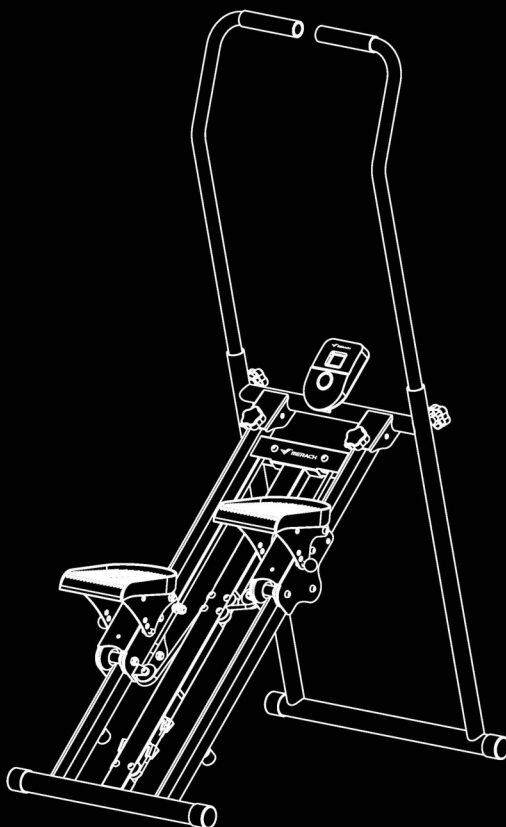




USER MANUAL

MERACH SLIDING MACHINE



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-2448

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.

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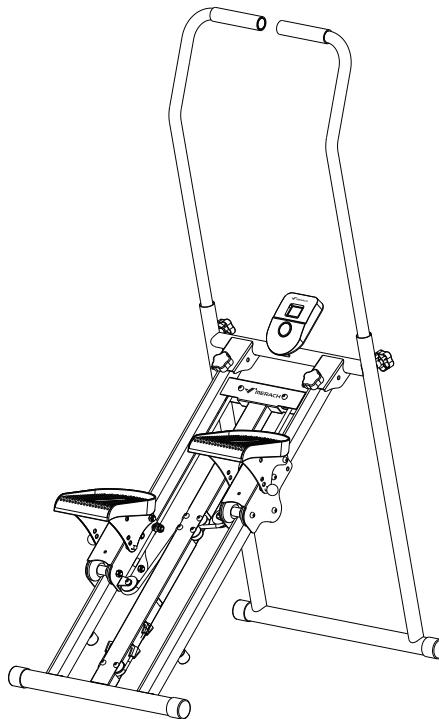
Information 10

WARNINGS

Please keep this manual in a safe place for future reference.

- Before using this product, please always read this manual carefully.
- Children, the elderly or people with physical disabilities shall use the goods under the supervision of the guardian according to the doctor's advice.
- Use with caution old injuries to the waist, elbow, shoulder or other joints and muscles.
- Do not expose the equipment to damp places, which will cause failure.
- Please confirm whether the parts are loose, detached, damaged or cracked before each use. If there is any damage, do not use it.
- Please ensure that the distance between the perimeter of the training equipment and each obstacle is no less than 0.5m.
- Please avoid ground cracks, slippery ground and uneven areas when using.
- The Company shall not be responsible for the damage to the personal damage caused by the use of the product in violation of the operating rules.
- This equipment is a non-competitive equipment, limited to fitness exercise, beyond the scope of use will cause physical injury.
- Before the use, you should do a warm-up exercise, please take exercise with your own condition, strengthen the exercise load step by step, if you have any discomfort, please stop practicing.
- The equipment can only be used for the intended purpose described by the manufacturer, do not change the equipment or use accessories not recommended by the manufacturer.
- The user must weigh no more than 330lbs.
- CHOKING HAZARD-Small Parts, Not for children under 3yrs.

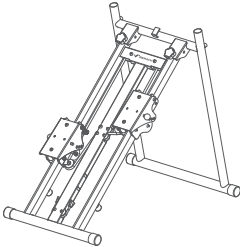
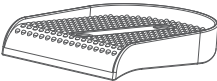
PRODUCT INFORMATION



Name:	MERACH Sliding Machine
Model:	MR-2448
Product Dimensions:	36.2*22.1*52.0inch/920*560*1320mm
Material:	Iron, ABS
N.W.:	26.9lbs/12.2kg
Weight Capacity:	330lbs/150kg

PACKING LIST

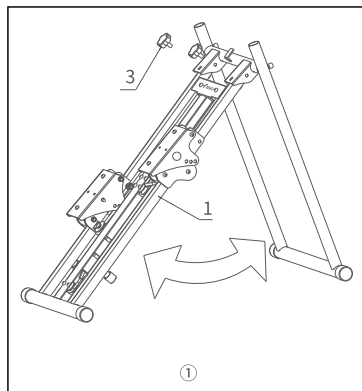
Check if all parts and accessories are in the package.

		
#1 Main Frame	#2 Monitor	#3 Knobs *4
		
#4 Pedals *2	#5 Hexagon Socket Screws M8x20mm *4	#6 Leg Bracket Pins *2
		
#7 Left Handrail Tube	#8 Right Handrail Tube	#A Hexagon Wrench

INSTALLATION GUIDE

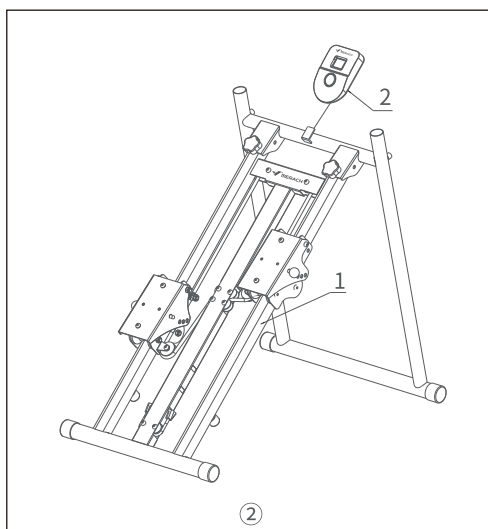
Step 1:

Take out the Main Frame(#1) of the machine, open the front and rear transverse pipes and put them in a balanced manner. Take out 2PCS knobs(#3) and lock them in the left and right holes in turn as shown in the figure ①.



Step 2:

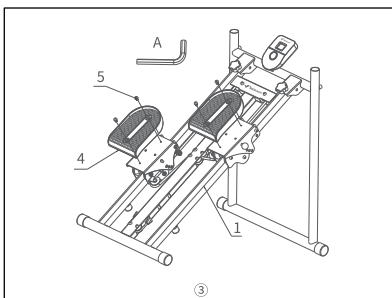
- A. Take out the Monitor(#2), install 1PCS AA batteries in the instruction manual into the battery compartment according to the positive and negative poles as shown in the figure ②, and then replace the battery cover.
- B. Then connecting cable, insert it into the main frame (1). As shown in the figure.



Step 3:

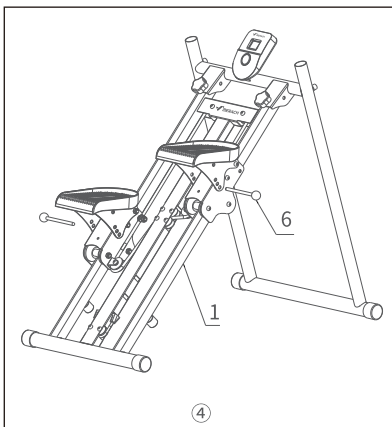
A. As shown in the figure ③, take out 1PCS pedal(#4) and align it with the pedal tube hole. Use tool A to align 1PCS pedal(#4) and 2PCS Hexagon Socket Screws(#5) with the pedal tube hole and lock them.

B. As shown in the figure ③, repeat the same steps for the other pedal.



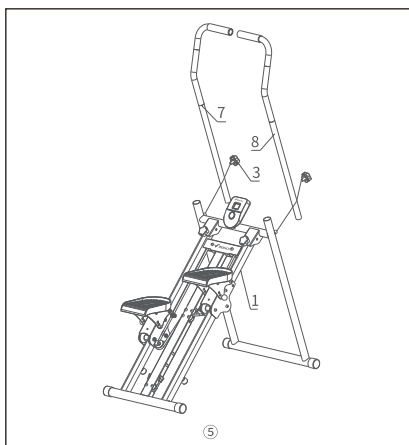
Step 4:

Take out 2PCS Leg Bracket Pins(#6) as shown in the figure ④, rotate the pedal to adjust the appropriate position, and insert 2PCS Leg Bracket Pins(#6) into the hole.



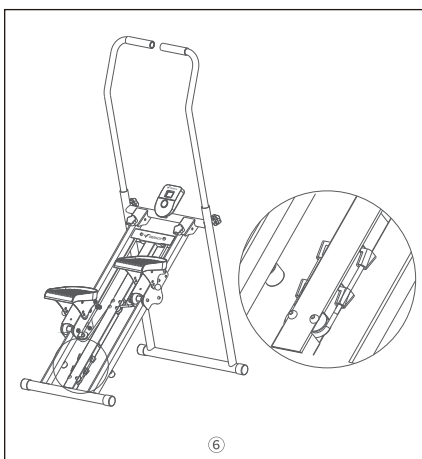
Step 5:

The Left Handrail Tube (#7), Right Handrail Tube (#8), with 2PCS knobs (#3) fixed to the Main Frame (#1), according to their own needs to adjust the height. As shown in the picture.



Step 6:

According to your own needs, adjust the resistance. As shown in the picture.



MONITOR INSTRUCTIONS

SPECIFICATIONS

TIME:	0:00' ~ 99:59'
COUNT:	0 ~ 9999
CALORIE:	0 ~ 9999KCAL
REPS/MIN:	0 ~ 9999

KEY FUNCTION

MODE/SELECT: To select the function you want. Hold the key for 4seconds to have all function values reset (total reset).

OPERATION PROCEDURES:

AUTO ON/OFF: The monitor will be automatically shut off if there is no signal coming in for 4 minutes. The monitor will be auto-powered when start exercise or press the key.

FUNTION

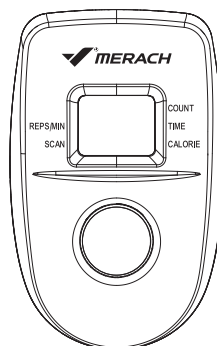
<1>.TIMER(TMR) Auto-memorize the workout time while exercising.

<2>.COUNT(CNT) Accumulate the steps while exercising.

<3>.CALORIES(CAL) Auto-memorize calories amount consumed while exercising.

<4>.REPS/MIN(CN/M) Display the steps per minute while exercising.

<5>.SCAN Automatically scan through each function between ①TIME ②CAL ③REPS/MIN



BATTERY : If there is a possibility to see an improper display on the monitor, please replace the battery to have a good result. This monitor uses 1PCS"AA"battery.

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).



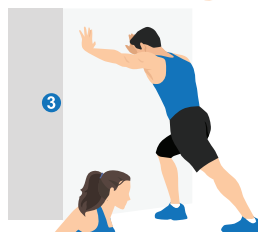
2. Seated hamstring stretch

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).



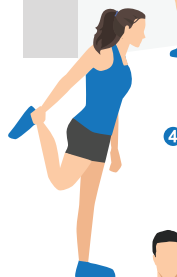
3. Calf and Achilles tendon stretch

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 Sliding Machine
Model	MR-2448
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.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