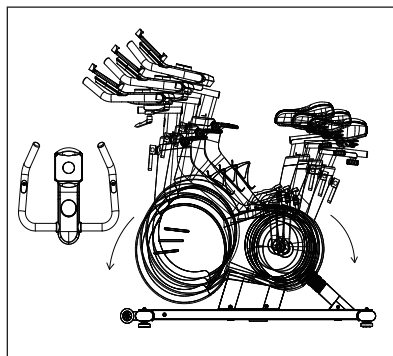
Foot Pads Adjustment

When the Front Foot Tube (3) or Rear Foot Tube (4) is found to be uneven or the floor is uneven, resulting in three feet, the Foot Pads (43) in the Front Foot Tube (3) or Rear Foot Tube (4) can be adjusted to make the machine stable. After adjustment, tighten the hexagonal nut with a Flat Wrench (B).



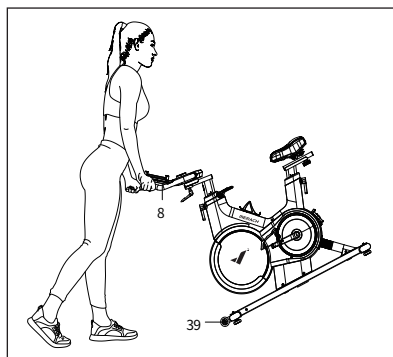
Lift Adjustment

The vehicle body is in a horizontal state by default when it starts; when the minus button (⊖) on the handle is pressed, the vehicle body will tilt forward of the handle, with a total of 6 levels, and the maximum tilt of the vehicle body is -6° ; when the plus button (⊕) on the handle is pressed, the vehicle body will tilt toward the saddle, with a total of 6 levels and a maximum tilt of $+6^{\circ}$. When connected to the APP game, the height can be automatically adjusted according to the game scene.



Moving Instructions:

When you want to move the product, hold the front end of the Handlebar (8) and press down hard until the Roller (39) on the bottom tube is completely in contact with the ground. When the body of the vehicle is not in contact with the ground except the Roller (39), you can move the vehicle. When you reach the destination, slowly release your hands.

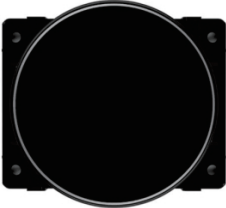


INSTRUCTIONS OF MONITOR

1.1 Main Display Description

No	Project	Window	Description
1	According to overview		1.Display "LEVEL" resistance LEVEL, resistance value "1~16". 2.Display the status of the round broadcast mode. 3.Display exercise data "speed" "time" "distance" "calorie". 4.Display bluetooth connection status. 5.The outer ring has 24 effect lights.
2	Shuffling pattern		1. All data are rotated and switched every 3s. 2. The small window displays "LEVEL" resistance LEVEL digitally. 3. Digital rotation of "speed", "time", "distance" and "calorie" in main window. 4. Bluetooth light Indicates the Bluetooth connection status. If the Bluetooth connection is on, it is off. 5. The outer ring is lit by default.
3	Lock mode		1. Press the knob to switch the display mode and lock the data you need to see. 2. Main window can lock display data "speed" "time" "distance" "calorie". 3. The small window displays "LEVEL" resistance LEVEL digitally. 4. The outer ring is lit by default.

1.2 Main Operation Instructions

No	Project	Window	Description
1	Sleep wake up		1. The hibernation state is off 2. Short press the knob or detect riding movement and the knob wakes up.
2	Press the button		1. If there is no operation or movement, the knob will go to sleep after 3 minutes. 2. In sleep state, press the knob to wake up the device. 3. Wake up state, short press the knob can enter the motion state. 4. In motion state, press the knob to switch the display mode. 5. In motion state, long press the knob "2S" to reset the data and enter the wake state. 6. When pressing the knob, there is a buzzer prompt.
3	Rotate knob		1. Rotate clockwise to increase resistance. 2. Rotate counterclockwise to reduce resistance. 3. When turning the knob, there is a buzzer prompt.

1.3 Detailed Operation Instructions

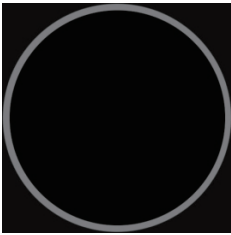
Instructions	Window
(1) When the knob is energized, the BUZZER beeps for a long time, and the knob displays light up and enters the READY state (Figure 1); (2) After power-on, the resistance automatically reset to "1". No operation for 3 minutes, display full shutdown and enter standby state (Figure 2)	 Figure 1  Figure 2
② READY state, short press the knob or trample the elliptical machine can directly enter the motion state. The small window will only display resistance "LEVEL".	 Figure 3  Figure 4
③ Digital rotation is default in the main window, the "SCAN" icon lights up, and the display of "speed", "time", "distance" and "calorie" (Figure 5, Figure 6, Figure 7 and Figure 8) is switched every 3s.	 Figure 5  Figure 6

	 Figure 7 Figure 8
④ By pressing the knob, the display mode can be adjusted to lock. The "SCAN" icon is not displayed, and the lock shows fixed data: "Speed" or "time" or "distance" or "calories" (Figure 9, Figure 10, Figure 11, Figure 12).	 Figure 9 Figure 10  Figure 11 Figure 12

Item No.	Project	Display window	Display instruction
1	Resistance level		1 ~ 16
2	SCAN carousel		Display: Indicating that the data will not be displayed under carousel mode: Indicating that the data are locked
3	Speed		0.0 ~ 999.9 km/h
4	Time		00:00 ~ 99:59
5	Distance		0.0 ~ 999.9 km
6	Calorie		0.0 ~ 999.9 Kcal
7	Bluetooth icon		Display: Bluetooth has been connected Non-display: Bluetooth is not connected

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 "Exercise bike", and find your "MRK-S28-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

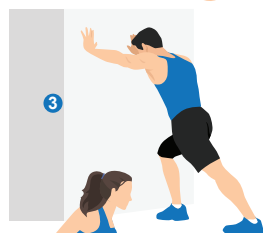
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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).



TROUBLESHOOTING

Problem	Possible Solution
How to adjust gear?	Turn the knob clockwise to increase resistance and counterclockwise to decrease resistance.
What to do when the handle shakes slightly?	Check whether the connecting screws of the handle and the front column tube are firmly fixed.
	Check if the retaining knob is locked.
What to do when the machine shakes during use?	Check whether the front and rear foot tubes are fastened enough.
What to do when pedals loose?	Following the setup instruction, to check whether the left and right pedals are locked on the first step.
	Following the setup instruction, to check whether the inner fixing nut of the second stage of setting up the pedal is locked.
What to do when the whole machine is slightly tilted?	Check whether the four adjusting foot pads at the bottom of the front and rear foot tubes are on the same plane.
	Adjust and rotate the raised foot pads parallel to the floor.
What to do when the monitor does not display?	Check whether the positive and negative electrodes of the battery are installed correctly.
	Replace the battery with a new one.

WARRANTY INFORMATION

Product Name	MERACH EXERCISE BIKE
Model	MR-S28
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@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@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.us

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