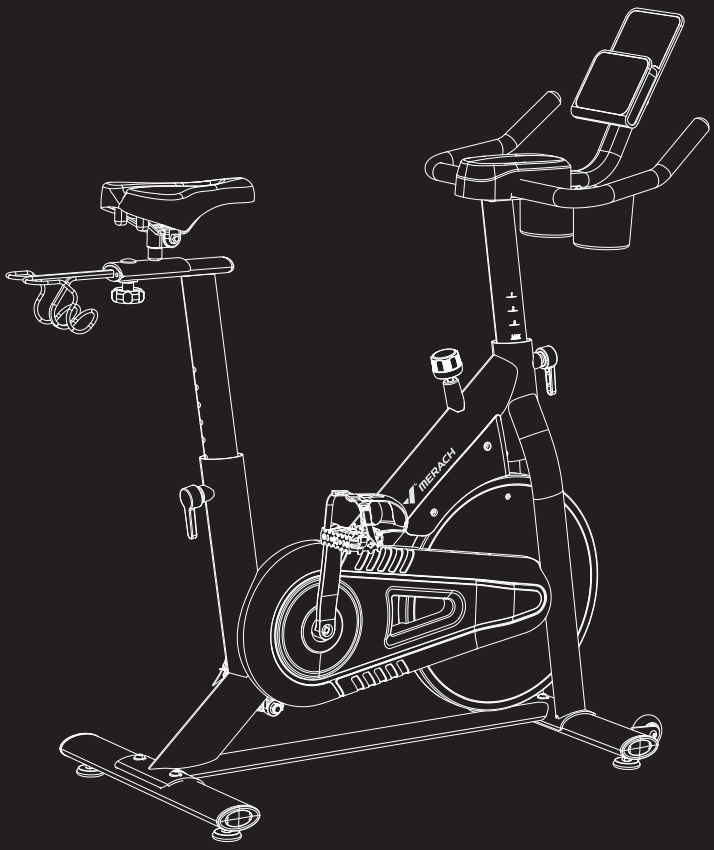
MERACH

POWERED BY MERACH

USER MANUAL

MERACH EXERCISE BIKE



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-S36

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 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



MERACH®

CONTENTS

Safety Instructions 01
Specification 04
Parts List 05
Parts Tool List 06
Installation Guide 07
Product Usage Instructions 15
Monitor Instructions 17
APP Setup Instruction 18
Warm-up 19
Warranty Information 20

Please read the entire manual carefully before installing and using the machine, and save it for further use.

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 symptom (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 atleast 2.0 ft (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 resoled before usingit 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 330lbs.
- 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.
- When using the machine, please put the pedal to the lowest position for easy to get on the machine.
- When using the machine, please put the pedal to the lowest position for easy to get on the machine.
- Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- When the product is in use, it follows an elliptical motion trajectory driven by the inertia of the internal flywheel. Resistance needs to be manually adjusted using the knob during usage. This product is not speed-dependent, the speed is reflective of the frequency of the motion trajectory.

  Before stopping the use ofthe equipment, there will be a certain level ofinertia. Please ensure that thepedals have come to a complete stop before leaving the device.

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 awayfrom 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.



Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditlons. Please read all instructilons before using the machine.

CE	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.
UK CA	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 MR-S38 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.

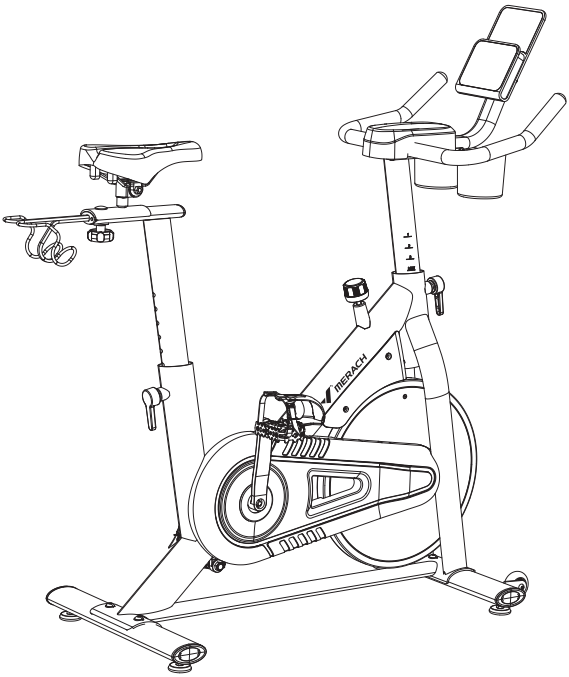


Batteries do not belong in household waste!
As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

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

SPECIFICATIONS

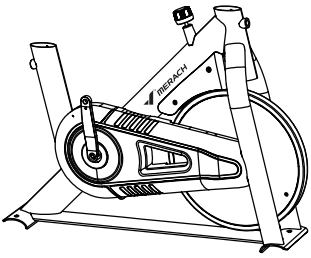


Name:	MERACH Exercise Bike
Model:	MR-S36
Resistance:	8 Level
Weight Capacity:	330lbs/150kg
Product Dimensions:	43.2*18.9*50.8inch/1097*480*1289mm
Net weight:	66.1lbs/30kg
Radio Frequency	2.4GHz
Radio Frequency Band	2402-2480MHz
Maximum RF Power	3.3dBm

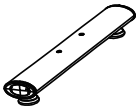
PARTS LIST

Please make sure all parts and accessories are complete.

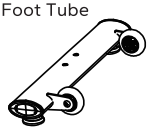
#1 Main Frame



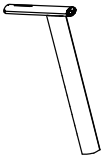
#6 Rear Foot Tube



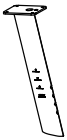
#7 Front Foot Tube



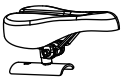
#2 Seat Post



#3 Handlebar Post



#4 Seat Assembly



#14 Carriage bolt
#15 Curved washer
#16 Locking knob



#20 Bottle Holder

#27 Decoration Cover



#22 Flat Plate Fixing Tube



#26 Monitor

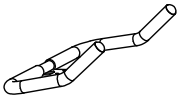


Batteries AAA*2

#31Monitor Board



#5 Handlebar



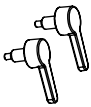
#12 Dumbbell Rack



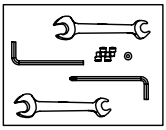
#8 Left Pedal
#10 Right Pedal



#30 L-shape Pop Pin Knobs x2



Screw&Kit

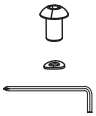


User Manual



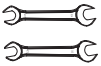
PARTS TOOL LIST

Step 1



#28 Hexagon Socket Head Screws M10*16 x4
#29 Arc Washers Φ10 x4
#D #6 Allen Key x1

Step 2



#B #17-#19 Open Wrench x1
#A #13-#15 Open Wrench x1

Step 3



#30 L-shape Pop Pin Knob x1

Step 4



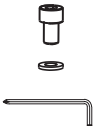
#13 Cross Screws x2
#D #6 Allen Key x1

Step 5



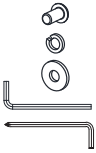
#30 L-shape Pop Pin Knob x1

Step 6



#17 Hexagonal Screws x4
#18 Gaskets x4
#D #6 Allen Key d x1

Step 7



#25 Hexagon Socket Nut x2
#24 Spring Washer x2
#23 Flat Washer x2
#C #5 Allen Key x1
#D #6 Allen Key x1

Step 8



9 Hexagon Socket Screw x2
#C #5 Allen Key x1

Step 9



#21 Hexagon Socket Screws X2
#C #5 Allen Key x1

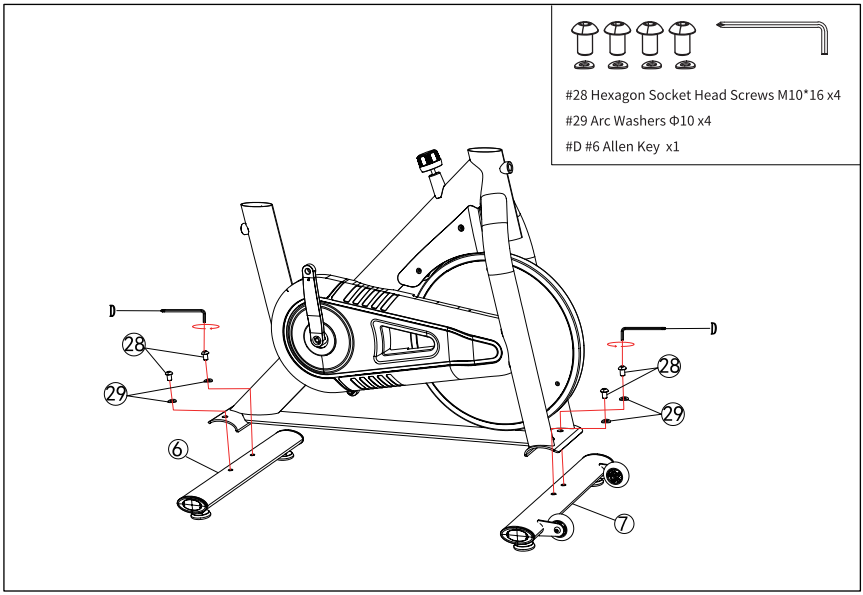
INSTALLATION GUIDE

Tips | Scan QR code to watch installation video

Step 1: Install Front and Rear Foot Tube

A. Take out the D tool, 4PCS Hexagon Socket Head Screws (28) and 4PCS Arc Washers (29) from the tool kit. Pass the Hexagon Socket Head Screws (28) through the Arc Washers (29) to fix the Front Foot tube (7) to the frame. Fix the Rear Foot tube（6) in the same way.

NOTE: The bottom Foot pad of the Foot Tube(6) &(7) can be adjusted to keep the balance of the bike.



Step 2: Install the Pedals

A. Use tool B to remove the Left Hexagonal Nut (11) on the Left Pedal (10) and set aside.

NOTE: The direction of removing the scew is always in the direction of the Pedal.

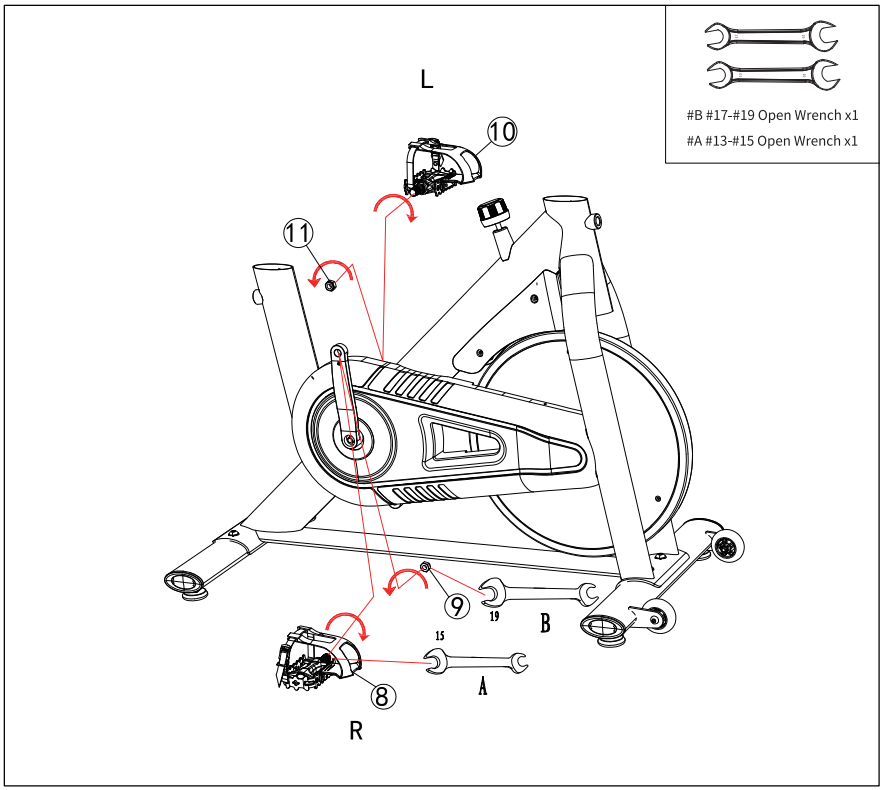
B. Then align the Left Pedal (10) with the left crank hole and install it vertically. Gently turn it 3 times in the direction shown in the figure (note the direction of the flywheel), and then use tool A to tighten the pedal.

C. Finally, use tool B to install the left hexagonal nut (11) removed from the pedal back on the pedal and tighten it.

NOTE: That the direction of tightening the hexagonal nut is always opposite to the direction of the pedal foot cover.

D. Install the Right Pedal (8) in the same way.

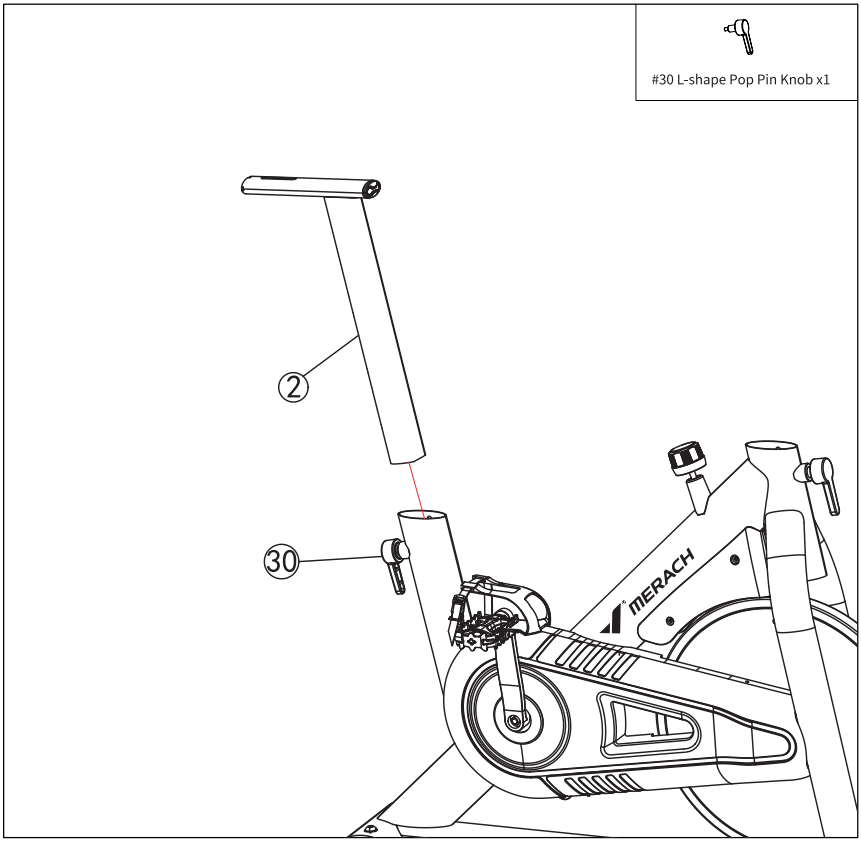
NOTE: The direction of tightening the pedal is always towards the direction of the flywheel.



Step 3: Install the Seat Post

A. Take out the seat cushion up and down Seat Post (2) and set it aside for use. Take out the Knob (30) from the inner package. As shown in the figure, install the Knob (30) to the corresponding frame hole and turn it 3 times to fix it on the frame.

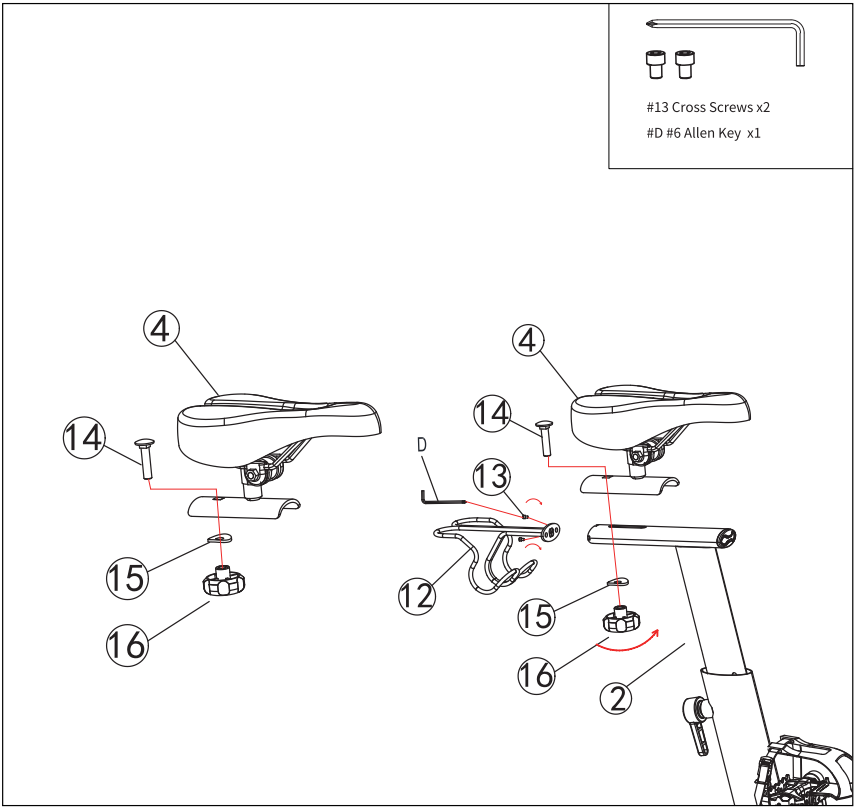
B. Pull the Knob (30) outward and insert the seat cushion up and down Seat Post (2) into the frame at a suitable height. You will hear a click, indicating that the knob is correctly inserted into the hole. Then tighten the knob.



Step 4: Install the Seat Assembly

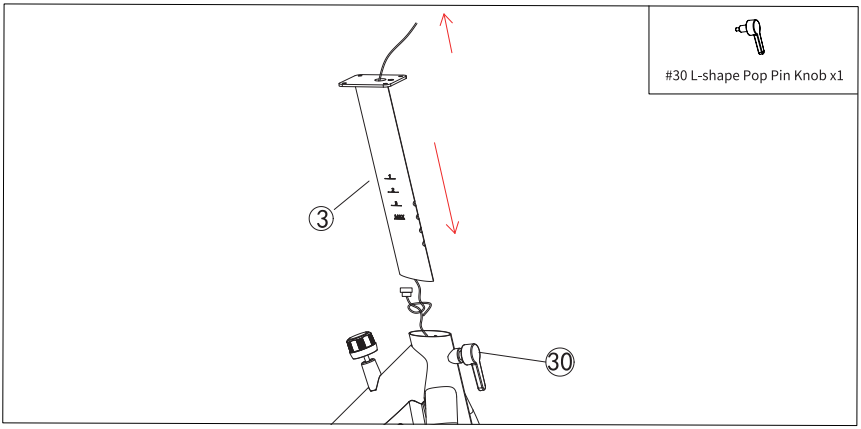
A. Place the Seat Assembly (4) on the seat upper and lower Seat Post (2), and then use the carriage screw (14) to pass through the Seat Assembly (4) and the seat upper and lower Seat Post (2), Washer (15) in sequence, and then use the locking Knob (16) to lock it.

B. Align the Dumbbell Rack (12) with the seat upper and lower Seat Post (2) and lock it with 2PCS Cross Screws (13)， lock it with tool D.



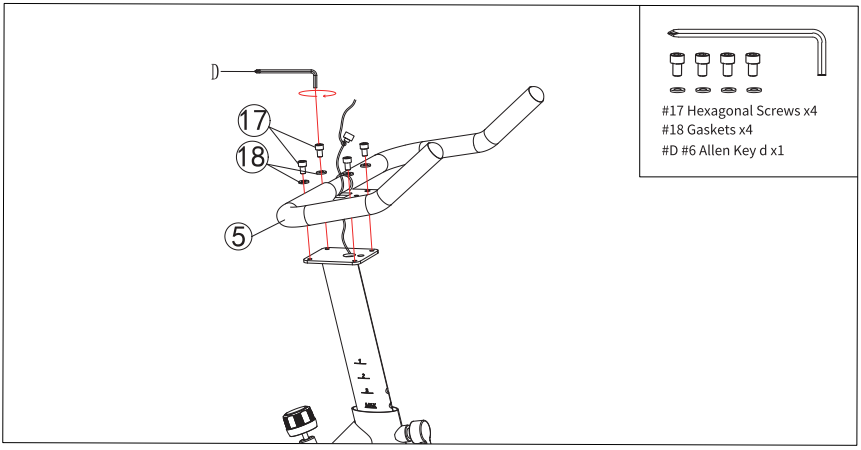
Step 5: Install the Handlebar Post

A. First, untie the wire fixed on the main frame, wrap the wire at the bottom of the armrest up and down Handlebar Post (3) to fix the wire, pull the wire at the top of the armrest up and down Handlebar Post (3) to pull the wire to the top. At the same time, insert the armrest up and down Handlebar Post (3) downward into the frame, adjust the appropriate position, and then lock it with the Pull Pin Knob (30).



Step 6: Install the Handlebar

A. Pull the wire bundled with the wire through the Handlebar (5) fixing plate step by step as shown in the figure and align the hole of the Handlebar (5) with the hole of the fixing plate at the top of the handrail upper and lower adjustment tube. Use the Hexagonal Wrench D, 4PCS Hexagonal Screws (17) and Gaskets (18) to fix it.



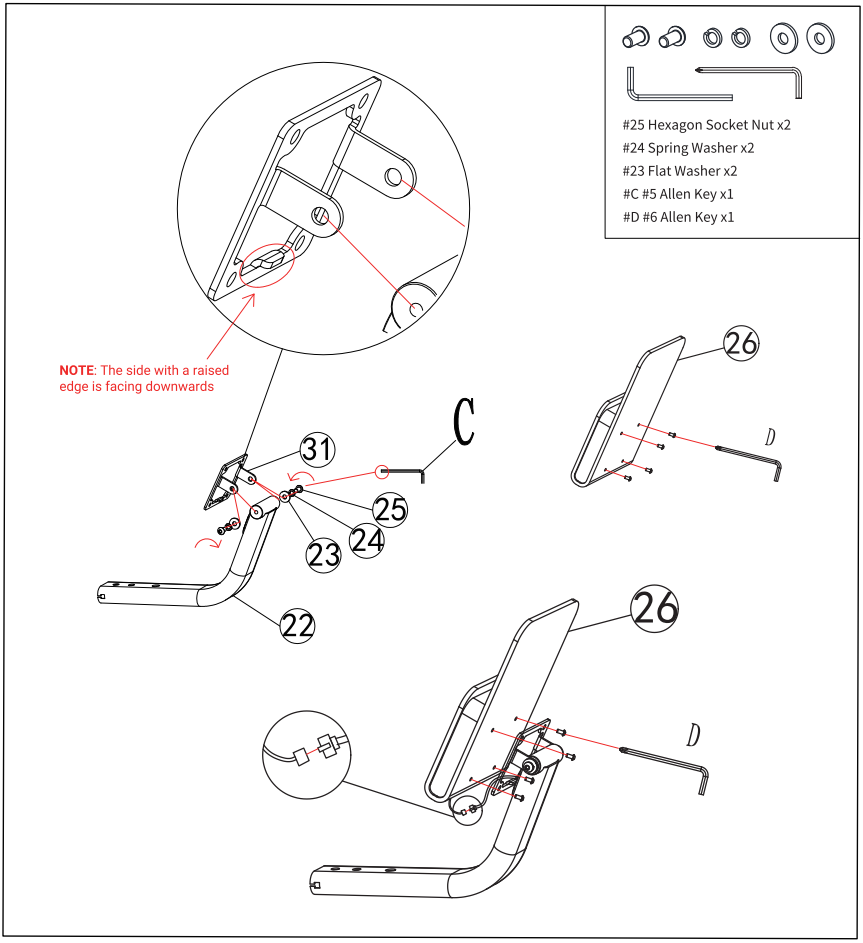
Step 7: Install the Monitor

A. Take out 1PCS Monitor Holder Support Tube (22) from the inner package, and use tool C to lock the Monitor board (31), 2PCS Hexagon Socket Nut (25), Spring Washer (24) and Flat Washer (23) as shown in the figure.

NOTE: Pay attention to the locking direction of the Monitor board.

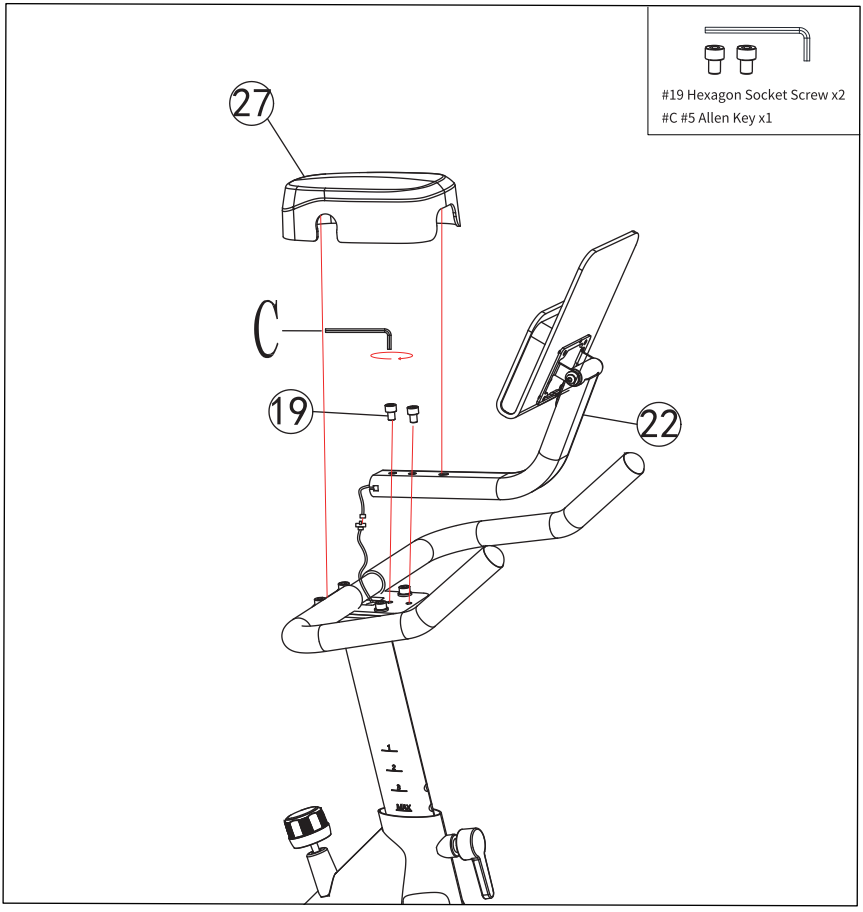
B. Use tool C to unscrew the screws on the back of the Monitor (26) and set aside.

C. Align the holes of the Monitor (26) with the holes on the Monitor Board (31), and fix it with 4PCS screws removed previously. and connect the induction line on the back of the Monitor (26) with the line coming out of the Monitor Holder Support Tube (22).



Step 8: Install the Monitor Holder Support Tube

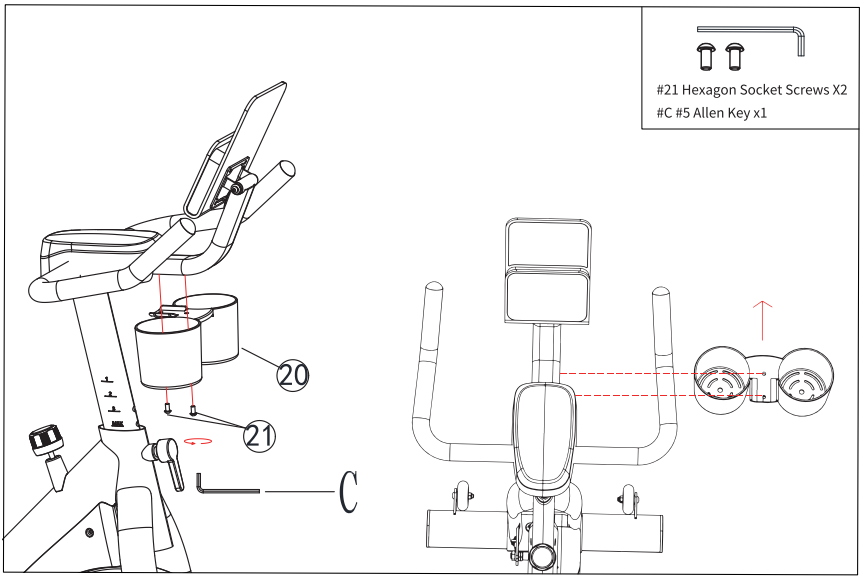
A. Align the hole of the Monitor Holder Support Tube (22) with the screw hole in the middle of the armrest fixing plate. Then use 2PCS Hexagon Socket Screws (19) and tool C to fix it to the armrest. Connect the wire from the left end of the Monitor Holder Support Tube with the induction wire pulled up in step 6. Finally, install the Decoration Cover (27) as shown in the figure.



Step 9: Install the Bottle Holder

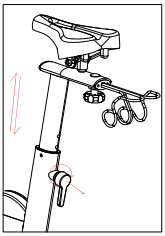
A. As shown in the figure, align the hole of the Bottle Holder (20) with the hole below the Monitor Holder Support Tube (22). Then tighten it with tool C and 2PCS + (25). Please make sure to tighten it in the correct direction as shown in the figure.

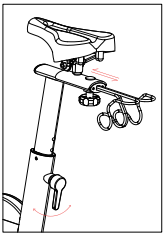
NOTE: After installation, please check all mounting screws and make sure they are tightened.



PRODUCT USAGE INSTRUCTIONS

Adjustment method of cushion

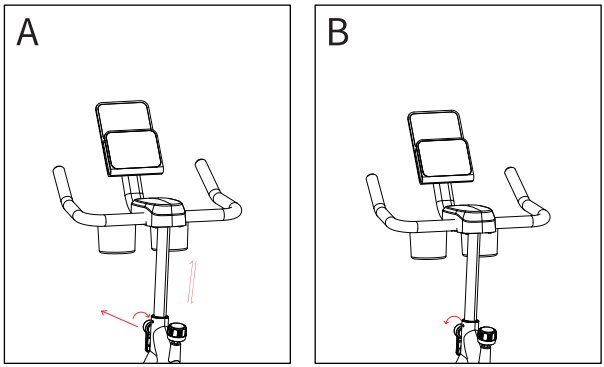




Up and down adjustment method
Turn the cushion column knob with one hand, loosen it slightly and pull out ward. Grab the cushion with other hand, and pull it up (or down). Slightly move the saddle column up and down after adjusting to the desired position, loosen the spring to restore it to its original position (the knob is already in the hold of the cushion column when you hear a "clicking" sound) and then retighten the knob.

Front and rear adjustment method
Loosen the knob at the bottom of the saddle and slide the saddle back and forth. Tighten the knob after adjusting to the desired position.

Adjustment of handrail height

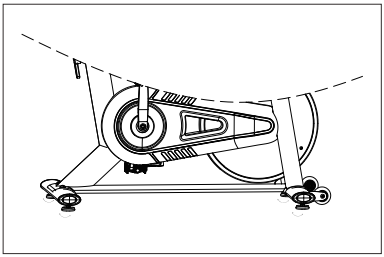


1. You can adjust the handrail height according to your height.
- Rotate the pull pin, loosen it and put it outward to move the handrail column up and down (Figure A).
- After adjusting to the appropriate height, please align the pull pin and the hole of the handrail column, and tighten it by turning clockwise (Figure B).

2. If the handle lever can not be moved up and down smoothly, you can apply the lubricating oil. Please note that your hands may get dirty if you touch them directly.

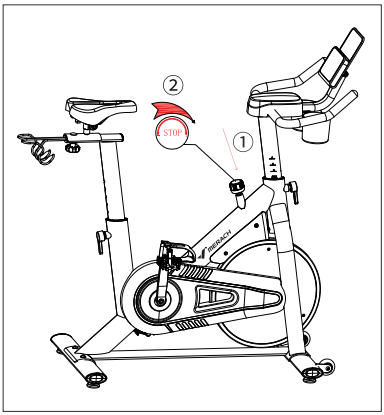
Note: When adjusting, do not exceed the "STOP" mark at the minimum insertion depth.

Adjustment of foot pad



In order to achieve a smooth and comfortable ride, you must ensure that the spinning bike is stable and safe. If you find that the spinning bike is unstable during use, you should adjust the adjustment foot pads on the front and rear leg tubes (as shown below) until the spinning bike and the bottom surface reach a stable state.

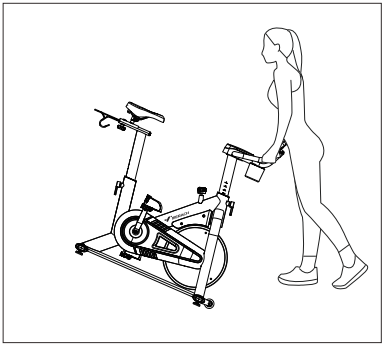
Emergency stop and use method of brakes



1. About emergency stop
The flywheel and the pedal of the dynamic bicycle belong to the linkage state. If the flywheel does not stop rotating, the pedals will not stop rotating. It is dangerous to leave the pedals while the pedals are rotating or to take your foot off the pedals immediately.
If you need to stop the pedals in an emergency, please press the brake knob downward until the motorized bike stops.

2. How to use brakes
In case you want to stop after reaching a certain movement speed, you can put your hand on the knob and push it down to gradually add resistance to the wheels and finally stop the bike.

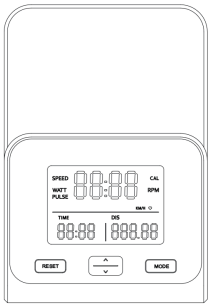
Machine handling instructions



1. When moving the product, hold the front of the handle and push it down so that the moving wheels of the forefoot tube completely touch the ground.

2. For women and the elderly, it is easier to hold the front leg tube with your feet and press down on the front of the steering wheel. After lifting up. the movement becomes simple. The method is the same when putting it down, first fix the front leg tube with your feet before putting it down.

MONITOR INSTRUCTIONS



Description of instrument window

TIME	Current time for exercise	0:00 ~ 99min:59s	
DIS	Current distance for exercise	0.00-999.99 km	
CAL	Current calories burned during the exercise	0~ 9999 C	
RPM	Rotating speeds	0 ~ 999 RPM	
APP	Support application via Bluetooth control	KINOMAP /ZWIFT/ MERACH	Option

Notes: Optional - users can choose whether to have this function for the product

MODE	• During non-exercise, switch each setting item	
RESET	• In the set state: Clears the current data to 0; • In the working state: Into the RECOVERY mode.	RECOVERY: if the PULSE function is available.
UP	• In the set state: Adjust upwards during setting; • In the exercise state: Select up and fixed a feature display; • In the stop state: Look up the motion data.	
DOWN	• In the set state: Adjust downwards during setting; • In the exercise state: Select down and fixed a feature display; • In the stop state: Look down the motion data.	

1. Exercise State:

a) Display automatically changes according to the next diagram every 6 seconds.
SPEED →CALORIES→RPM

b) UP: Select upwards and fixed a certain function to display on the main window.

c) DOWN: Select downwards and fixed a certain function to display on the main window.

2.Stop State:

a) RESET: Clears all data to 0;

b) MODE : switch each setting item : **SPEED →CAL →TIME→DIS→quit,**

c) In the set state, The current setting item flashes, press UP or DOWN key to upwards/downwards, press RECOVERY key to clears 0

d) If any time, distance or calories is set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, there will be "DI DI" sound prompt.

3. Sleep and Wake:

In the stop state, the system automatically sleeps after 4 minutes, and display off .When there is any key or Pedal action, it will automatically wake up, the data is not clear 0.

APP SETUP INSTRUCTION

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.

MERACH APP Download

APP Connection Guide

GET IT ON Google Play Available on the App Store

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

App Store

Google Play

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 "Exercise bike", and find your "MRK-S36L-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

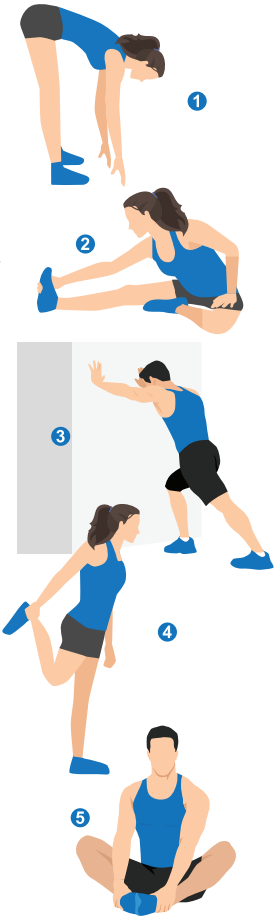
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

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 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).



WARRANTY INFORMATION

Product Name	MERACH Exercise Bike
Model	MR-S36
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.

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