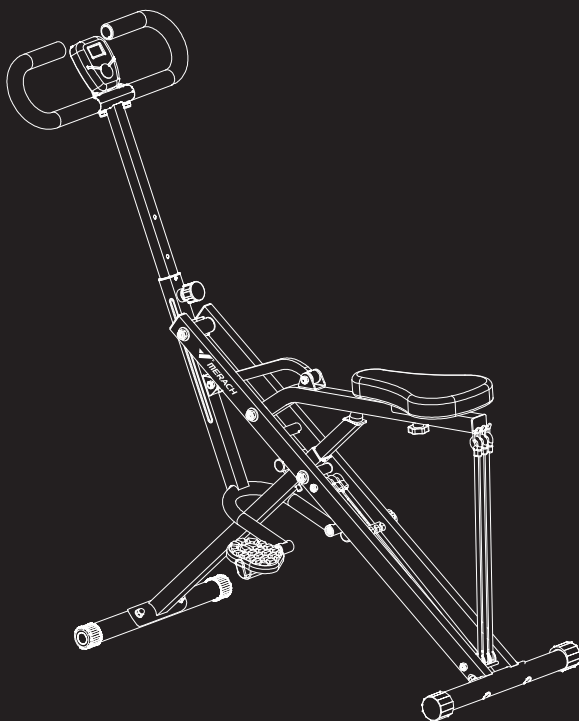


USER MANUAL

MERACH MR-R07 SQUAT RIDER MACHINE



Questions or Concerns?

IMPORTANT!

Please read all details before use, and keep this user manual for future reference.

PLEASE FEEL FREE TO CONTACT US: support.eu@merach.com

Phone: +44 1942 946399 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL/PT/PL

Connect · Train · Conquer



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 Rider Machine as much as we do.)



Explore

Explore fitness courses

EU: merachfit.eu

DE: merachfit.de

FR: fr.merachfit.com

UK: uk.merachfit.com

(You can find the official website address based on your region. If your region is not listed below, please contact customer service.)



Enjoy

Enjoy weekly, featured courses

made exclusively by our in-house fitness instructor



Train

Unlock unlimited guided classes and never train alone again with **MERACH**.

WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



Email your item model to
register@merach.com

If you purchased the product from an authorized distributor, please contact them directly to register for the warranty.



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Hey!

**Please register your warranty to
keep yourself protected!**



Email your item model to
support.eu@merach.com



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

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 symptoms (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 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 350 lbs.

Safety Instructions

- 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.
- Pay special attention to components most susceptible to wear (e.g.: Ropes, pulleys, pedals and connecting points etc.). When the parts of the product are damaged, they should be replaced immediately.
- When the machine stops, please approach and escape the machine in the direction indicated by the safety exit. If you want to dismount this equipment, you must stop the equipment completely.
- A dedicated figure to illustrate the free area and training area with an indication that:
 - 1) the free area shall be at least 0,6 m greater than the training area in the directions from which the equipment is accessed;
 - 2) the free area shall include the area for emergency dismount;
 - 3) where equipment are positioned adjacent to each other, the free area may be shared.

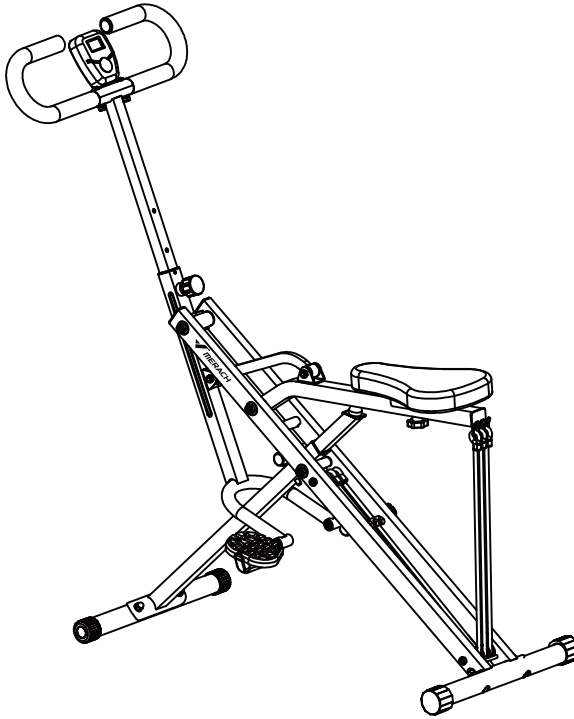
Care & Maintenance

- 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 it 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.

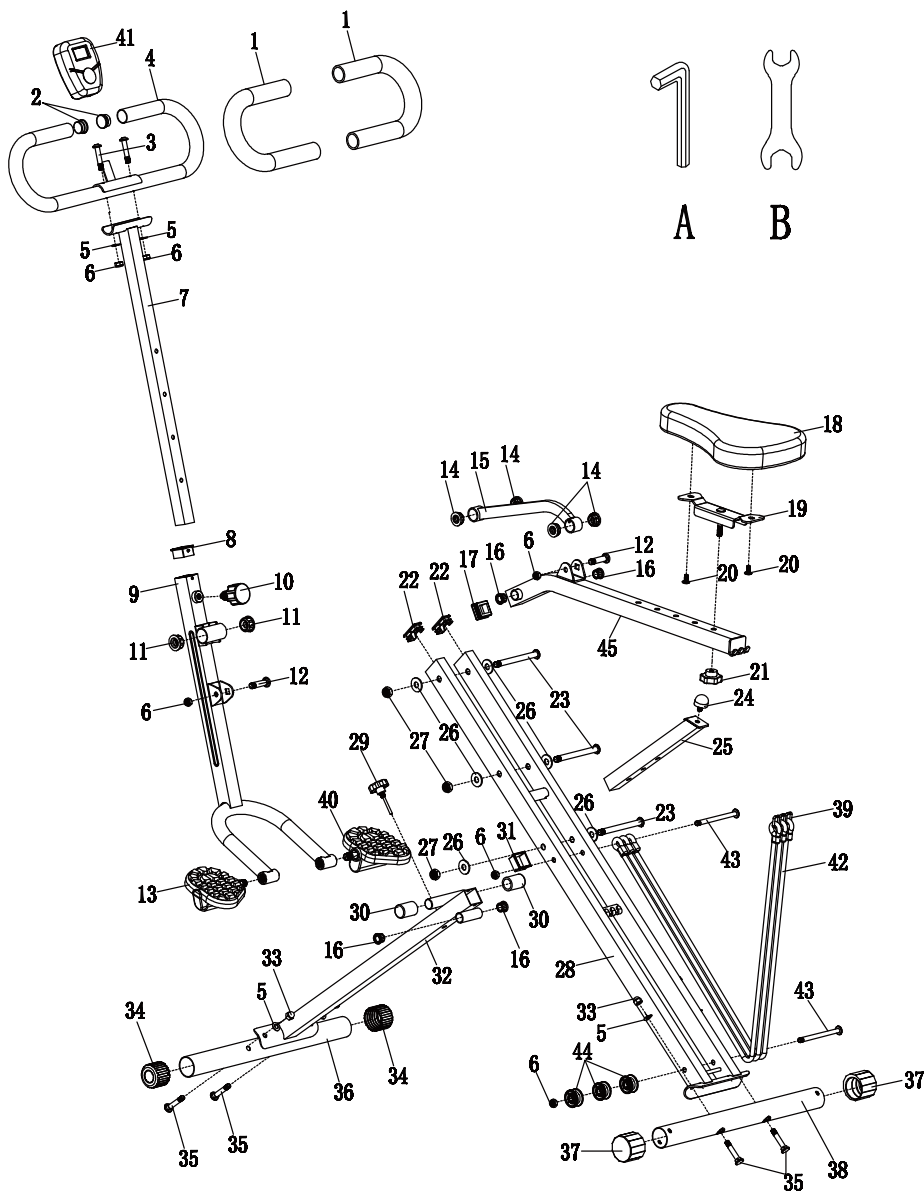
Specifications



Product Name:	Squat Rider Machine
Model:	MR-R07
Max.User Weight:	350lbs/158kg
Item Weight:	24.3lbs/11kg
Item Dimensions:	43.3*19.3*49 inch / 1100*490*1245mm

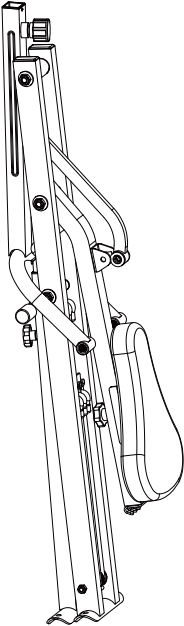
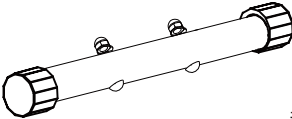
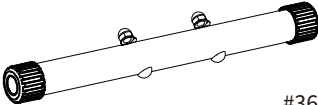
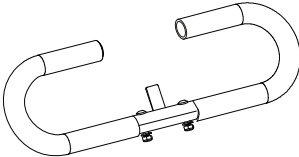
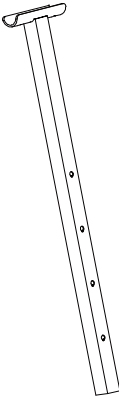
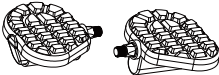
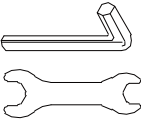
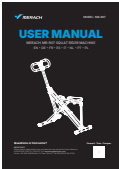
EN

Parts List



Parts and Accessories List

Check if all parts and accessories are in the package.

#28 Main Frame X 1 	 #38 Rear Foot Tube X 1	
	 #36 Front Foot Tube X 1	
	 #4 Handle Bar X 1	
#7 Handle Bar Tube X 1 	 #13 Left Pedal X 1 #40 Right Pedal X 1	 AA battery X 1
	 #41 Monitor X 1	 #12 Bolt M8 X 1
	 #A Allen Wrench X 1 #B Cross Spanner X 1	 User Manual X 1

EN

Assembly Instructions



Tips

Scan the QR code to download the app and watch the assembly video.

Finding Your Product Assembly Video

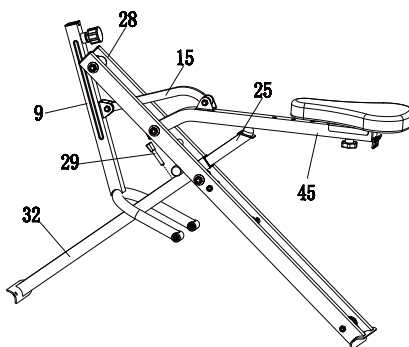
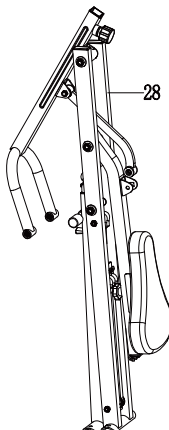
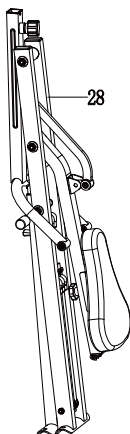
To locate the assembly video for your MERACH product, please follow these steps within the MERACH App:

1. **Open the App** and go to the "**Profile**" page, then tap the **Settings icon** (⚙️) in the top right corner.
2. In the Settings menu, scroll to find "**Assembly Guides**" under the **Support & Services** section.
3. Browse the list to find your specific product model (e.g., Q1S Rower, R7 Trainer, etc.).
4. Tap on your product name to view the step-by-step assembly video or guide.

NOTE: Ensure your app is updated to the latest version for full access to all guides.

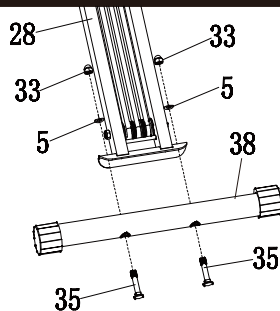
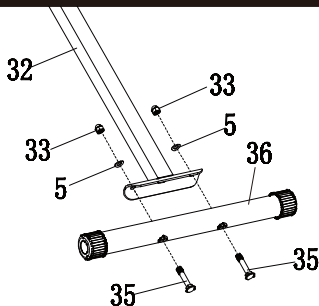
Step 1:

Open the Main Frame(#28) as shown in the picture.



Assembly Instructions

Step 2:



#35 Square neck bolt
M8*62×4



#5 Arc washer X 4



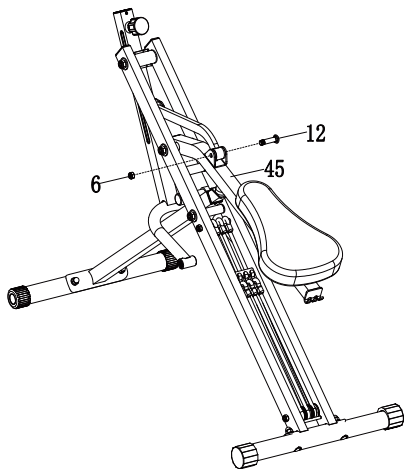
#33 Cap nut M8*S13×4



#B Cross Spanner×1

Remove preassembled 4 Bolts(#35), 4 Nuts(#33) and 4 Washers(#5) from the Front and Rear Foot Tube(#36 & #38) and attach the Front and Rear Foot Tube(#36 & #38) to the Main Frame(#28) using 4 Bolts(#35), 4 Nuts(#33) and 4 Washers(#5) and secure with cross spanner(#B).

Step 3:



#12 Bolt M8 X 1



#6 Nut M8 X 1

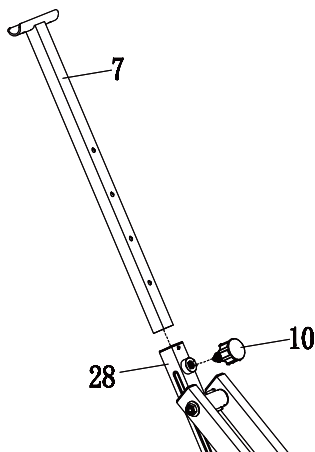


#B Cross Spanner×1

Insert Bolt(#12) into Seat Connecting Tube(#45) and secure with Nut(#6) by cross spanner(#B).

Assembly Instructions

Step 4:



#10 Knob M16 X 1

Loosen Knob (#10) and insert Handle Bar Tube (#7) into Main Frame (#28). Tighten Knob(#10) to secure.

Step 5:

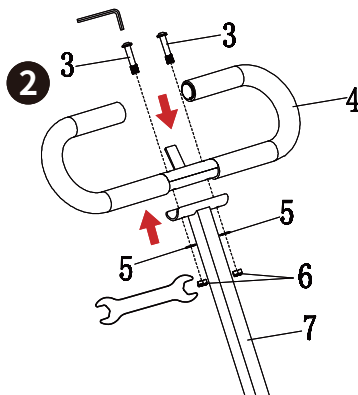
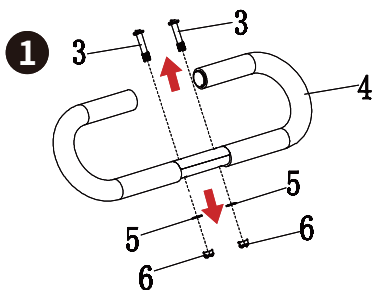
1. Remove preassembled 2 Bolts(#3), 2 Washers(#5) and 2 Nuts(#6) from the Handle Bar(#4)
2. Attach the Handle Bar(#4) to the Handle Bar Tube(#7) using 2 Bolts(#3), 2 Washers(#5) and 2 Nuts(#6) and secure both with **Allen Wrench** and **Cross Spanner**(#A&#B).



#A Allen Wrench ×1

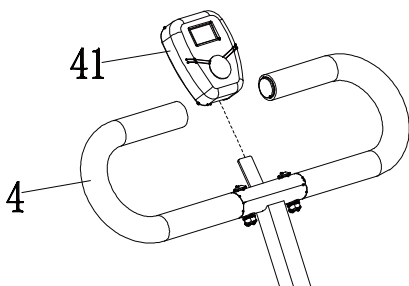


#B Cross Spanner ×1



Assembly Instructions

Step 6:



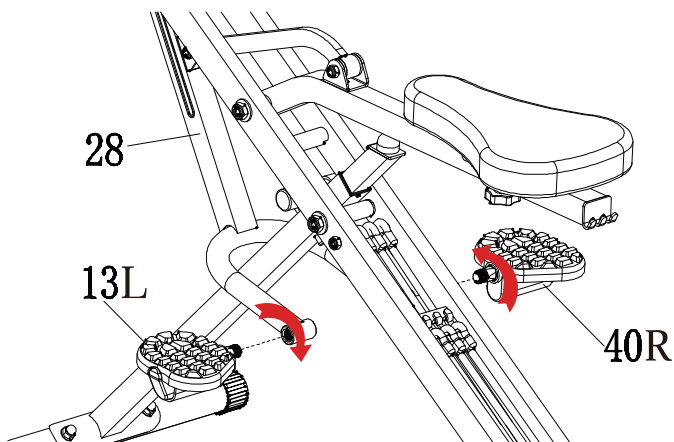
Insert the Monitor(#41) onto the tab of the Handle Bar(#4).

Step 7:

Attach the Pedal (#13 & #40) to the Main Frame(#28) and tighten clockwise with Cross Spanner(#B).

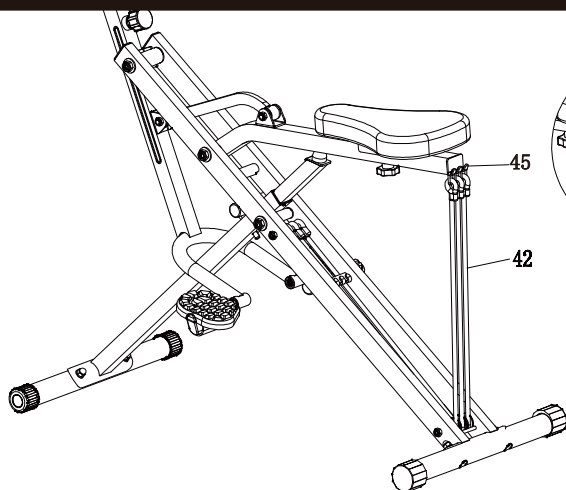


#B Cross Spanner×1



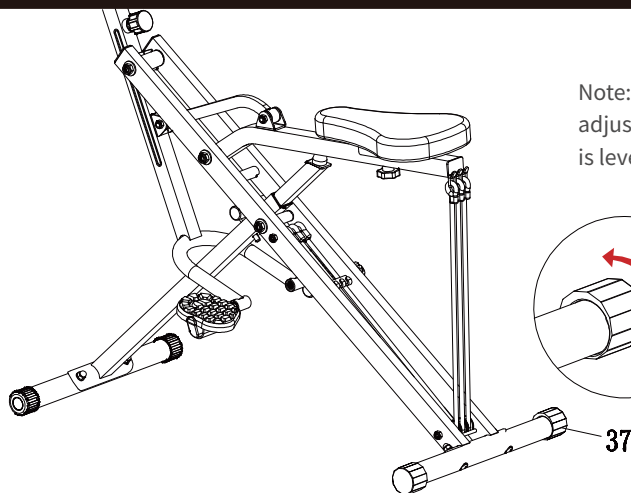
Assembly Instructions

Step 8:



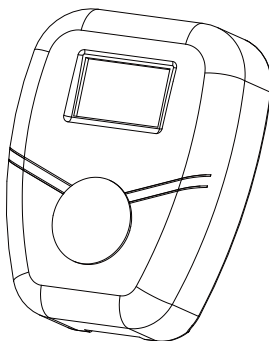
Hang the Elastic Rope(#42) on the Fixed Iron Sheet(#45) of seat

Step 9:



Note: Turn the End Caps(#37) to adjust, make sure the equipment is level on the ground.

Instructions for the Monitor



TIME: Displays the workout time while exercising.

COUNT(CNT): Accumulate the strokes while exercising.

CALORIES(CAL): Displays calories amount burned while exercising.

TOTAL CNT(TOT.CNT): Displays the total number of strokes since batteries installed.

SCAN: Automatically scan through each function between ①TIME ②CAL ③TOT.CNT.

FUNCTION AND OPERATION:

MODE/SELECT: Press to select the function you want. Hold the key for 4 seconds to reset all values.

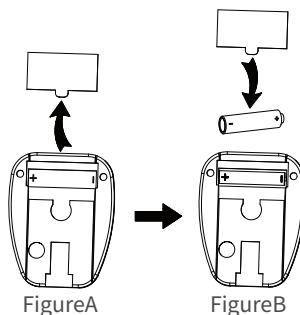
AUTO ON/OFF: The monitor will turn on when start exercise or when press MODE. The monitor will shut off automatically after there is no activity for 4 minutes.

NOTE:

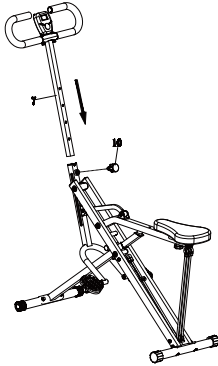
BATTERY : This monitor uses one “AA” battery. If there is a problem with the monitor display, replace the battery first. Please dispose of old battery according to your regional guidelines.

Batteries Installation Instructions

Remove the back cover by hand(FigureA), then install one AA battery, cover the back cover(FigureB), and the battery assembly is completed.



Adjustment Instructions

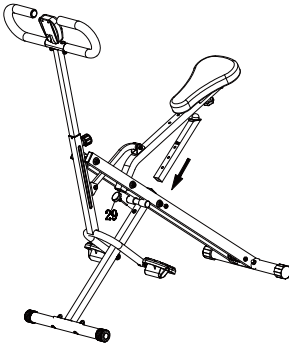
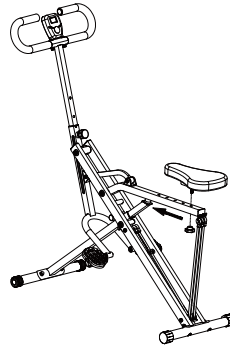


1.Adjusting the Handle Bar

Loosen the Knob (#10) and pull. Raise or lower the Handle Bar Tube (#7) to desired height. Tighten the Knob (#10).

2.Adjusting the Seat

Loosen and remove the knob located under the Seat Post. Move seat, insert knob and tighten to secure.



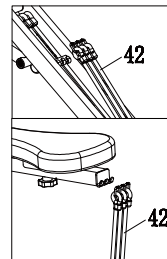
3.Adjusting the Seat Tube

To adjust the Seat Tube, lift the Seat Post. Remove Knob(#29) and raise or lower the Seat Tube. Insert knob to secure and lock it. Lower the Seat Post. Raising or lowering Seat Tube will change the difficulty of your exercise.

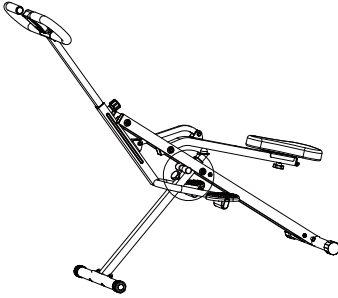
NOTE: Do not extend the Seat Tube to pass “Max” line.

4.Adjusting the Exercise Band

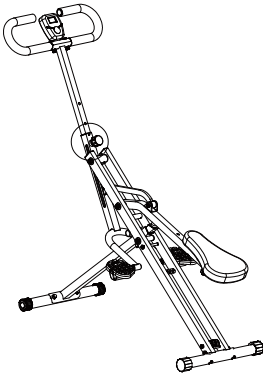
You can adjust the difficulty of your exercise by adjusting the Exercise Bands. To increase difficulty, unhook exercise bands from the Seat Post and connect the exercise bands to the hooks on the Main Frame.



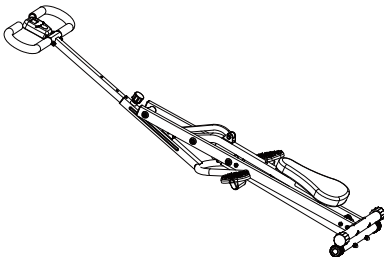
Folding Instructions



A. Adjust the handle bar post to the lowest level.



B. Adjust the seat tube to the lowest level.



C. Hold the handle bar and fold the product.

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

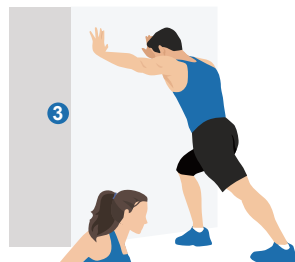
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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



3. Calf and Achilles tendon stretch

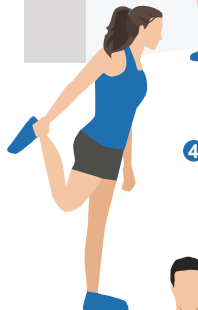
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



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 Squat Rider Machine
	MR-R07
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.

Warranty Information

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** 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 1942 946399 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL/PT/PL**
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.**