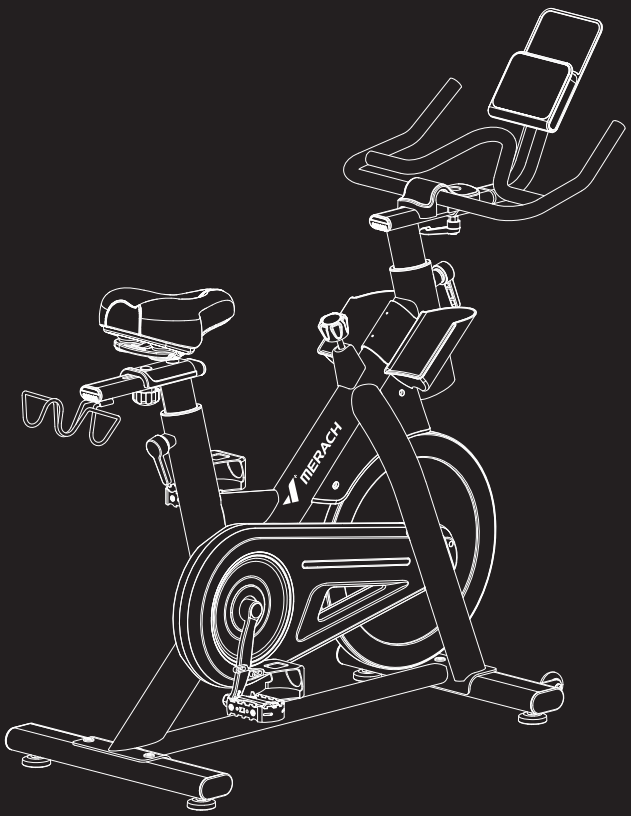
MERACH

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-S29

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®

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SAFETY INSTRUCTIONS

Please keep this manualin 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 350lbs.

- This machine is not for professional medical treatment.

- This product is only for family use.

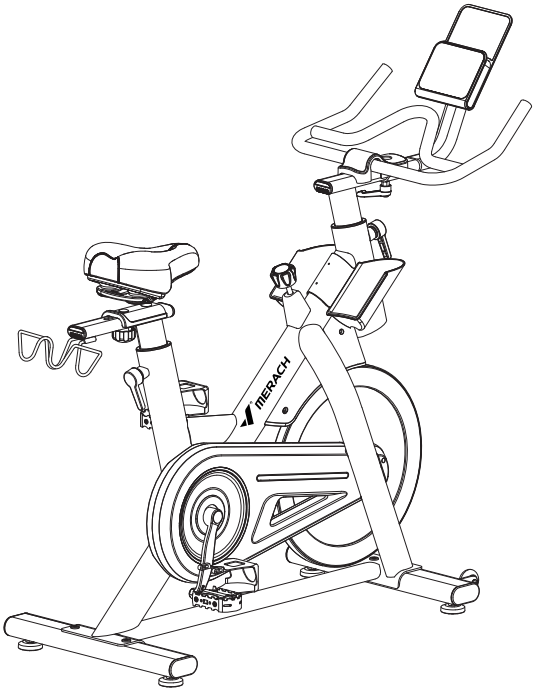
- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.
- If the moving parts are damaged, please do not use the machine until the parts are repaired.
- Keep the children away from the machine. The equipment is not for children to use 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.

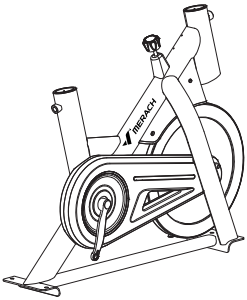
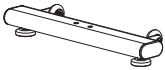
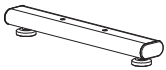
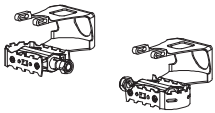
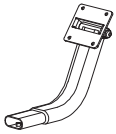
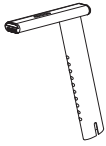
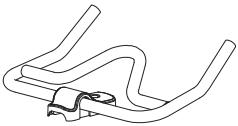
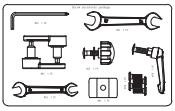
SPECIFICATIONS



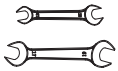
Name:	MERACH Exercise Bike
Model:	MR-S29
Resistance:	16 Level
Weight Capacity:	158kg/350lbs
Product Dimensions:	52.8*19.3*48.8inch/1340*490*1240mm
Net weight:	77.2lbs/35kg
Radio Frequency:	2,4GHz
Radio Frequency Band:	2402 – 2480MHz
Maximum RF Power:	3.3dBm

PARTS LIST

Please make sure all parts and accessories are complete.

<table>
<tr>
<td rowspan="2">
#1 Main Frame</td>
<td>
#44 Front Foot Tube</td>
<td>
#92 Rear Foot Tube</td>
</tr>
<tr>
<td>
#59 Left pedal Right pedal</td>
<td>
#49 Seat slide block #47 Seat</td>
</tr>
<tr>
<td>
#8 Flat Plate Fixing Tube</td>
<td>
#52 Dumbbell Rack</td>
<td>
#55 Seat Post</td>
</tr>
<tr>
<td>
#3 Handlebar</td>
<td>
#13 Handlebar Post</td>
<td>
#19 Bottle Holder</td>
</tr>
<tr>
<td>
#4 Monitor</td>
<td>
Screwkit</td>
<td>
User Manual</td>
</tr>
</table>

PARTS TOOL LIST

Step 1		#64 Step Screws M8*24L x4 #98 Hexagon Wrench x1
Step 2		#99 Open-end Wrench 13-15 x1 #100 Open-end Wrench 17-19 x1
Step 3		#14 Cross Screws x2 #16 L-shaped Knob x1 #48 Carriage Screw M10*45L x1 #53 Flat Washer Φ10*Φ20*2T x1 #54 Round Knob M10 x1 #98 Hexagon Wrench x1 #99 Open-end Wrench 13-15 x1
Step 4		#48 Carriage Screw M10*45L x1 #11 Armrest Sliding Reinforcement Plate x1 #12 L-shaped Knob x1 #16 L-shaped Knob x1
Step5		#6 Flat Head Cross Screws M5*10L x4 #14 Cross Screws x2 #18 Cross Screw M5*12L x2 #98 Hexagon Wrench x1 #99 Open-end Wrench 13-15 x1

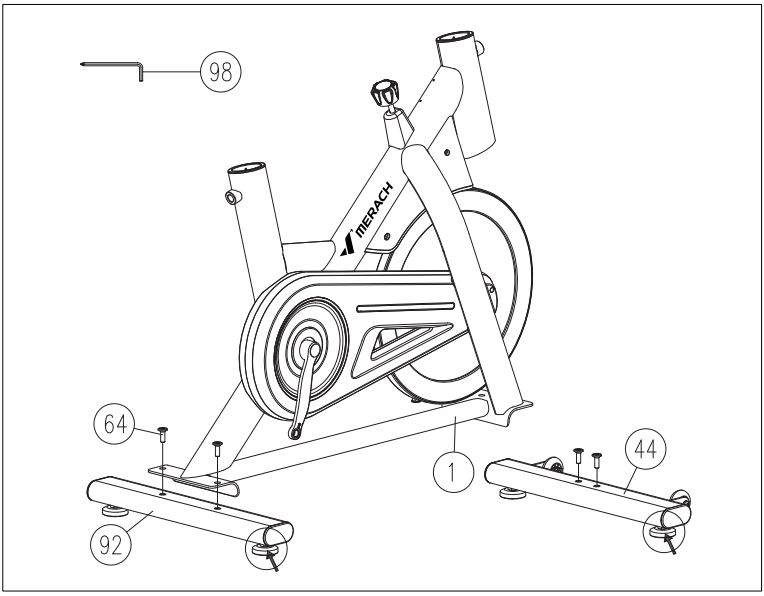
INSTALLATION GUIDE

Tips | Scan QR code to watch installation video

Step 1: Install Front and Rear Foot Tube

A. Use 4PCS Step Screws (64) to install the Rear Foot Tube (92) and the Front Foot Tube (44) to the Main Frame (58) respectively, and tighten them with the Hexagonal Wrench (98).

Note: The adjustment wheel of the Foot Covers (43) can be adjusted to adjust the balance of the bike.

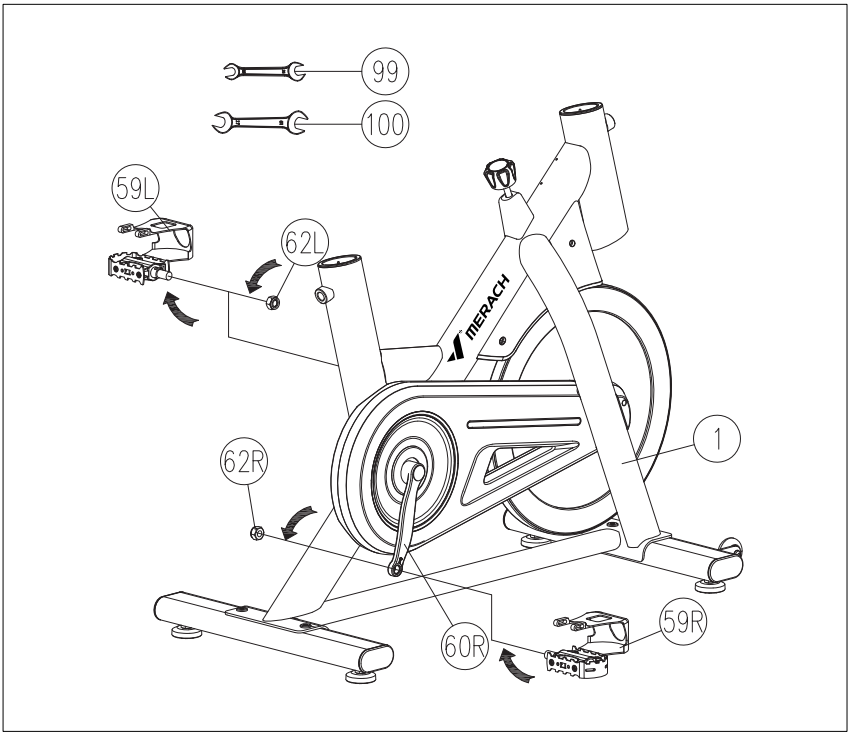


Step 2: Install the Pedals

A. Use Open-end Wrench 13-15 (99) to rotate the Right Pedal (59R) in the direction of the arrow and lock it onto the Right Crank (60R) and tighten it. Then use Open-end Wrench 17-19 (100) to tighten the Right Pedal Cap (62R) onto the Right Pedal (59R) in the direction of the arrow shown in the figure. Both open-end wrenches need to be tightened at the same time to prevent the pedal from loosening.

B. Similarly, use Open-end Wrench 13-15 (99) to rotate the Left Pedal (59L) in the direction of the arrow and lock it onto the Left Crank (60L) and tighten it. Then use Open-end Wrench 17-19 (100) to tighten the Right Pedal Cap (62L) onto the Right Pedal (59L) in the direction of the arrow shown in the figure. Both open-end wrenches need to be tightened at the same time to prevent the pedal from loosening.

Note: Look carefully at the left (L)/right (R) markings on the pedals and do not lock them blindly, otherwise the screw threads may be damaged.



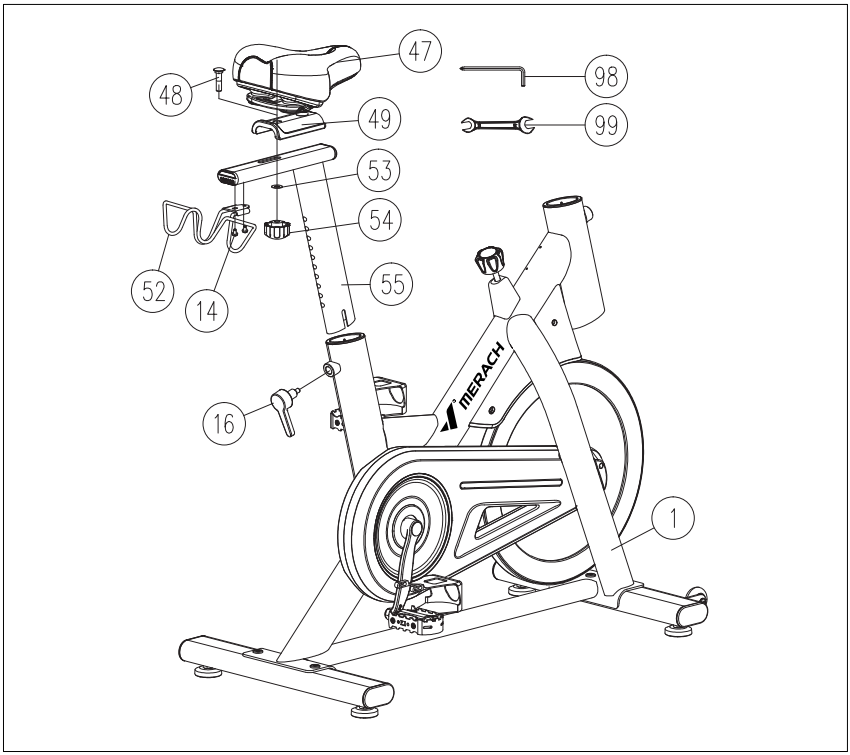
Step 3: Install the Seat

A. First, insert the Seat Post (55) into the Main Frame (1) and fix it with the L-shaped Knob (16).

B. Then use 1PC Carriage Screw (48), Flat Washer (53) and Round Knob M10 (54) to install the Sliding Seat (49) onto the Seat Post (55) as shown in the figure.

C. Finally, install the Seat (47) onto the Sliding Seat (49), adjust it to the appropriate position and tighten it. Finally, use 2PCS Cross Screws (14) to lock the Dumbbell Rack (52) onto the Main Frame (1) with Hexagonal Wrench (98).

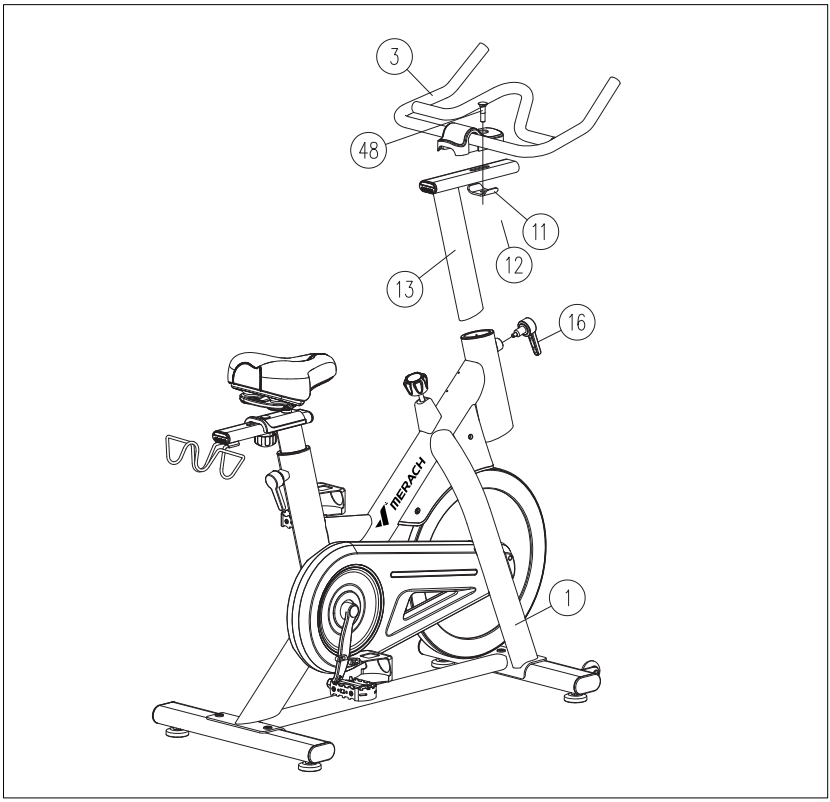
Note: Loosening the Round Knob (20) can adjust the front and rear distance of the Seat. The vertical height of the Seat Post (55) can be adjusted by loosening the L-shaped Knob (16).



Step 4: Install the Handlebar Assembly

A. First, insert the Handlebar Post (13) into the Main Frame (1) and fix it with the L-shaped Knob (16); then use 1PC Carriage Screw (48), Armrest Sliding Reinforcement Plate (11) and L-shaped Knob (12) to install the Handlebar (3) on the Handlebar Post (13).

Note: Loosening the L-shaped Knob (12) can adjust the front-to-back distance of the Handlebar (3); loosening the L-shaped Knob (16) can adjust the vertical height of the Handlebar Post (13).

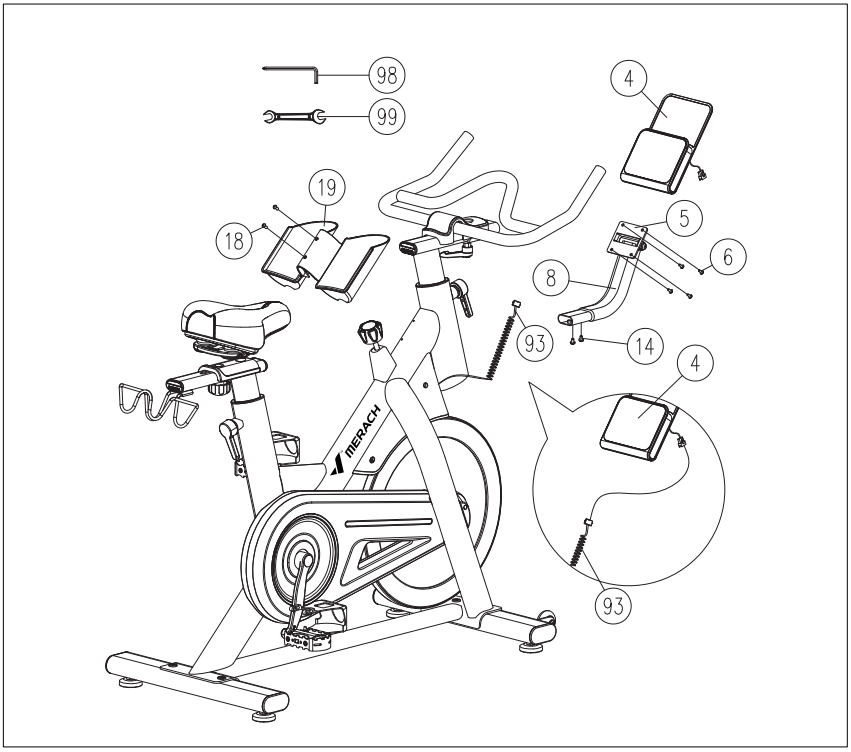


Step 5: Install the Monitor

A. First, use the Hexagonal Wrench (98) to remove the Cross Screw (18) pre-locked on the Main Frame (1), and then use the Hexagonal Wrench (98) and the Cross Screw (18) to install the water Bottle Holder (19) on the Main Frame (1).

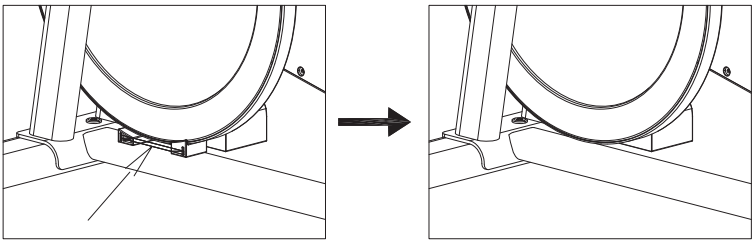
B. Secondly, use the Hexagonal Wrench (98) to remove the 2PCS Flat Head Cross Screws (14) pre-locked on the Flat Plate Fixing Tube (8), and then use the Hexagonal Wrench (98) and the 2PCS Flat Head Cross Screws (14) to assemble the Flat Plate Fixing Tube (8) to the Handlebar (3);

Note: Loosening the L-shaped Knob (12) can adjust the front-to-back distance of the Handlebar (3); loosening the L-shaped Knob (16) can adjust the vertical height of the Handlebar Post (13).

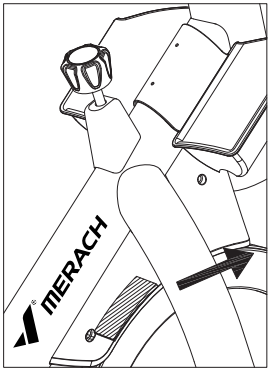


Step 6: Remove the Packaging Accessories

A. After assembly, tie the limit plastic block under the flywheel with a cable tie and remove it (use household scissors to cut the cable tie to remove it).



B. Rotate the knob counterclockwise as shown in the figure to remove the limit pearl cotton.



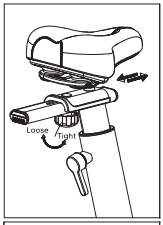
PRODUCT USAGE INSTRUCTIONS

Seat Adjustment

You can adjust the position of the seat according to your height:

Adjust the up and down of the seat:

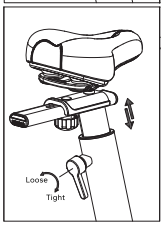
First, loosen the Pin Knob counterclockwise and pull it outward, the Seat Post Assembly can move up and down, adjust it to the appropriate position, align the Pin Knob with the Seat Post Assembly hole and then tighten it clockwise.



Adjust the front and back of the seat:

Loosen the Pin Knob, the Seat can move forward and backward, adjust it to the appropriate position and then tighten the Pin Knob.

Note: When adjusting the seat tube, do not exceed the STOP mark printed on the seat post.

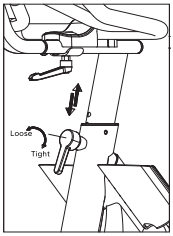


Handlebar Adjustment

You can adjust the position of the handlebar according to your height:

Adjust the up and down of the handlebar:

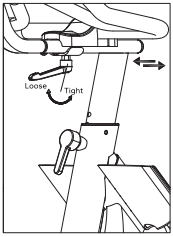
To adjust the height of the handlebar post up and down, first loosen the L-shaped knob 2-3 turns, then pull the L-shaped pull pin outwards with one hand, and move the handlebar post and down with the other hand, you can adjust the height up and down to a comfortable height suitable for your exercise, adjust the height and then lock the L-shaped knob.



Adjust the front and back of the handlebar:

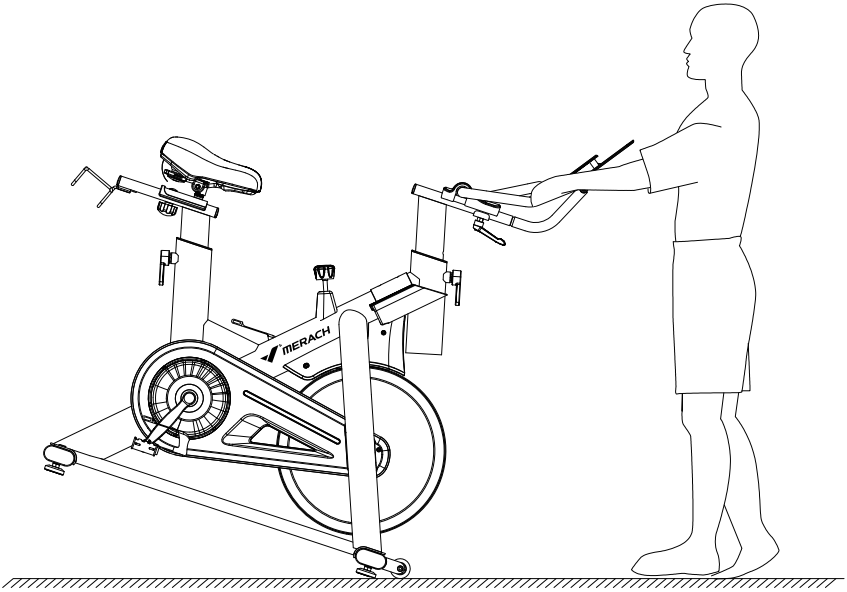
To adjust the armrest forward and backward, loosen the L-shaped knob by 1-2 turns, then you can move the armrest forward and backward, fix it in a position suitable for your use and then lock the L-shaped quick release.

Note: When adjusting the armrest fixing tube, do not exceed the STOP scale printed on the armrest fixing tube.



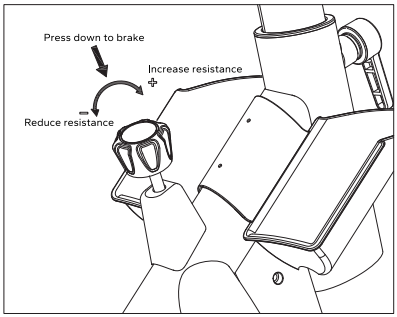
Moving Instructions:

When you want to move the product, hold the front end of the Handlebar and press down hard until the Roller on the bottom tube is completely in contact with the ground. When the body of the vehicle is not in contact with the ground except the Roller, you can move the vehicle. When you reach the destination, slowly release your hands.



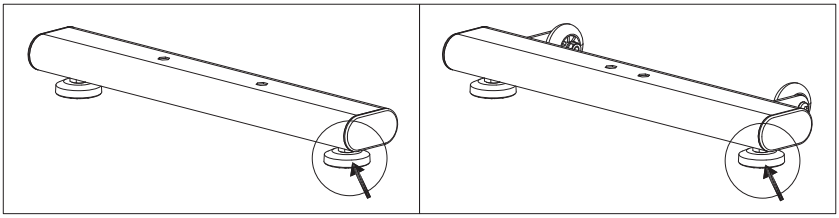
Resistance Adjustment

As shown in the picture, rotating the brake knob (F) in the direction of the arrow can increase or decrease the resistance. Users can adjust according to their own needs to achieve the best effect of exercise. If you need to brake urgently and stop exercising, press the brake knob (F) down and tighten it firmly. The bicycle will be locked immediately and the flywheel will not rotate. To unlock the bicycle, just release the brake knob (F).



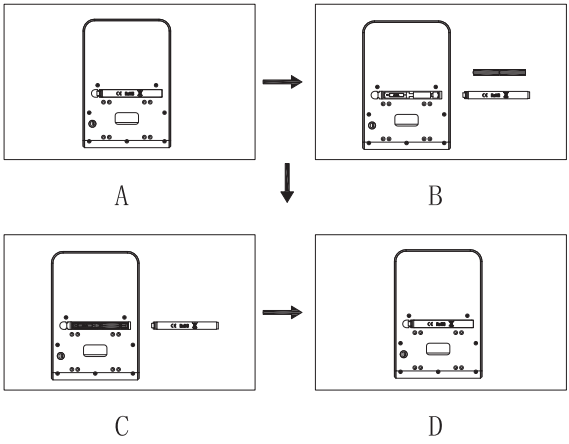
Bike Balance Adjustment

If the bike shakes slightly during use, please rotate the foot adjustment wheels on both sides of the rear foot tube. After rotation, you can adjust it higher or lower to keep the bike horizontally placed until there is no obvious shaking before using it.



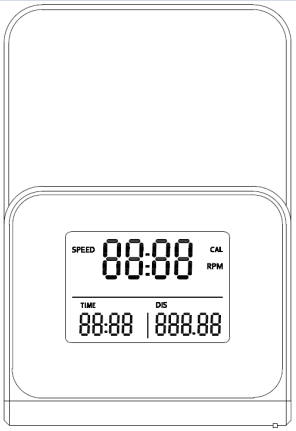
Install or Replace Batteries

Open the battery box cover as shown in the figure, then install or replace No. 7 batteries and you can use it.



INSTRUCTION OF MONITOR

Operating Manual
Description of instrument window



TIME	Current time during exercise	0:00 ~ 99:59
DIS	Current distance during exercise	0.00-999.99 km
CAL	Current calories burned during the exercise	0~ 9999 Kcal
RPM	Rotating speeds	0 ~ 999 RPM
APP	Support application via Bluetooth control	MERACH/KINOMAP/ZWIFT
LEVEL	The level of resistance during	16
SPEED	Current speed during exercise	0.00~99.99 KPH

* **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 stop state: Clears all data to 0;
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:

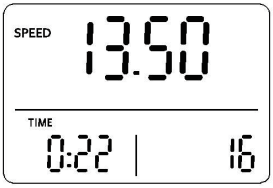
a) Display automatically changes according to the next diagram every 6 seconds.
SPEED → WATT → CALORIES → RPM

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.LEVEL

a) At exercise state, the level of exercise resistance can be adjusted from 1 to 16;



3.Stop State:
a) **RESET:** Clears all data to 0;
b) **MODE :** switch each setting item : calories ->time ->distance->quit;
c) In the set state, The current setting item flashes, press UP or DOWN key to upwards/downwards, press RESET key to clears 0
d) If any time, distance or calories is set, at exercise state, this item is display as a countdown. When the countdown reaches 0, there will be "DI DI" sound prompt.

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

BATTERY	SIZE-AAA *2
Operating temperature	0~40℃ (32℉-104℉)
Storage temperature	-10~60℃ (14℉-168℉)

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 "Ellipticals", and find your "MRK-S29-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

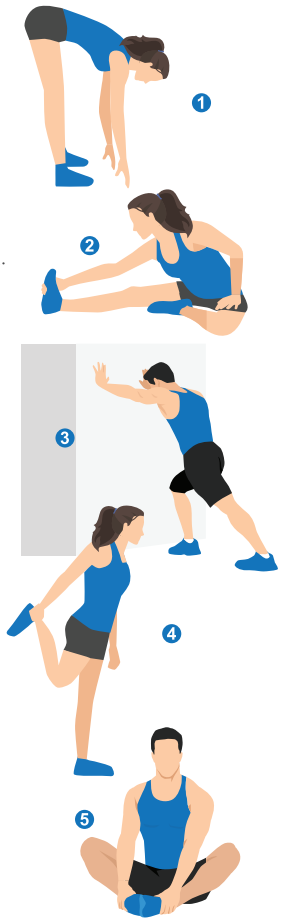
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

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-S29
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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