

Κωπηλατική μηχανή MERACH MR-R14R1 (καφέ)

MERACH · EAN 5905156109445

Machine translation from Polski. In case of doubt the manufacturer's original document prevails.

POWERED BY

USER MANUAL

MERACH WATER ROWER Model:

MR-R14

Questions or concerns? IMPORTANT! Please read all information carefully before use and keep this user manual for future reference. PLEASE CONTACT US BEFORE RETURNING:

Monday-Friday, 9:00 AM-5:00 PM PST/PDT support.eu@merach.com

WHO ARE WE? Our customers are not just important to us; their health, fitness, and true joy of life are what matter most to us at MERACH. From innovative fitness research and modern product solutions to excellent service during purchase and after-sales support, we have become a lifelong partner for our customers in creating a better fitness future. With high-quality fitness equipment that supports fat burning and muscle building, such as our professional rowers and exercise bikes, as well as the innovative MERACH app and digital courses, we offer everyone the opportunity and support to achieve health and fitness goals and discover a new healthy lifestyle.

Welcome to MERACH

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Register your warranty to maintain protection! Send the product model to the email address:

support.eu@merach.com

Register the warranty online at: merachfit.com/pages/warranty-europe

Safety Instructions

Please keep this user manual in a safe place for future needs. It is very important to read the user manual carefully before assembling and using the exercise equipment. Only proper installation, maintenance, and use of the exercise equipment ensure safe and effective training. It is important that all users are familiar with all warnings and precautions related to the equipment. Before using the exercise equipment, the user should consult a doctor to assess their health condition to avoid risks during training and ensure its proper course. If the user is undergoing treatment for conditions such as heart disease, hypertension, elevated cholesterol levels, etc., they should consult a doctor before starting training. Always pay attention to your body's condition during training; improper exercise methods can negatively affect health. If any discomfort symptoms occur (such as headache, chest tightness, irregular heartbeat, shortness of breath, seeing halos, dizziness, or nausea), training should be stopped immediately, and a medical examination should be sought without delay. Continuing exercise is only possible after obtaining a doctor's approval. Keep children and pets away from the exercise equipment, which is intended for adult use only. Place the exercise equipment on a hard, flat surface with a protective layer on the floor or carpet to prevent damage to the floor, and ensure that the space around the equipment is at least 0.6 m (2.0 feet) from any obstacles. Before using the equipment, please check that all screws and nuts that require tightening are properly secured and that the equipment is safe to use. Safe use of the device is only possible through regular repairs and maintenance of parts susceptible to damage, wear (such as rollers, screws, etc.), and cracks. Ensure that the device is used according to the guidelines contained in the user manual. If damaged parts are detected during assembly or servicing, or if unnatural sounds occur during use, immediately stop using the device and ensure that all issues are resolved before further use. Make sure that all problems are resolved before continuing to use the equipment. When using the exercise equipment, pay attention to appropriate clothing – it is recommended to wear simple and fitted clothes, avoiding loose ones that may catch on the device's components. Loose clothing should be avoided as it may get caught on parts of the equipment, which can hinder operation and even trap the user.

Safety Instructions

This exercise device is not intended for medical applications.

When lifting or moving the device, do so safely by using appropriate techniques or – if necessary – with the help of others. When setting the training device in an upright position, always lean it against a wall or a stable surface, and also place it in a safe location, away from children, to prevent injuries. Do not allow two or more people to use the device simultaneously. The water rower is a training device related to speed. This device is intended for home use only, and the maximum allowable load is 150 kg/330 lbs. The device can be used by children from 8 years of age and by persons with limited physical, sensory, or mental abilities, or without appropriate experience and knowledge, provided they are supervised or trained in safe usage and understand the associated hazards. Children should not play with this device. Cleaning and maintenance should not be performed by children without supervision.

Safe usage instructions

Maintenance

The quality of the water in the tank requires maintenance in several stages. We strongly recommend using regular municipal tap water, which contains components that protect the water tank from corrosion caused by bacteria, algae, and other microorganisms. Chlorine and other chemicals are present in the tank. Chlorine in the tank should be replenished using cleaning tablets (or a water coloring agent). Chlorine decomposes under light: in direct sunlight, the decomposition time of chlorine is about 6 months, while under artificial lighting, chlorine decomposes in about 2 years. We generally recommend adding a cleaning tablet (or water coloring agent) to the tank approximately every 6 months. If you notice that the water quality begins to deteriorate, immediately add a cleaning tablet (or water coloring agent) to the tank. If the water becomes cloudy, we recommend emptying the tank and thoroughly rinsing it with clean water. If the water becomes cloudy, we recommend emptying the tank, rinsing it with clean water, refilling it with clean tap water, and adding a cleaning tablet. Do not add chlorine bleach to the water tank, as this may cause irreversible damage to the polycarbonate tank.

Safety instructions

To maintain the aesthetics and integrity of the rower, the equipment should be cleaned regularly; please promptly remove dust from the external surfaces of the device. The surface of the rail must be kept clean to prevent dust from accumulating on the seat rollers. The rail surfaces can be cleaned with a damp cloth. Care should also be taken to keep the surface of the water tank clean. However, please familiarize yourself with the instructions for use of any cleaning agent before using it. Do not use cleaning agents containing chlorides or ammonia. Ropes, pulleys, and connection points are wear items and should be regularly checked and replaced if worn to ensure proper and safe usage. If any part of the rower is damaged, it should be replaced immediately.

Precautions

Testing and precautions before use

Rails: Before taking a seat on the rower, check the seat rollers and guide rails for dirt and debris. Small objects can block the seat rollers and guides

and cause damage to their surfaces. Before each use, check the guides for debris and clean them regularly. Fastening elements: Regularly check the tightness of the frame screws. This check should be conducted at the end of the first month of use and then every 12 months. When storing the rower in an upright position, choose an appropriate location. Use the rower on a flat surface to prevent tipping and premature wear. Warnings Before starting any exercise, consult a doctor. This is especially important for individuals over 35 years of age or those with existing health problems. Read all instructions before using the equipment. Specification Model: MR-R14 Name: MERACH Water Rower Power: AAA Battery x 2 Maximum load: 330 lbs (150 kg) Product dimensions: 68.9*18.1*32.9 inches (1750*460*835 mm) Net weight: 57.3 lbs (26 kg) Radio frequency: 2.4 GHz Radio frequency band: 2402-2480 MHz Maximum RF power: 5.09 dBm Parts list Please ensure that each part and accessory is complete before assembly.

#A Main frame x1

#B Left rear rail assembly x1

#C Right rear rail assembly x1

#E Monitor assembly x1

#D Seat cushion x1

#H AAA battery x2

#F Screw and accessory set x1

#G User manual x1

POWERED BY

USER MANUAL

MERACH WATER ROWER

Model: MR-R14

EN • DE • FR • ES • IT

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Monday-Friday, 9:00 AM-5:00 PM PST/PDT support@merach.com

#05 Rail connecting plate x1

#104 Water pump x1

#109 Water cleaning tablet x1

EN

007

Assembly instructions

Preparation:

1. Before installation, ensure there is enough space around the installation area.
2. Please use the tools included with the device or your own appropriate specialized tools during assembly.
3. Before assembly, ensure all parts are complete.

Step 1: Install left/right rear rail

- A. Attach the left/right rear rail (#B/C) vertically to the main frame (#A) using 2 hex socket screws with flat heads (#100) and 2 cap nuts (#75), tightening them with the hex key (#101) and Phillips screwdriver (#103).
- B. Lift the rail connecting plate (#07), then insert two hex socket screws with tapered heads (#99) through the side holes of the left and right rear rails (#B/C) into the rail connecting plate (#07), and then tighten them. Note: Do not tighten them permanently yet.
- C. Use the hex key (#101) to tighten two cylindrical screws with hex sockets (#76) through the holes under the left and right rear rails (#B/C) into the rail connecting plate (#07), then secure them with two cap nuts (#75).

#95 Cap nuts M8 *4

#100 Tapered hex socket screws M8×90×S5×15*2

#76 Flat hex socket screws M8×40×15×S5 *2

#99 Flat hex socket screws M8×50×15×S5 *2

#101 Hex key S5 30*80*5 S5 *1

#103 Phillips screwdriver S13 S14 S17 *1

EN

008

Assembly instructions

Step 2: Install the rail connecting plate

- A. Remove the Rail Connecting Plate (#05), then screw 4 hex screws with flat sockets (#74) through the holes of the Foot Plate (#04) and Left/Right Rear Rail Frame (#B/C) into the corresponding built-in nuts on the Rail Connecting Plate (#05), and then tighten them with the hex key (#102).

#74: hex screws with flat sockets M6×50×S4 *4

#102: hex key S4 25×60×4 S4 *1

EN

009

Assembly instructions

Step 3: Install the Seat Cushion

A. Remove the seat stopper (#57) and the tapered socket screws (#77) from the end of the left/right rear rail (#B/C) using the hex key (#101).

B. Slide the seat cushion (#D) onto the rail in the indicated direction, then secure the seat stoppers (#57) and the tapered socket screws (#77) using the hex key (#101).

#101 Hex key S5 30×80×5 S5 *1

EN

010

Assembly instructions

Step 4: Assemble the monitor frame

A.

Remove the monitor frame assembly (#E) and unscrew the 4 pre-locked screws (#72) on the main base (#A) using the hex key (#102). B. Use the 4 screws (#72) removed earlier to secure the monitor assembly (#E) with the hex key (#102). 102 hex key S4 25×60×4 S4 *1

EN

011

Filling and managing water

1. Filling with water

WARNING: When filling with water, place a dry cloth under the tank to prevent moisture damage to floors and carpets. Rubber plug

Filling

water

Steps:

① Remove the rubber plug on top of the tank. ② Place a large bucket of water next to the rower and insert the water pump spout into the tank and the lower hose into the tank. ③ Start the motorized water pump to begin filling; monitor the water level on the scale located on the side of the tank. **Warning!** Do not overfill! ④ Turn off the electric pump when the water level reaches the desired level. ⑤ Ensure that the tank cap is properly closed. **Note:** If the quality of local water is unsatisfactory, it is recommended to use distilled water instead of tap water.

2. Regular water replacement

WARNING: In case of discoloration of the water or the appearance of bacterial or algae blooms, please replace the water in time using the included cleaning tablets.

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Filling and managing water

3. Water replacement

WARNING: When filling with water, use a dry pad under the tank to protect the floor and carpets from moisture. Rubber plug

Filling

water

STEPS

① Remove the water tank cap. ② Insert the hose from the bottom of the electric water pump into the rower's tank, and place the water pump outlet in the bucket of water. ③ Turn on the water pump to drain the water. WARNING: Before using the water pump, fully charge it, then press the power button to ensure proper water drainage. Water level marker

The resistance depends on the amount of water in the tank, please refill water according to the level marking. Do not exceed the maximum water level marking. If water is added above the maximum level, any damage to the product will not be covered by warranty.

EN

013

Moving and storing

A. First, slide the seat cushion (#D) forward to prevent it from quickly dropping and damaging the device during folding. B. Manually lift the rear plate of the footrest (#04) until the PU wheels (#48) at the front of the track touch the ground, after which you can freely move the device to the desired location.

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014

Monitor operating instructions

BUTTONS

1. MODE

Press this button to change the displayed information: time, calories, total strokes, distance, and total distance (ODO).

2. SETTINGS

In setting mode, press this button, then use the "MODE" button to increase the value in the flashing field corresponding to TIME, DISTANCE, or CALORIES.

3. RESET

In setting mode, press this button to reset the value in the flashing field corresponding to TIME, DISTANCE, or CALORIES. In monitor operation mode, hold this button for 3 seconds to reset all values to zero.

FUNCTIONS

1. MOVEMENTS

Displays the current number of movements in the range of 0 to 9999.

2. SPM (strokes per minute)

Displays the current number of repetitions per minute (SPM) during exercise. Reflects the frequency of movements. The range is from 0 to 1500 strokes per minute.

(1) Counts the total time from the start to the end of the exercise, in the range of 0:00 to 99:59 minutes.

(2) Exercise time can be set in advance; as it approaches the set time, the monitor will sound an alarm for 10 seconds. The maximum set time is 99 minutes.

4. TIME (500 m)

Shows the rowing time over a distance of 500 m, the range is from 0:00 to 99:59 minutes.

5. DISTANCE (DIST)

(1) Counts the total distance from the start to the end of the exercise, the range is from 0.0 to 9999 km or miles.

(2) Exercise distance can be set in advance; as it approaches the set distance, the monitor will sound an alarm for 10 seconds. The maximum preset distance is 9999 KM or miles.

6. TOTAL DISTANCE (ODO)

Counts the total distance after the battery is installed.

7. TOTAL NUMBER OF STROKES

Counts the total number of strokes after the battery is installed.

015

Monitor operating instructions

8. CALORIES (CAL)

(1) Counts the total number of calories burned during the exercise from start to finish, the range is 0.0 ~ 9999 KCAL.

(2) The calorie value can be set in advance; as it approaches the programmed value, the monitor will alarm for 10 seconds. The maximum preset number of calories is 9999 KCAL.

9. AUTO START/STOP

(1) If no exercise or operation signal is detected for 4 minutes, the power will automatically turn off.

(2) Upon receiving the exercise or operation start signal, the monitor will turn on automatically.

BLUETOOTH & APP:

1.

First, download the APP, and then turn on Bluetooth and location services to connect accurately with the APP. 2. The monitor can connect with Merach, Kinomap, and supports the FTMS protocol in Bluetooth applications. 3. The display will be off while the monitor is connected to the Bluetooth app, and it can be turned on after disconnecting the monitor from the Bluetooth app. BATTERY REPLACEMENT When the display becomes dim or unreadable, remove the battery and replace it with SIZE AAA UM4 R03. EN 016 Application configuration instructions Download and use the MERACH app 1. To download the MERACH app, scan the QR code or search for "MERACH" in the Apple APP Store or Google Play Store. Download the MERACH app Connection guide for the app 2. Open the MERACH app. Log in or register. 3. Follow the instructions available in the app to properly configure the device. Download and use the KINOMAP app 1. To download the KINOMAP app, scan the QR code or search for "KINOMAP" in the Apple App Store or Google Play Store. 2. Launch the KINOMAP app. Log in or create an account. 3. Select the appropriate exercise equipment. EN 4. Turn on Bluetooth and select MERACH. 5. Choose the type of machine and specify the model. 6. Start training and explore different exercise methods. 017 Troubleshooting Questions Possible solutions What should I do if there is noise while rowing? You can apply car polish wax to the belt. Please check if other users are connected via Bluetooth at the same time. In that case, please disconnect and reconnect. What should I do if the rower does not connect to the app? The rower still does not work properly. Please contact Customer Service (see page 21). Change the location of the rower to limit direct sunlight exposure. What should I do if the water changes color or becomes cloudy? Replace the water or treat it according to the instructions. It is recommended to use distilled water when refilling. EN 018 Warm-up Perform stretching exercises before training. Warmed-up muscles stretch more easily, so start with 5-10 minutes of warm-up, then perform the following stretching exercises – 5 repetitions of 10 seconds or more for each leg. It is recommended to repeat the exercises after training as well. 1. Downward stretch Slightly bend your knees, slowly lean forward, relax your back and shoulders, trying to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat the exercise 3 times (see Figure 1). 2. Sitting hamstring stretch Sit with one leg extended. Pull the other leg in so that the inner side is against the extended leg. Try to touch your toes with your hand. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2). 3. Calf and Achilles tendon stretch Stand, leaning both hands against a wall or tree, placing one foot behind the other. Keep the back leg straight, heel on the ground, and lean towards the wall or 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 towards your hips until you feel tension in the

front of your thigh. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4). 5. Stretching the sartorius muscle (inner thigh) Sit with your feet facing each other and knees outward. Grab your feet with both hands and gently pull them towards your groin. Hold for 10-15 seconds, then relax. Repeat the exercise 3 times (see Figure 5). Note: This device is for full-body training; please follow the above steps during warm-up.

019 Warranty information Product name Water rower MERACH Model MR-R14 Standard warranty period 12 months For your convenience, we recommend recording the order number and purchase date. Purchase date Serial number Terms and conditions MERACH products are distinguished by the highest quality of materials, workmanship, and service provided. The limited one-year warranty from MERACH is valid from the date of purchase. MERACH will replace defective products according to the warranty terms. Returns are available to the original purchasers of our products within the first 30 days from the date of purchase. The warranty covers personal use only and does not apply to commercial use, rental, or other applications for which the product is not intended.

No other warranties exist beyond those explicitly stated with each product. The warranty is non-transferable. MERACH is not liable for damages, losses, or inconveniences resulting from equipment failure, user negligence, improper use, or operation inconsistent with the included user manual. This warranty does not cover the following cases: Damage caused by improper use, accidents, modifications, or vandalism. Improper or insufficient maintenance. Damage during return shipping. Supervision of children under 18 years of age is mandatory to prevent uncontrolled use. MERACH and its subsidiaries are only liable for damages resulting from intended use or in accordance with the user manual. In some jurisdictions, the exclusion or limitation of liability for incidental or consequential damages is not permitted, so the above disclaimer may not apply to you. This warranty grants you specific legal rights, and you may also have other rights that vary by region. All express and implied warranties, including the warranty of merchantability, are limited to the duration of the limited warranty.

Warranty Information

Additional 12-month warranty:

You can enjoy an additional 12-month warranty. Simply activate the warranty by sending the product model name to register@merach.com or by logging in to merachfit.com/pages/warranty and entering the order number (e.g., Amazon) within the first 14 days of purchase to register the new product and benefit from the extended warranty. If you cannot provide the order number, please enter a short note in the number field along with the date of receipt of the product.

Defective products and returns:

In case of product defects during the warranty period, please contact Customer Service at support.eu@merach.com, including the invoice and order number. DO NOT dispose of the product before contacting us. After the claim is approved by Customer Service, please return the product along with a copy of the invoice and the order number.

Customer Service

Your satisfaction is our goal! If you have any problems or questions regarding the new product, we encourage you to contact the Customer Service team at support.eu@merach.com.

* Please have your order number and serial number (usually located on the back stand) ready before contacting Customer Service.

Product battery specifications

Feature Value

Battery identification number -

Battery category General-purpose portable battery

Type of battery Portable alkaline batteries (manganese zinc) (LR)

Contains Cadmium/Lead (>0.002% Cd, >0.004% Pb)

Net weight (kg) 0.0012

Capacity (mAh) 850

This document is a translation of the original user manual created by the manufacturer. Detailed information about the distributor/manufacturer warranty conditions is available at <https://serwis.innpro.pl/gwarancja>. The product must be regularly maintained (cleaned) at your own expense or by specialized service points. In the absence of information about necessary periodic or service maintenance actions in the user manual, the condition of the product should be assessed regularly, at least once a week, to determine any deviation from the condition of a physically new product. If any deviation is detected or noted, urgent maintenance (cleaning) or service steps should be taken. Failure to properly maintain (clean) and respond upon detection of a deviation may lead to permanent damage to the product. The warranty provider is not liable for damages resulting from negligence.

Warnings and safety information

The magnetic rower is intended for home use and recreational training only. Before first use, familiarize yourself with the user manual and all safety information. Improper use of the device may lead to injuries, musculoskeletal overload, or equipment damage. The device is

not a toy. Store and use out of reach of children; use by minors is allowed only under the supervision of an adult. Do not use the rower if it is damaged, unstable, or shows abnormal operation. In case of pain, dizziness, shortness of breath, or other concerning symptoms, training should be stopped immediately. The product meets the safety requirements specified in Regulation (EU) 2023/988 on general product safety.

Information on proper use

- Place the rowing machine on a stable, flat, and non-slip surface.
- Use the device according to the manufacturer's recommendations regarding the maximum user weight and training intensity.
- Before starting exercises, ensure that all components are properly secured and locked.
- Wear appropriate sports shoes and clothing that does not restrict movement.
- Bluetooth functions and the mobile application should be used only according to the manufacturer's instructions.
- While using the mobile application, do not lose control of the exercises or focus on the mobile device at the expense of safety.
- After finishing the workout, store the equipment in a way that prevents it from tipping over or being accidentally activated.

Additional precautions

- Regularly check the technical condition of moving parts, belts, rollers, and the magnetic resistance system.
- Do not make any modifications to the device's construction or electronic systems on your own.
- When folding or unfolding the rowing machine, exercise particular caution to avoid pinching fingers.
- Mobile devices used to operate the Bluetooth application should be stored in a safe place to prevent them from falling during training.
- Dispose of worn-out components and the device after the end of its service life in accordance with local environmental protection and waste regulations.

SIMPLIFIED EU DECLARATION OF CONFORMITY

Zhejiang Yulu Electronic Technology Co. Ltd hereby declares that the type of radio device Rowing Machine MERACH MR-R14R1 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following website:

<https://files.innpro.pl/merach>

Manufacturer's address: Xianfeng Technology, Weiye Road, Binjiang District, Hangzhou
R805, Bd298, 0000 Hangzhou, cn

Radio frequency: 2.4GHz (2400MHz - 2483.5MHz)

Maximum radio frequency power: <20dBm

Environmental Protection

Waste electrical and electronic equipment marked in accordance with European Union directives must not be placed together with other municipal waste. It is subject to selective collection and recycling at designated points. By ensuring its proper disposal, you prevent potential negative consequences for the natural environment and human health. The system for collecting waste equipment complies with locally applicable environmental protection regulations regarding waste disposal. Detailed information on this can be obtained from the municipal office, cleaning facility, or the store where the product was purchased. The product meets the requirements of the so-called New Approach directives of the European Union (EU) concerning issues related to user safety, health protection, and environmental protection, specifying hazards that should be detected and eliminated.

Importer:

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The best home exercise equipment starts here

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Find us on

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Official website: merach.t.com