

USER MANUAL

MERACH TREADMILL

EN • DE • FR • ES • IT • NL



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: 1- (877) 3563730 Mon-Fri 8am-5pm PST US/CA

support.eu@merach.com

MODEL: MR-T14

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.

CONTENTS • ENGLISH

Safety Instructions.....	01
Technical details.....	04
Packing list.....	05
Instructions on product usage.....	06
Running belt adjustment.....	09
Troubleshooting.....	10
Maintenance.....	11
App setup instruction.....	12
Warm-up.....	13
Warranty Information.....	14

SAFETY INSTRUCTIONS

To ensure your safety and avoid accidents, please read the manual carefully before use and pay attention to the following safety matters.

- The treadmill must be placed on flat ground; the treadmill is suitable for placing indoors, avoiding moisture and not splashing water onto the treadmill. Do not place any foreign objects on the treadmill, both sides of the treadmill and the front end should be 1 meter and the back end should have 6.6*3.3ft of safe use space, so as to facilitate the emergency jump away.
- The power plug must be reliably grounded, and the socket should have a special circuit to avoid sharing with other electrical equipment. If the power cord is damaged, in order to avoid danger, it must be replaced by the manufacturer, its maintenance department, or a similar department's professional staff.
- When not using the treadmill, put the safety lock out of reach of children; if not used for a long time, please disconnect the power cord.
- Accessories package please put in a place where children can not get, to avoid unnecessary accidents.
- This product is not suitable for people with disabilities, or children; such as physical discomfort or mental deficiencies, and lack of common sense is prohibited, except under the supervision or guidance of a person responsible for their safety. If you do not comply, there may be a risk of injury.
- Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, so as not to interfere with the normal work of the electronic meter and controller.
- Please use the original accessories, private replacement is strictly prohibited.
- Avoid all moving parts with both hands, forbid putting hands and feet in the gap under the running belt.
- Do not put the power cord close to hot or moving objects; do not use the product outdoors, under high humidity and sunlight.
- Unplug the treadmill before moving it. Non-professional personnel must not disassemble the machine without permission, otherwise, serious consequences may occur.
- Please clip the safety lock cable puller on your clothes when you exercise to prevent safety stops when you encounter an emergency.
- Before using the treadmill, please check whether the clothing is buttoned or zipped up, or the clothes are too loose.

- This product should not be used for a long time, long time use is easy to cause the treadmill electrical overheating and lead to electrical failure.
- Use qualified sockets to avoid bringing danger. If the plug and socket are not compatible, please do not move the plug, ask a professional to handle it.
- The product is suitable for home use, not suitable for professional training and testing, and can not be used for medical purposes.
- Do not use in the shell cracked, broken off state (internal structure exposed) or welding parts cracked state.
- Do not jump up or down on the machine during exercise, which may lead to injury due to a fall.
- Do not use after eating and drinking, fatigue, or poor physical condition, which may lead to damage to health.
- The product's maximum load is 120kg/265lbs.

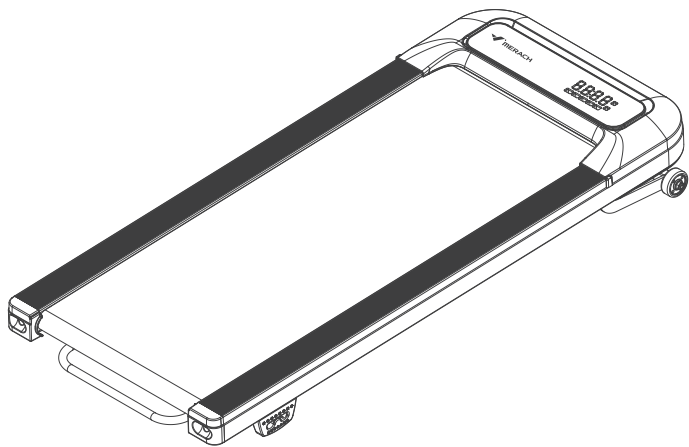
Power Cord Grounding Instructions

- This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.
- The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
- DANGER – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.
- Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 220-240volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



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.

TECHNICAL DETAILS

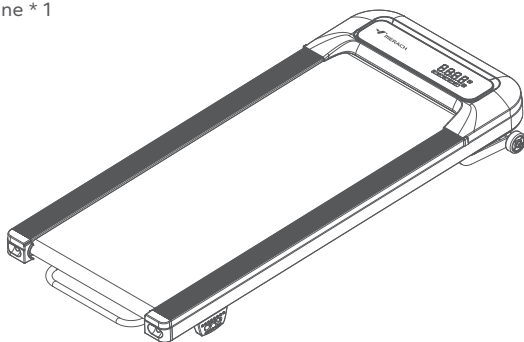


Product Name:	MERACH Treadmill
Model:	MR-T14
Voltage:	220-240V~50/60Hz
Maximum Horsepower:	2.5HP
Running Area:	400*1020mm/15.7*40.2inch
Speed Range:	1-6km/h
Maximum Weight Capacity:	120kg/265lbs
Net Weight:	25kg/55.1lbs
Product Dimensions:	1240*530*165mm/48.8*20.9*6.5inch

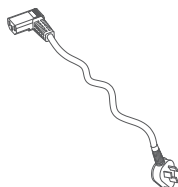
PACKING LIST

Check if all parts and accessories are in the package.

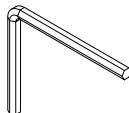
Main Machine * 1



Remote Control*1



Power Cord *1



Inner
Hexagonal
Wrench * 1



User Manual * 1

INSTRUCTIONS ON PRODUCT USAGE



I. Window and Key Descriptions:

NCLINE(INC) Window: displays the value of ncline.

SPEED(SPD) Window: displays the value of speed.

TIME(TIME) Window: displays the value of time.

DISTANCE(DIST) Window: displays the value of the distance.

CALORIES(KCAL) Window: displays the number of calories consumed (calorie).

The display alternates every 5 seconds.

II. Remote Control Function:

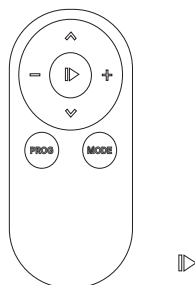
Button Functions:

1. "PROG" Button: Program Selection.

Selection sequence: Manual Mode, P01-P03 cycles.

2. "MODE" Button: In standby mode, this button is used to select countdown mode.

Selection sequence: Manual Mode, Time Countdown, Distance Countdown, Calorie Countdown, cycling through each mode.



Countdown Mode Operation Instructions:

- Press the mode button to select the desired countdown function, at which point the corresponding window displays the default value and blinks.
- Press the " + " and " - " keys to adjust to the desired value.
- Press the " play " button to start.

Note:

- After the countdown in seconds, the treadmill starts running from the lowest speed. Pressing the " + " and " - " keys can adjust the speed.
- When the mode exercise ends, the corresponding window will blink and a prompt tone will sound. After that, all data will be cleared to zero and enter standby mode.

3. " Play " Button:

- When in standby mode, press this button briefly, and the treadmill will start running from the lowest speed after a 3-second countdown.
- During exercise, press this button briefly to slow the treadmill to a stop and enter pause mode.
- During exercise, press and hold this button to slow the treadmill to a stop and return to standby mode.
- When in standby mode, press and hold this button to shut down all displays and enter sleep mode. Press any button to wake up the treadmill.

4. " + " and " - " Buttons:

Speed adjustment. Adjust speed faster or slower during exercise, and adjust parameters in standby mode.

5. " Up " and " Down " Buttons:

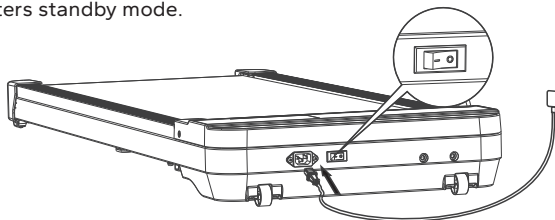
Incline adjustment. Adjust the number of incline segments during exercise, and adjust parameters in standby mode.

III. Operation Instructions:

1. Place the machine flat on the ground.



2. As shown in the diagram, plug the power cord into the front socket of the treadmill, turn on the power, and switch on the power switch at the front of the machine. The treadmill enters standby mode.



3. Control the machine using the remote control.

Exercise Precautions:

1. Always wear athletic shoes.
2. Do not use on uneven surfaces.
3. Do not walk up or down on the treadmill while it is in motion.
4. Only one person should use the treadmill at a time.
5. Do not bring pets on the treadmill.
6. Avoid lateral movements.
7. Children must be supervised when using.
8. Do not move backward.
9. Keep your gaze level to prevent dizziness.
10. Do not step on the treadmill cover.
11. Keep feet, hands, and fingers away from moving parts.

IV. Sleep Function:

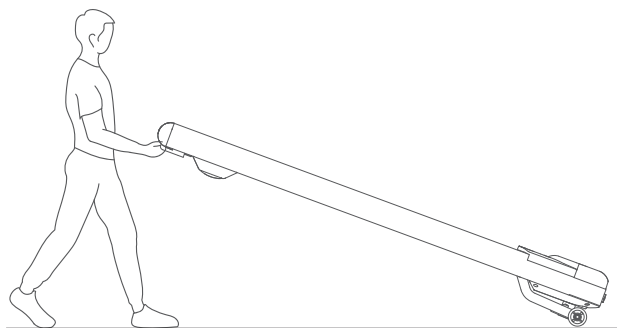
When there is no activity for more than 10 minutes after stopping, the system will shut down all displays and enter sleep mode. Press any key to awaken.

V. Displayed and Settable Exercise Parameters:

Parameter	Initial	Display Range
Speed	1.0	1.0-6.0
Time	30:00	0:00-99:59
Distance	3.00	0.00-99.99
Calories	500.0	0.0-999.0

VI. Moving and Transporting:

If transportation is required, please disconnect the power cord first, lift the rear end of the machine, and then move it.



VII. Storage:

- 1.Place the treadmill on a flat surface.
- 2.Do not store the machine upright, inverted, or sideways to prevent damage.

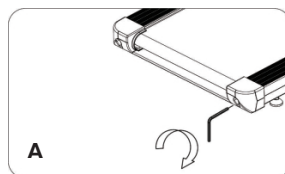
RUNNING BELT ADJUSTMENT

1. To better maintain your motorized treadmill and prolong the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it again.
2. If the running belt is too loose, there will be slipping phenomenon when running; if it is too tight, over-tightening may reduce the performance of the motor and increase the wear and tear of the roller and running belt. When the running belt is suitable for loosening or tightening, you can lift both sides of the running belt away from the running board by hand about 50 - 75mm.

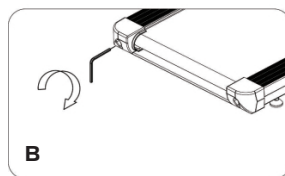
Treadmill Belt Centering

1. Place the motorized treadmill on a level surface. Run the motorized treadmill at about 4-5km/h and observe the running belt deviation.

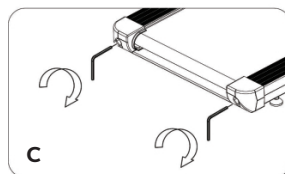
2. If the running belt is to the right, unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn in clockwise direction, insert the power switch and safety lock, run the treadmill and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure A.



3. If the running belt is off to the left, unplug the safety lock and power switch, turn the left adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill, and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure B.



4. The treadmill belt will loosen after the above adjustments or after a period of use, and needs to be adjusted. Unplug the safety lock and power switch, turn the left and right adjusting bolts 1/4 turn clockwise, plug in the power switch and safety lock, run the treadmill, and then stand on the running belt to check the tightness. Repeat the above steps until the running belt is at the right level of tightness. Figure C.



TROUBLESHOOTING

Fault Code	Troubleshooting
E01--Electronic Panel Communication Failure	1.Check the communication line between the electronic panel and the motor controller for integrity and reliability. 2.If the error persists, check if the motor connections are normal. Please contact customer support or a professional technician for assistance.
E02--Voltage Abnormality	1.Check if the voltage is within the operating range. 2.Power off and restart. 3.If the error persists, check if the motor connections are normal. Please contact customer support or a professional technician for assistance.
E03--Sensor Signal Abnormality	1.Check if the sensor is inserted correctly or if the magnetic sensor is damaged. 2.If the error persists, check if the motor connections are normal. Please contact customer support or a professional technician for assistance.
E05--Over Current Protection	1.Check if the current is within the operating range. 2.Power off and restart. 3.If the error persists, consider replacing the controller. Please contact customer support or a professional technician for assistance.
E06--Controller Internal Self-Test Error	1.Check whether the power wiring connects normally. 2.If the error persists, consider replacing the controller. Please contact customer support or a professional technician for assistance.
E07-Data Abnormality	The controller is operating abnormally. If the error persists, consider replacing the controller. Please contact customer support or a professional technician for assistance.
E08-EEPROM Damage	The controller is operating abnormally. If the error persists, consider replacing the controller. Please contact customer support or a professional technician for assistance.

MAINTENANCE

Maintenance Guide

WARNING: Always unplug the motorized treadmill before cleaning or maintaining the product.

CLEANING: A thorough cleaning will extend the life of your motorized treadmill.

Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of both sides of the treadmill belt, as this will minimize the buildup of impurities under the belt.

Make sure your sneakers are clean to avoid carrying foreign objects under the running belt that could wear down the running board and running belt. The surface of the running belt should be cleaned with a soapy damp cloth, please be careful not to splash water on the electrical components and under the running belt.

APP SETUP INSTRUCTION

Download and use of MERACH

Our customer can get a 180-day MERACH membership. Please contact us through support@merach.com after receiving the product to get an exclusive redemption code. Please include your order ID and MERACH app Username.

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 "Treadmill", and find your "MRK-T14-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).



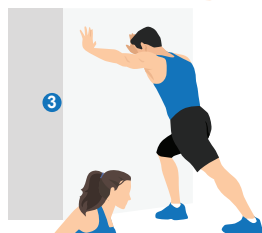
2. Seated hamstring stretch

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).



WARRANTY INFORMATION

Product Name	MERACH Treadmill
Model	MR-T14
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:

US/CA **1- (877) 3563730 Mon-Fri 8am-5pm(PST)**

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: 1- (877) 3563730 Mon-Fri 8am-5pm(PST)

Customer Service: support.eu@merach.com

Official Website: merachfit.com