MERACH

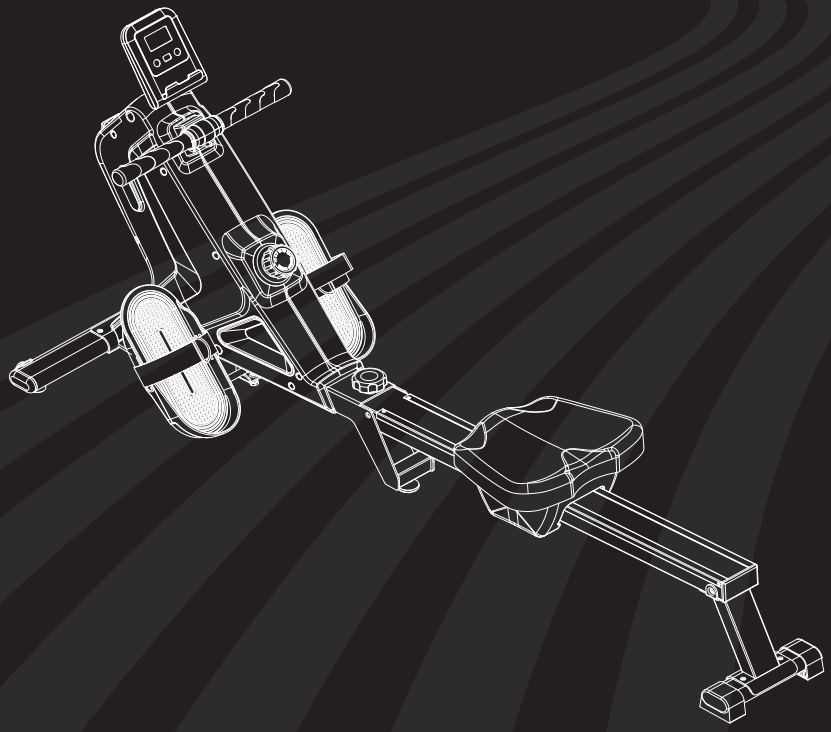
POWERED BY MERACH

USER MANUAL

Magnetic Foldable Rowing Machine

Model: R05

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

support.eu@merach.com

MERACH



WHO WE ARE

Our customers aren't just important; their health, fitness, and pure enjoyment for live 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 diqital 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

Hey!

Please register your warranty to keep yourself protected!

EN



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 2.0ft/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 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.

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- 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.

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.

This device contains a radio transmitter module with type approval code FCC ID ENTIFIER: 2A6QWMR-BLE001.



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.

This symbol stands for "Conformité Européene", which means "Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.

This symbol stands for "UK Conformity Assessed", which means "Conformity with British Standards 11". With the UKCA-marking the manufacturer confirms that this product complies with applicable British Standards.

SIMPLIFIED EU DECLARATION OF CONFORMITY

- Hereby, Zhejiang Yulu Electronic Technology Co.,Ltd. declares that the fitness equipment MERACH R05 is in compliance with Directive 2014/53/EU.
- The full text of the EU declaration of conformity is available at the following internet address: https://merachfit.com/pages/declarations-of-conformity

NOTES ON DISPOSAL

Packaging materials are raw materials and can be recycled. Separate the packaging materials correctly and dispose of them properly in the interest of the environment.
Your local administration can provide additional information.

Used devices do not belong in household waste!
Dispose of used devices properly! Doing so helps fulfill our responsibility to protect the environment. Your local administration can provide information on collection points and opening hours.

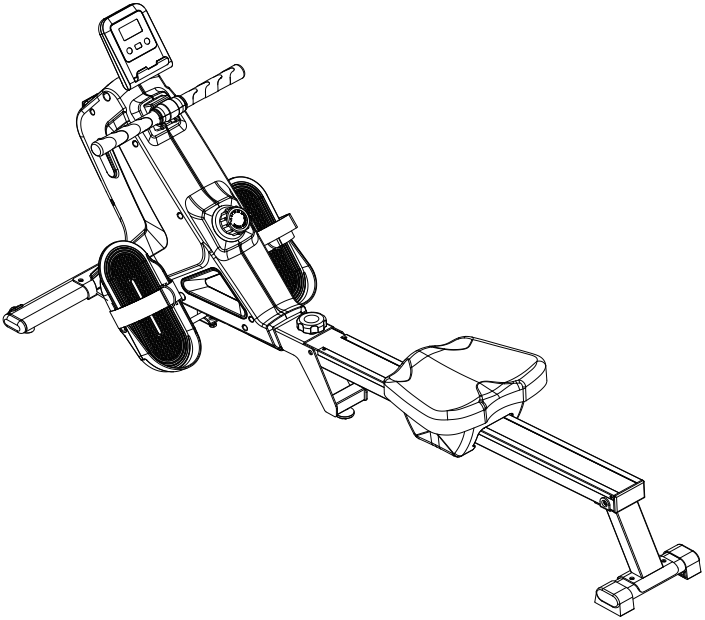
Batteries do not belong in household waste!
As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

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Manufactured by:
Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng Technology Building, 298 Weiye Road, Binjiang District, Hangzhou, Zhejiang Province, China
yulu_mrk@merach.com

Imported by:
HANGZHOU JINGGE E-COMMERCE LTD
Room 1205, Xianfeng Technology Building,
298 Weiye Road, Puyan Subdistrict, Binjiang District, Hangzhou, Zhejiang Province,China
jingge_mrk@163.com

Specification

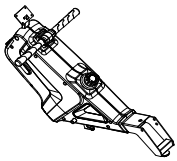
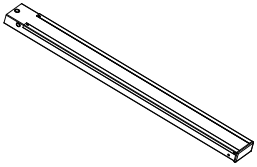
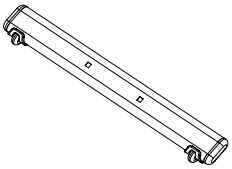
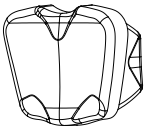
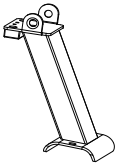
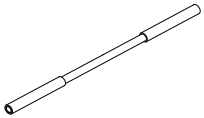
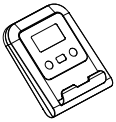
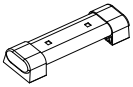
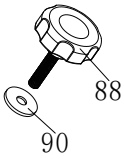
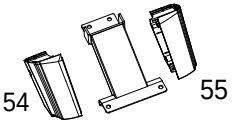
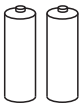
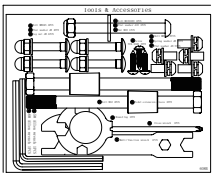


Model:	R05
Name:	MERACH Magnetic Foldable Rowing Machine
Power:	AAA Battery x 2
Max Load:	350lbs/158kg
Product Dimensions:	63.8*20.4*28.4 inch / 1620*519*722mm
Net Weight:	45.2lbs/20.5kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	2.94dBm

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Parts List

Be sure to check that each part and accessory is complete.

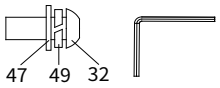
 #A1 Main Frame X 1	 #A2 Rail Bar X 1	 #A3 Front Foot Tube X 1
 #A4 Seat Cushion X 1	 #A5 Rear Foot Tube Assembly X 1	 #A6 Pedal Limit Shaft Set X 1
 #A7 Left Pedal X 1	 #A8 Right Pedal X 1	 #A9 Monitor X 1
 #A10 Rear Foot Tube X 1	 #88 Plum Knob X 1 #90 Flat Washer X 1	 #2 Front Foot Connection Assembly X 1
 #AAA Battery X 2	 #A12 Screw&Kit	 #A11 User Manual

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Parts Tool List

Be sure to check that each part and accessory is complete.

Step 1



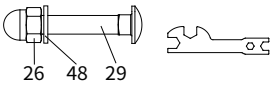
#32 Hexagon Socket Flat Round Head Bolts M8*20 X 3
#49 Spring Washer d8 X 3
#47 Flat Washer d8 X 3
#T2 Allen Key S5 X 1

Step 2



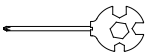
#41 Crossed Large Pan Head Screws ST4.2*20 X 3
#T3 Multi-function Cross Wrench X 1

Step 3



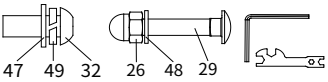
#29 Mushroom Head Square Neck Bolts M8*45 X 2
#48 Flat Washer d8 X 2
#26 Hexagon Domed Cap Nuts d8 X 2
#T1 Multi-functional Wrench X 1

Step 4



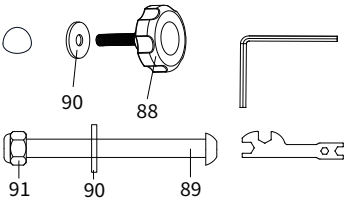
#T3 Multi-function Cross Wrench X 1

Step 5



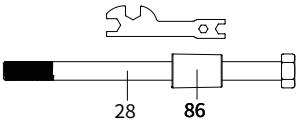
#29 Mushroom Head Square Neck Bolts M8*45 X 2
#48 Flat Washer d8 X 2
#26 Hexagon Domed Cap Nuts d8 X 2
#32 Hexagon Socket Flat Round Head Bolts M8*20 X 2
#49 Spring Washer d8 X 2
#47 Flat Washer d8 X 2
#T2 Allen Key S5 X 1
#T1 Multi-functional Wrench X 1

Step 6



#89 Hexagon Flat Round Head Bolt X 1
#90 Flat Washer X 2
#91 Lock Nut X 1
#88 Plum Knob X 1
#92 Ball Cap x 1
#T4 Allen Key X 1
#T1 Multi-functional Wrench X 1

Step 7



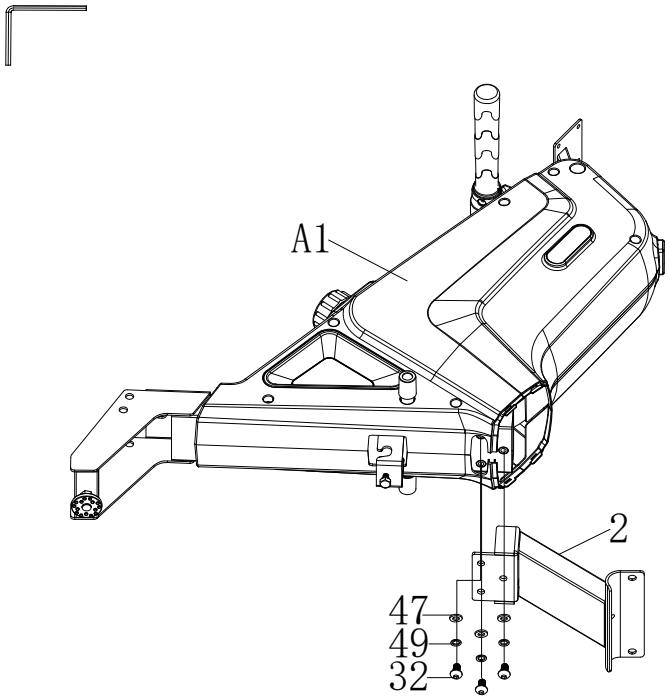
#28 Hexagon-head Bolt M12*167 X 2
#86 Pedal Extension Tube X 2
#T1 Multi-functional Wrench X 1

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Step 1: Secure the Front Foot Connection Assembly

A. Place the Main Frame (#A1) upside down on the package or other soft surfaces to prevent scuffing.

B. Using the Allen Key (#T2), three Hexagon Socket Flat Round Head Bolts (#32), three Spring Washers (#49), and three Flat Washers (#47), secure the Front Foot Connection Assembly (#2) to the Main Frame (#A1) and then lock it in place.

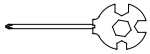


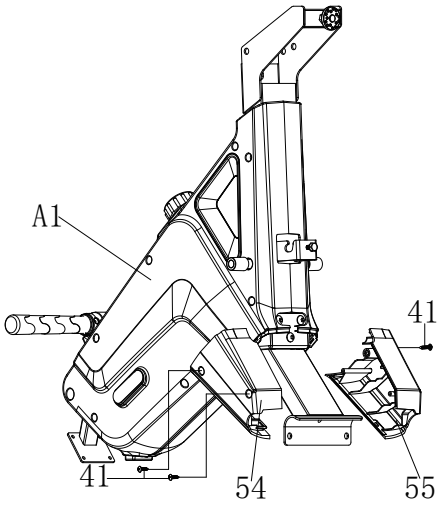
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Step 2: Install the Front Foot Cover

A. Snap the Left Front Foot Cover (#54) and Right Front Foot Cover (#55) as shown in Figure.

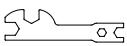
B. Tighten the Left Front Foot Cover (#54) and Right Front Foot Cover (#55) with the Multi-function Cross Wrench(#T3) and three Crossed Large Pan Head Screws (#41).

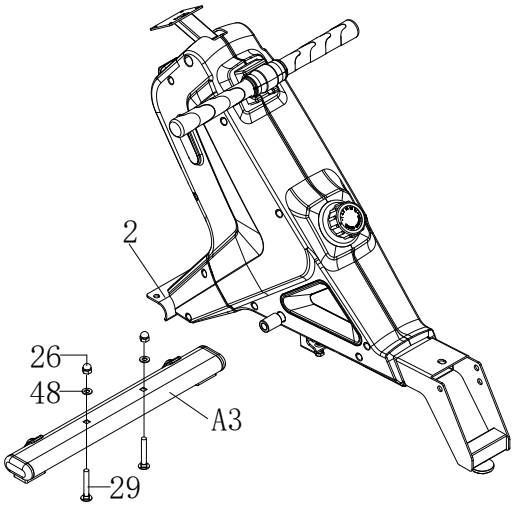




Step 3: Install the Front Foot Tube

A. Using the Multifunctional Wrench (#T1), two Mushroom Head Square Neck Bolts(#29), two Flat Washers (#48), and two Hexagon Domed Cap Nuts (#26) install the Front Foot Tube (#A3) on the Front Foot Connection Assembly(#2) and lock it.





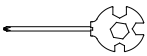
Step 4: Fix the Monitor

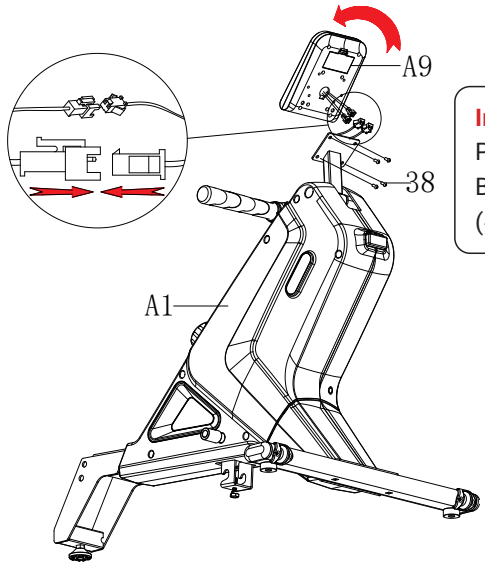
A. Connect the wire of the Monitor(#A9) and Main Frame(#A1) as shown below, and then put the wire into the back hole of Monitor(#A9).

B. Install the Monitor(#A9) onto the Main Frame(#A1) with Multi-function Cross Wrench(#T3) and four Cross Recessed Pan Head Bolts(#38), and tighten it.

C. Turn the Monitor(#A9) over direction as shown, to avoid damaging the Monitor (#A9) when it be placed vertically.

Note: The 4 four Cross Recessed Pan Head Bolts(#38) are pre-assembled onto the back of Monitor(#A9).





Installation Tips:
Please unscrew four per-assembled Bolts(#38) from the back of Monitor (#A9) firstly.

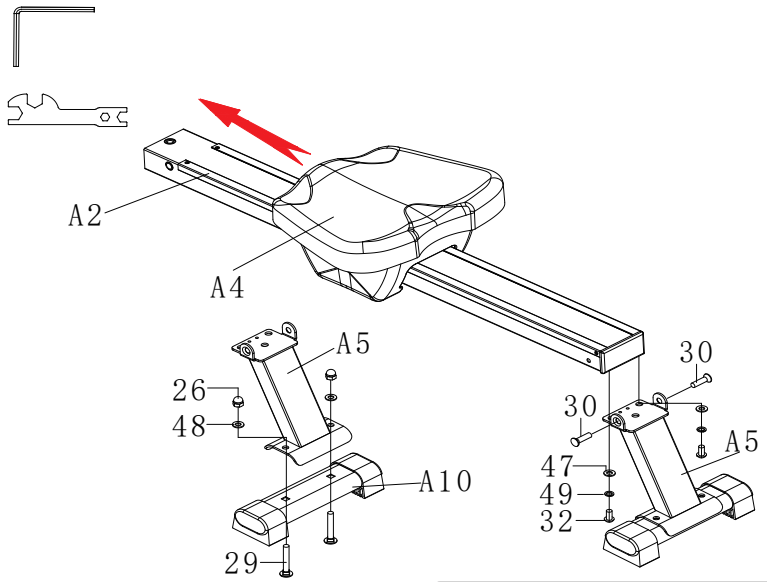
Step 5: Install the Seat Cushion and Rear Foot Tube

A. Install the Rear Foot Tube Assembly(#A5) on the Rear Foot Tube(#A10) with two Mushroom Head Square Neck Bolts(#29), two Flat Washers(#48), two Hexagon Domed Cap Nuts(#26) and the Multifunctional Wrench(#T1).

B. Slide the Seat Cushion (#A4) into the Rail Bar(#A2). (Please install the Seat Cushion (#A4) in the correct direction as shown).

C. Using the Allen Key (#T2), two Hexagon Socket Flat Round Head Bolts(#30), two Hexagon Socket Flat Round Head Bolts (#32), Spring Washers (#49), and Flat Washers (#47) install the Rear Foot Tube (#A5) on the Rail Bar (#A2) and lock it.

Note: The two Hexagon Socket Flat Round Head Bolt(#30) is pre-assembled on the Rail Bar (#A2).



Installation Tips:
Please unscrew 2 per-assembled Bolts(#30) from the left and right sides of Rail Bar(#A2) firstly.

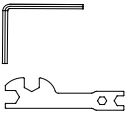
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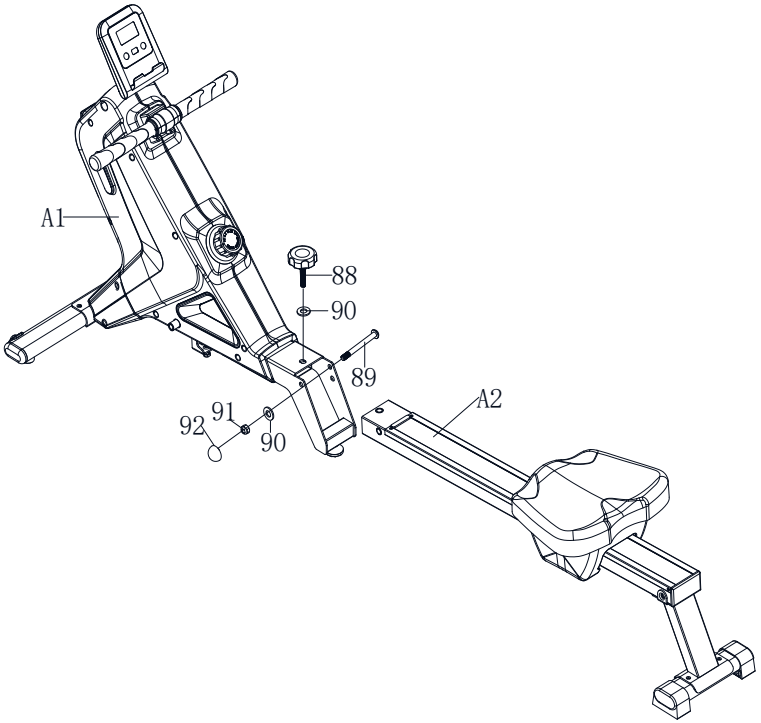
Step 6: Assemble the Sliding Rails

A. Using the Multifunctional Wrench(#T1), the Allen Key(#T4), Hexagon Flat Round Head Bolt(#89), Flat Washer(#90), Lock Nut(#91), install the Rail Bar(#A2) on the Main Frame(#A1) and lock it.

B. Tighten the Rail Bar(#A2) on the Main Frame (#A1) with the Plum Knob(#88) and Flat Washer(#90).

C. Put the Ball Cap(#92) over the Lock Nut(#91).





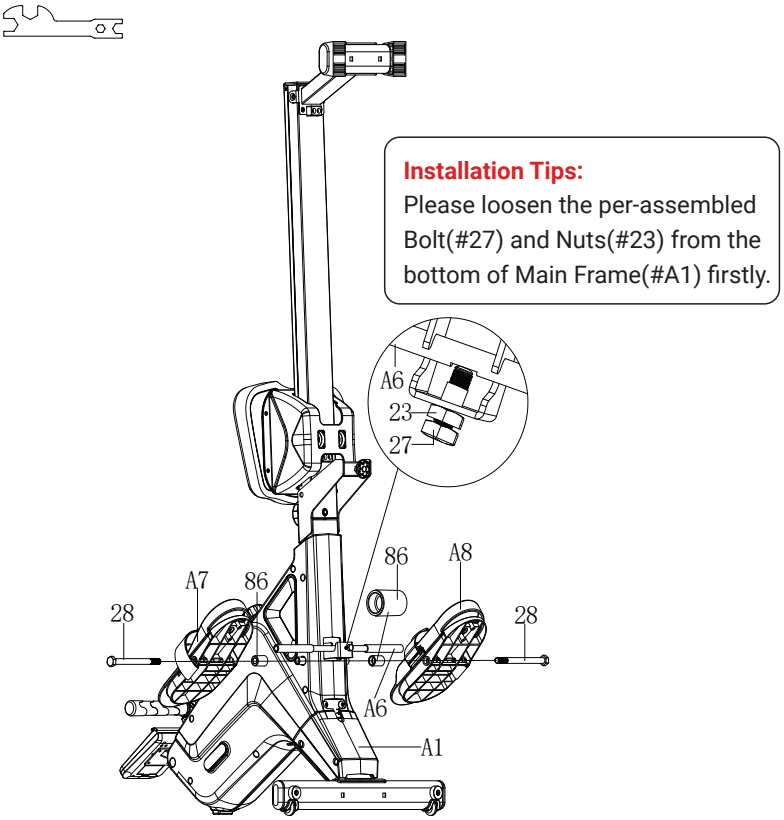
Step 7: Assemble the Pedals

A. Use the Multifunctional Wrench (#T1), Hexagon-head Bolt (#27), and Hexagon Thin Nuts(#23) to install the Pedal Limit Shaft Set (#A6) on the Main Frame (#A1) and then lock it.

Note: The Hexagon-head Bolt (#27) and Hexagon Thin Nuts(#23) are pre-assembled on the Main Frame (#A1).

B. Use the Multifunctional Wrench (#T1), Hexagon-head Bolt (#28), and Pedal Extension Tube (#86) to install the Left Pedal(#A7) and Right Pedal(#A8) on the Main Frame (#A1) and lock it.

Note: The groove of the Pedal Extension Tube (#86) faces inward.

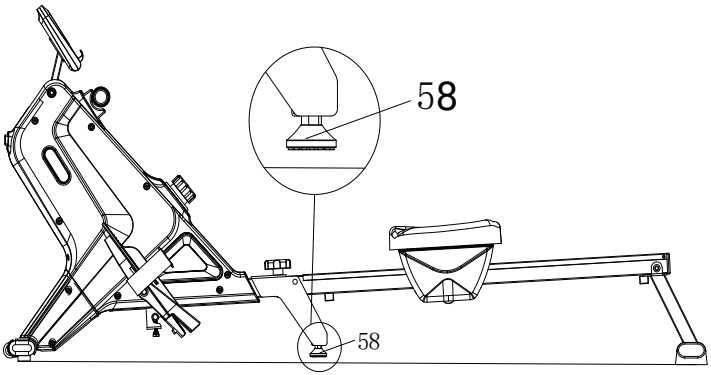


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Foot Pad Adjustment

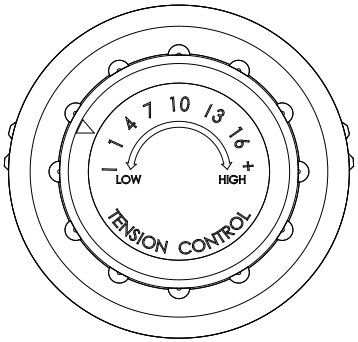
Adjust the Foot Pad (#58) to 3-5mm above the ground when using.

Note: If you find that the head of the machine will warp after use, please adjust the adjustable Foot Pad (#58) to 5-10mm above the ground.



Resistance Adjustment.

Users can adjust the resistance according to their own requirements, the product provides 16 resistance adjustment (1-16).

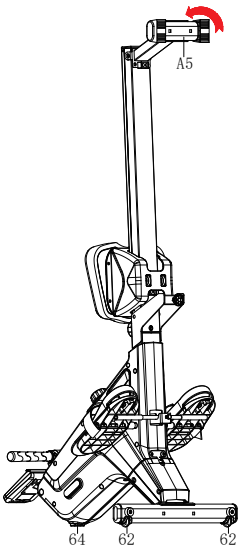


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Product Storage

Grasp the Rear Foot(#A5) with both hands and lift the machine in the direction of the arrow, so that the Carrying Wheels Set (#62) and the Foot Pad (#64) can land at the same time.

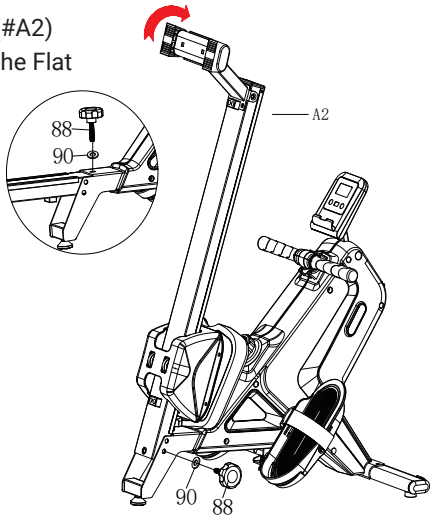
Note: When placed vertically, please place it against a wall or a fixed plane in front of it, and be sure to place it in a safe location away from children to prevent injuries.



Product Folding

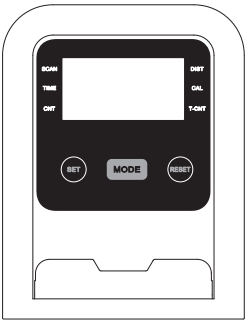
A.Unscrew the Plum Knob(#88) and the Flat Washer(#90) off.

B. As shown in Figure, raise the Rail Bar(#A2) up, and screw the Plum Knob(#88) and the Flat Washer(#90) into the hole.



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Button Function



MODE- Short press to select
Long press to reset time/times/calories
SET- Set time/count/calorie in non-scanning mode
RESET- Press to reset the set time/times/calories

Instructions for Operation

1.SCAN:
Press the "MODE" button to switch to display "SCAN" the monitor will switch the display every 6 seconds in the following sequence: TIME, DIST, CAL, COUNT and T-CNT.
2.TIME:
（1) Time from start to finish of exercise.
(2) Press the "MODE" button to switch to display "TIME", and press the "SET" button to set the target exercise time.
When the set time counts down to 0, it will stop for about 1 second and start counting up.
3.DIST:
Measure the distance from the start to the stop of the movement.
May set up the target objection.
4.CAL:
(1) Calculate the calories burned from the beginning to the end of the exercise.
(2) Press the "MODE" button to switch to display "CAL, and press the "SET" button to set the target calorie consumption.
When the set calorie countdown reaches 0, it will stop for about 1 second and start counting up.
5.COUNT:
(1) Display the current exercise times.
(2) Press the "MODE" button to switch the display to "CNT", and press the "SET" button to set the target number of exercises.
When the set number of times counts down to 0, it will stop for about 1second and start counting up.
4.T-CNT:
The total number of exercises since the battery was installed

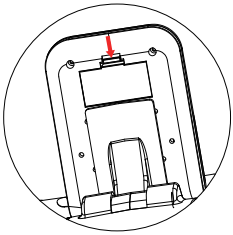
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Precautions

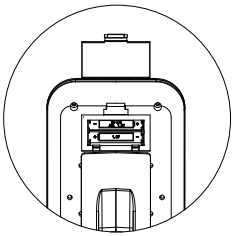
1. If the monitor does not display or the display is blurred, please replace the battery.
2. After 4 minutes of inactivity, the monitor will automatically shut down.
3. After restarting the exercise or pressing the button, the monitor will automatically turn on.
4. After the exercise starts, the monitor will automatically calculate the exercise data, and stop calculating the exercise data after 4 seconds of stopping the exercise.

Instructions for Replacing the Battery

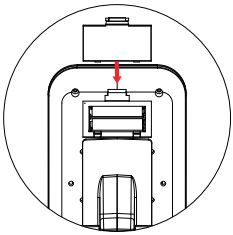
PLEASE NOTE: The device is equipped with 2 trial AAA batteries that have passed MSDS certification. These batteries may not provide the same life as standard batteries. In order to ensure a functioning, please replace them in time.



Step 1:
On the back of the monitor, find the position shown on the right, press the battery cover buckle downward (in the direction of the arrow), and pull it out slightly.



Step 2:
After removing the battery cover, install the battery. Please pay attention to the installation position as shown in the picture on the right and install it correctly.



Step 3:
Gently replace the battery cover into the electronic watch in the direction shown on the right, and push it inwards to complete the installation.

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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.

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APP Connection Guide

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2. Open the MERACH APP. Log In or Sign Up.
3. Follow through the in-APP instructions to set up your device.

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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 the type of machine, and find the Model.
6. Start training and explore different workout methods.

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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).



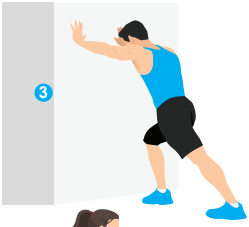
2. Seated hamstring stretch

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 Figure4).



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 Figure5).



Note: This machine is full body training equipment, please follow the above steps to warm up.

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If you are a fitness enthusiast, then it's essential to keep your fitness equipment in good condition for optimal performance and longevity. Here are some crucial maintenance steps to follow:

Keep the Equipment Clean:
It's crucial to maintain cleanliness by wiping down the surfaces with a mild cleaner, especially the parts that come into frequent contacts, such as the handles, seat, and rail. Avoid using acidic or alkaline cleaners, and refrain from using water or cleaners on the digital display screen. Pay extra attention to the slide rail ensuring it remains clean and is running smoothly.

Regularly Check Moving Parts:
Regularly inspect the moving parts such as the arms, wheels, pedals, etc., to ensure they are functioning smoothly and free of damage. If you notice any malfunctions, get them repaired as soon as possible, and regularly lubricate the moving parts to keep them running smoothly.

Inspect Electronic Components:
Regularly inspect the electronic components, such as the display screen, wires, and sensors, to ensure they are in good condition. If you notice any damage or malfunctions, contact the MERACH TEAM.

Check and Tighten Hardware:
Regularly check the hardware such as screws and bolts, for looseness and tighten them as needed. Regular use of the equipment can cause vibrations that may loosen parts over time, so tightening them regularly will keep your equipment in top condition.

By following these maintenance steps, you can ensure your fitness equipment remains in excellent condition and prolong its life span for many workouts to come.

If you notice any wear and tear on your machine during your regular inspection that may require replacement, please contact us at **support.eu@merach.com**.

Warranty Information

Product Name	MERACH Magnetic Foldable Rowing Machine
Model	R05
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.

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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-europe*** 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***

44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL

*** Please have your Order ID and serial number (usually on the equipment) ready before contacting Customer Support.**

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