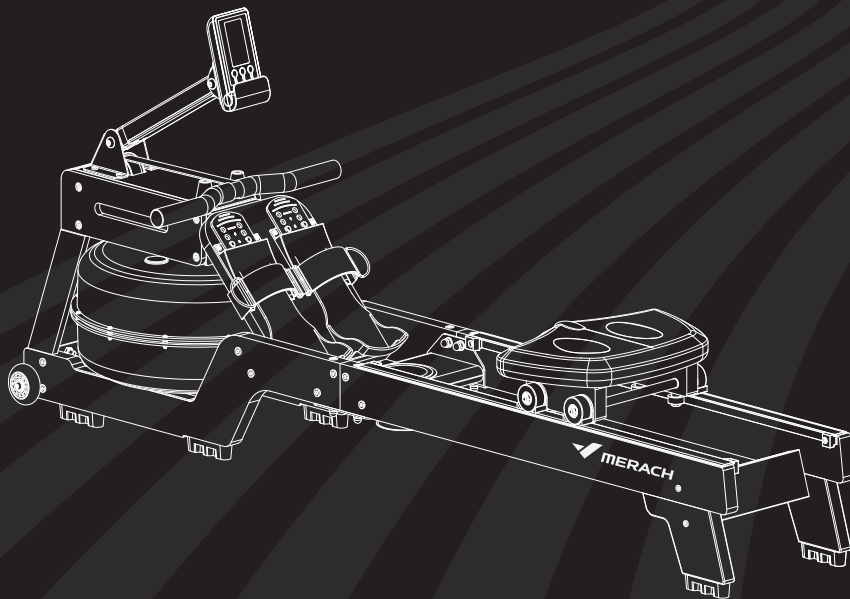


# USER MANUAL

MERACH WATER ROWING MACHINE

Model: MR-R14



## 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](mailto:support.eu@merach.com)



**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**

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# Safety Instructions

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

- It is very important to read the instruction manual carefully before assembling and using the training equipment. Only with proper installation, maintenance and use of the training equipment can safe and effective training be achieved, and it is important to make sure that all users are familiar with all the warnings and precautions of the training equipment.
- Before using the training equipment, the user should consult a doctor about his/her physical condition to prevent safety accidents from occurring during the training process, so that the training cannot be carried out normally. If the user is undergoing treatment for a medical condition such as heart, blood pressure, cholesterol, etc., it is important to consult a physician prior to training.
- Always pay attention to the condition of your body when training, incorrect training methods may affect your health. If you have the following discomfort symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, halo, dizziness and nausea, etc.), please stop the training immediately, and you must get a doctor's examination and confirmation in time, and you must get a doctor's permission before you can continue the training.
- Keep children and pets away from the training equipment, which is intended for adult use only.
- Place the training equipment on a hard, flat surface with a protective layer on the floor or carpet to prevent damage to the ground, and ensure that the perimeter of the training equipment is spaced at least 2.0ft/0.6m away from each obstacle.
- Before using the training equipment, please check all the bolts and nuts that need to be locked to ensure that they are locked and safe to use.
- Safe use of the training device can only be ensured by regular repair and maintenance of the parts that are susceptible to damage, wear (like rollers, screws etc) and tear, and breakage.

It must be ensured that the device is used in accordance with the guidelines in the instruction manual. When defective parts are found during assembly or servicing, or when abnormal noises are heard during use, stop operation and use immediately and ensure that all problems are resolved before proceeding. Ensure that all problems are solved before continuing.

- When using the training equipment, please pay attention to the dress, try to wear simple clothes, avoid wearing wide clothes, because wide clothes may be stuck in the equipment. Avoid wearing baggy clothes as they may get caught in places on the equipment, preventing operation and possibly trapping you on the equipment.

# Safety Instructions

- This training device is not intended for medical use.
- When lifting or moving the device, do so in a safe manner and, if necessary, using proper handling methods, or with the assistance of others. or with the assistance of another person.
- When placing the training device in an upright position, always place it against a wall or in front of a fixed surface, and always place it in a safe position away from children to prevent injuries.
- Do not allow two or more people to use the equipment at the same time.
- The rower is a speed-related training device.
- This machine is only for home use, and the maximum load capacity of 150kg/330lbs.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.

## Instructions for safe use Maintenance

- The quality of the water in the tank requires maintenance in stages. We strongly recommend the use of regular municipal tap water, which contains the elements that make the water tank from corrosion by bacteria, algae, etc. Chlorine and other chemicals are present in the water tank.
- The chlorine in the tank must be renewed by means of purification tablets (or water bluer). Chlorine breaks down with light: in direct sunlight, chlorine decomposition time is about 6 months; under artificial lighting conditions, chlorine decomposes in about 2 years. In general, every 6 months on average Add a purification tablet (or water bluer) to the water tank. (Does not contain water purification tablets.)
- If you notice that the water is starting to deteriorate, add a purification tablet (or water bluer) to the water tank immediately. If the water becomes cloudy, we recommend emptying the tank and rinsing it with clean water. If the water becomes cloudy, we recommend emptying the tank, rinsing it with clean water, refilling it with clean tap water and adding a purification tablet. (Does not contain water purification tablets.)
- Do not add chlorine bleach to the water tank as this can cause irreparable damage to the tank which is made of poly carbonate material.

# Safety Instructions

- In order to maintain the beauty and integrity of your rower, it is essential to consistently clean the equipment, please clean the exterior of the machine promptly of any dust. The track surface must be kept clean to avoid dust clogging the seat rollers. Track surfaces can be cleaned with a damp cloth. The surface of the water tank can also be cleaned, but be sure to read the instructions for the cleaner beforehand. Do not use cleaning agents containing chlorates or ammonia.
- Ropes, pulleys and connecting points are wearing parts and should be inspected regularly and replaced when they are worn out to ensure normal and safe use.
- When the parts of the rower are damaged, they should be replaced immediately.

## Precautions

- Testing and precautions before use.
- **Slides:** Before sitting on the rower, inspect the seat wheels and slides for dirt and debris. Small objects will obstruct the seat wheels and slide rails and damage their surfaces. The slide rails must be inspected for debris before each use and cleaned regularly.
- **Fasteners:** The frame bolts need to be checked regularly for tightness. They should be checked at the end of the first month of use and every 12 months.
- When storing your rower vertically, choose a suitable location.
- Choose a flat surface to use your rower on to avoid rocking and premature wear.

## Warnings

- Consult your physician before beginning any exercise. For individuals over 35 years of age or with pre-existing health problems, it is especially important. Read all instructions before using any equipment.

# Safety Instructions



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 MR-R14 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.

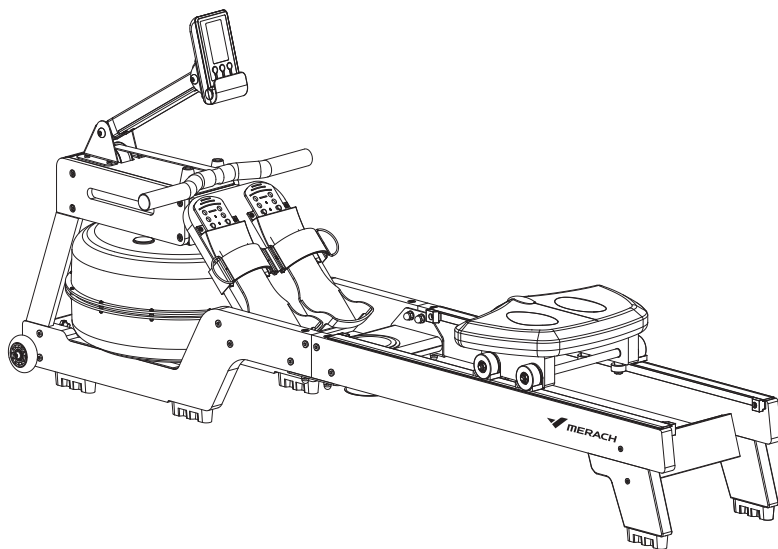
### Manufactured by:

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](mailto: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](mailto:jingge_mrk@163.com)

# Specification

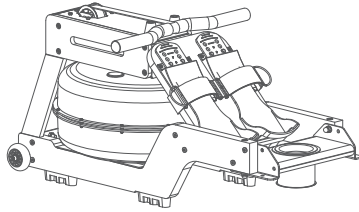


|                       |                                      |
|-----------------------|--------------------------------------|
| Model:                | MR-R14                               |
| Name:                 | MERACH Water Rowing Machine          |
| Power:                | AAA Battery x 2                      |
| Max Load:             | 330 lbs(150 kg)                      |
| Product Dimensions:   | 68.9*18.1*32.9 inch(1750*460*835 mm) |
| Net Weight:           | 57.3 lbs(26 kg)                      |
| Radio Frequency:      | 2.4GHz                               |
| Radio Frequency Band: | 2402-2480MHZ                         |
| Maximum RF Power:     | 5.09dBm                              |

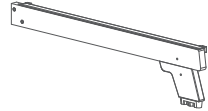
# Parts List

Please check that each part and accessory is complete before assembling.

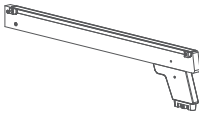
#A Main Frame x1



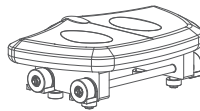
#B Left Rear Rail Assembly x1



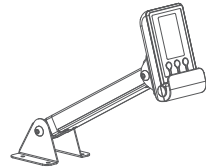
#C Right Rear Rail Assembly x1



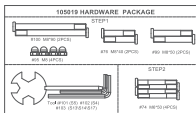
#D Seat Cushion x1



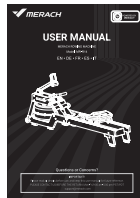
#E Monitor Assembly x1



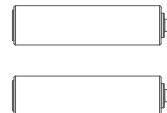
#F Screw&Kit x1



#G User Manual x1



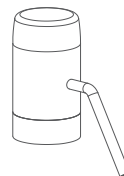
#H AAA Battery x2



#05 Rail Connection Plate x1



#104 Water Pump x1



# Assembly Instruction



**Tips** Scan QR code to watch installation video

## Preparation:

1. Before installation, please confirm that there is sufficient space around the site.
2. Please use the tools provided with the vehicle or your own special tools for installation.
3. Before installation, confirm that all components are complete.

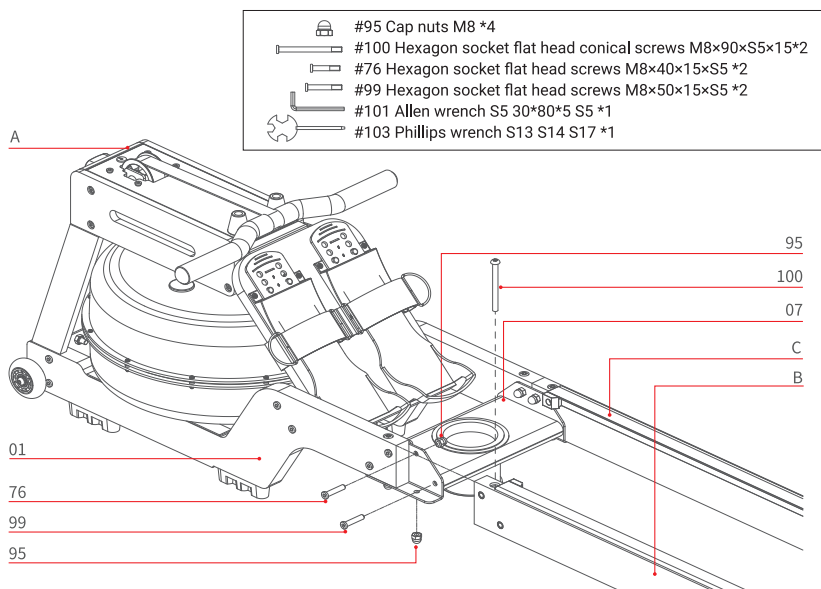
## Step1: Install the Left/Right Rear Rail Assembly

A. Install the Left/Right Rear Rail Assembly(#B/C) onto the Main Frame(#A) vertically with 2 Hexagon Socket Flat Head Screws(#100) and 2 Cap Nuts(#75), tighten them by the Allen Wrench(#101) and the Phillips Wrench(#103) .

B. Lift the Track Center Connection Plate(#07) up, and then insert 2 Allen Flat Head Screws (#99) respectively through the side holes of Left/Right Rear Rail Assembly(#B/C) to the Track Center Connection Plate(#07), tighten it.

**Note:** Do not lock it tightly yet.

C. Use the Allen Wrench(#101) to lock 2 Hexagon Socket Head Cap Screws(#76) through the holes under the Left/Right Rear Rail Assembly(#B/C) to the Track Center Connection Plate (#07) and lock upon 2 Cap Nuts(#75).

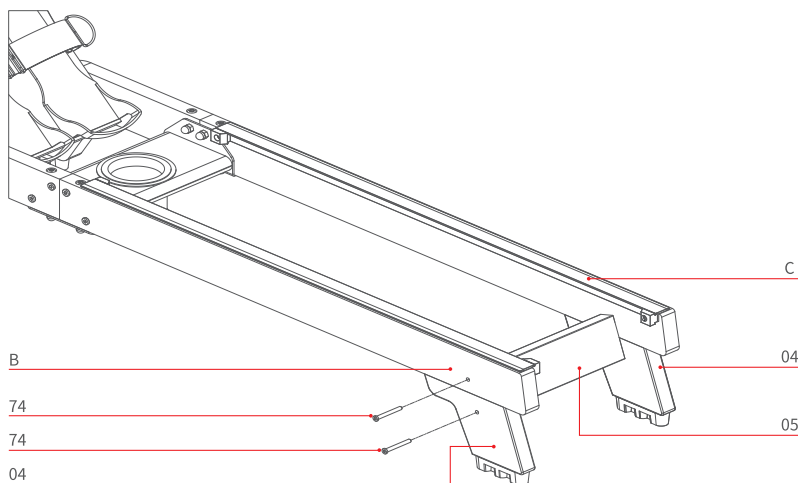


# Assembly Instruction

## Step2: Install the Rail Connection Plate

A. Take out the Rail Connection Plate(#05), then lock 4 Hexagon Socket Flat Head Screws (#74) through the holes of Foot Plate(#04) and Left/Right Rear Rail Assembly(#B/C) into the corresponding pre-built nuts on the Rail Connection Plate(05), and then tighten it with the Allen Wrench(#102).

-  #74: hexagon socket flat head screws M6×50×S4 \*4
-  #102: Allen wrench S4 25×60×4 S4 \*1



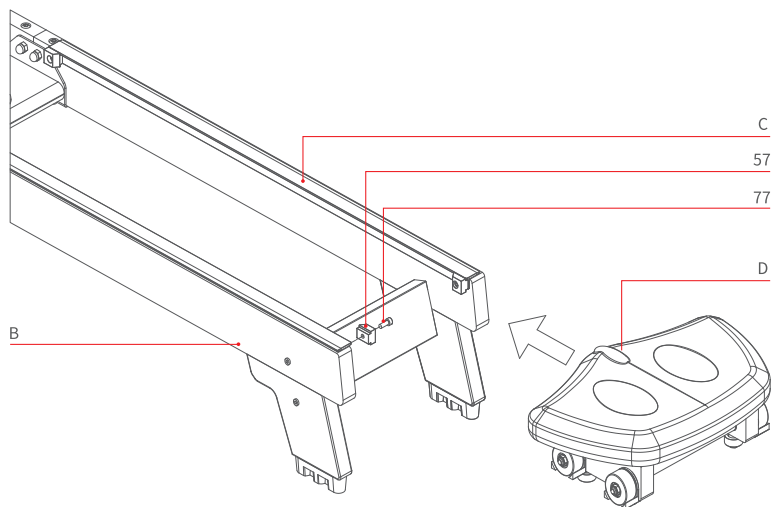
# Assembly Instruction

## Step3: Install the Seat Cushion

A. Remove the Seat Stop(#57) and Socket Cap Screws(#77) from the end of the Left/Right Rear Rail Assembly(#B/C) with the Allen Wrench(#101).

B. Slide the Seat Cushion(#D) into the track through the direction shown, and then lock the Seat Stops (#57) and Socket Cap Screws(#77) back with the Allen Wrench(#101).

 #101 Allen wrench S5 30×80×5 S5 \*1



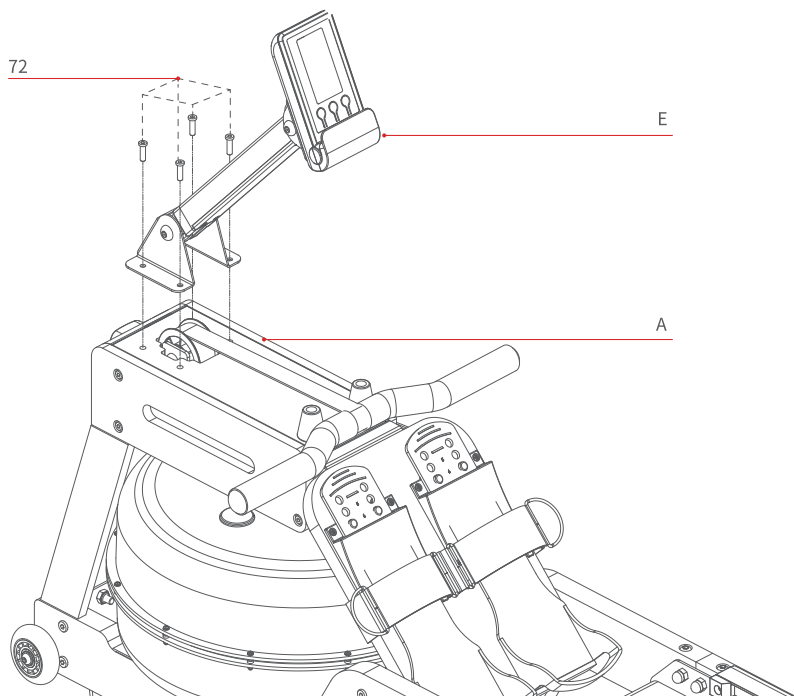
# Assembly Instruction

## Step4: Install the Monitor Frame Assembly

A. Take out the Monitor Frame Assembly(#E) and remove 4 pre-locked Screws(#72) on the Main Stand Assembly(#A) with the Allen Wrench(#102).

B. Use 4 Screws(#72) removed to lock the Monitor Assembly(#E) with the Allen Wrench(#102).

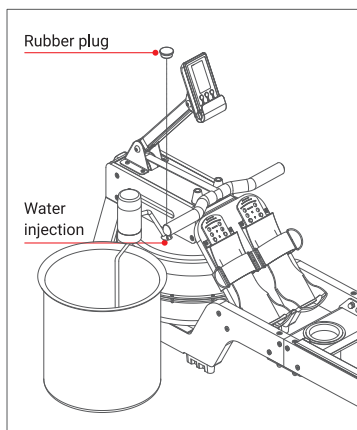
 #102 Allen wrench S4 25x60x4 S4 \*1



# Water Injection and Management

## 1. Water injection

**NOTE:** When filling with water, use a dry cloth under the tank to prevent wetting floors and carpets.

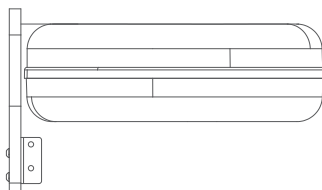


### Steps:

- ① Remove the rubber plug at the top of the tank.
- ② Place a large bucket of water next to the rowing machine and insert the water pump spout into the tank and the bottom hose into the tank.
- ③ Start the motorized water pump to start filling water, check the amount of water filled by the water level scale on the side of the water tank.  
Caution! Do not overfill!
- ④ Turn off the electric pump after filling water to the desired level.
- ⑤ Make sure that the tank plug has been re-plugged.

**Note:** If the local water quality is bad, it is recommended to use distilled water instead of tap water.

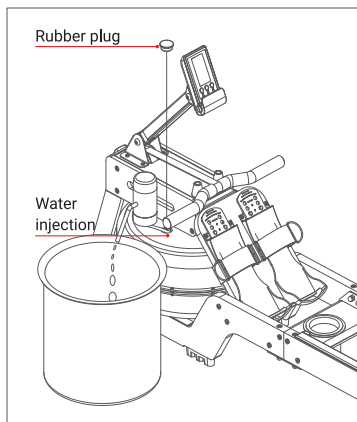
## 2. Regular water replacement



# Water Injection and Management

## 3. Water replacement

**NOTE:** When filling with water, use a dry cloth pad under the tank to prevent wetting floors and carpets.



### STEPS

- ① Remove the water tank plug.
- ② Insert the hose at the bottom of the electric water pump into the water tank of the rower, and the outlet of the electric water pump into the water bucket.
- ③ Turn on the water pump to drain the water.

**NOTE:** When using the water pump, please charge it fully firstly and then press the top switch button to ensure proper drainage.

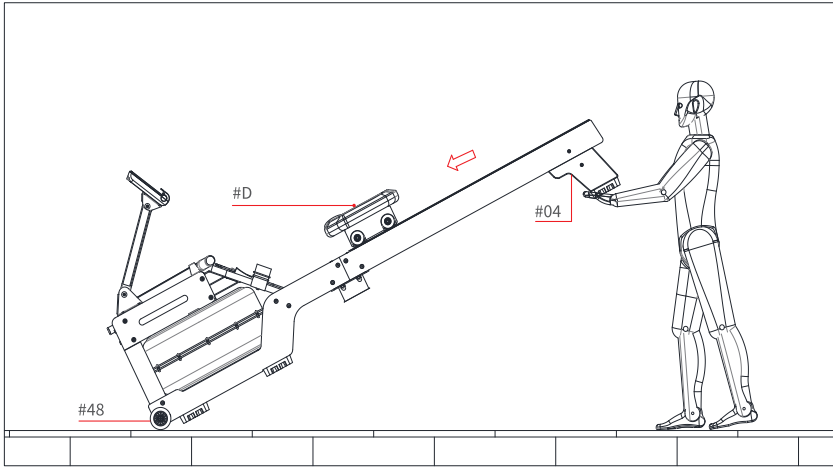
## Water Level Marker

- The resistance depends on the amount of water in the tank, please fill the water according to the water level mark.
- Do not exceed this water level mark. If water is added above the maximum water level, damage to the product will not be covered by the warranty.

## Moving and Storing

A. Move the Seat Cushion(#D) to the front firstly to prevent it from falling down quickly and damaging the equipment when it is folded.

B. Lift the Rear Foot Plate (#04) by hand until the PU Rolling Wheels (#48) at the front end of the track touch the ground, and then you can move the machine to where you want to place it as you wish.



## BUTTONS

### 1. MODE

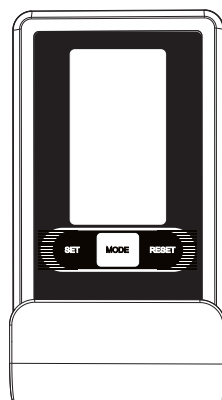
Press this button to changeover display time time, calories, total strokes, distance and total diastance(ODO).

### 2. SET

In setting status, press this button and changeover choose the "MODE" button to increase setting value in relevant flashing window for TIME, DIST and CAL.

### 3. RESET

In setting status, press this button to reset the value in relevant flashing window for TIME, DIST and CAL.  
In monitor status, hold this button for 3 seconds to reset all values to zero.



## FUNCTIONS

### 1. STROKES

Display instantaneous strokes and the range is 0~9999 Strokes.

### 2. SPM(strokes/ minute)

Display current repetition per minute(SPM) during exercise. It reflects the stroke frequency. The range is 0~1500 rate per minute

### 3. TIME

(1)Count the total time from exercise start to the end and the range is 0:00 ~ 99:59Minute

(2)Exercise time can be set in advance, when it approaches the preset time, the monitor will alarm for 10 seconds. The maximum pre-set time is 99 minutes.

### 4. TIME(500m)

Show to paddle boat time with 500M, The range is 0:00 ~ 99:59Minute

### 5. DISTANCE(DIST)

(1)Count the total distance from exercise start to the end and the range is 0.0 ~ 9999KM or Mile.

(2)Exercise distance can be set in advance, when it approaches the preset distance, the monitor will alarm 10 seconds. The maximum pre-set distance is 9999KM or Mile.

### 6. TOTAL DISTANCE(ODO)

Count the total distance after installing the batteries.

### 7. TOTAL STROKES

Count the total strokes after installing the batteries.

# Instruction of Monitor

## 8. CALORIES(CAL)

(1)Count the total calories consumed from exercise from start to the end and the range is 0.0 ~ 9999 KCAL.

(2)The calorie value can be set in advance, when it approaches the preset calorie, the monitor will alarm 10 seconds. The maximum pre-set calories is 9999KCAL

## 9. AUTO START/STOP

(1)Without any signal of exercise or operation for 4 minutes, the power will turn off automatically.

(2)Once receive exercise or operation signal, the monitor will turn on automatically.

## BLUETOOTH & APP:

1. First download the APP, then turn on the Bluetooth and positioning to link the APP accurately.
2. The monitor can link Merach, Kinomap, and match FTMS protocol of Bluetooth APP.
3. The display screen will be off when the monitor is connected to the Bluetooth APP, and the display screen can light up when the monitor is disconnected from the Bluetooth APP.

## BATTERY REPLACE

When the display becomes dim or illegible, remove the battery and replace it with SIZE AAA UM4 R03.

# 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



2. Open the MERACH APP. Log In or Sign Up.
3. Follow through 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 the type of machine, and find the Model.
6. Start training and explore different workout methods.

# Troubleshooting

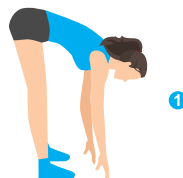
| Questions                                                           | Possible solutions                                                                                                                                   |
|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| What should be done when there is noise in rowing?                  | You can apply some car polishing wax on belt.                                                                                                        |
| What should be done when the rower can not be connected to the APP? | Check whether other members are connected to Bluetooth at the same time. If so, unbind and reconnect.                                                |
|                                                                     | The rowing machine is still malfunctioning. Please contact Customer Support (see page 21).                                                           |
| What should be done when the water discolours or becomes muddy?     | Change the placement location of the rowing machine to reduce the direct solar radiation.                                                            |
|                                                                     | Change the water or conduct water treatment pursuant to the description of the manual. Consider the use of distilled water for water injection anew. |

# 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).



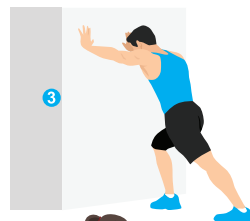
## 2. Seated hamstring stretch

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).



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

# Warranty Information

|                                                                                                       |                             |
|-------------------------------------------------------------------------------------------------------|-----------------------------|
| Product Name                                                                                          | MERACH Water Rowing Machine |
| Model                                                                                                 | MR-R14                      |
| 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 18 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.**



## OUR SOCIAL MEDIA



[merachfit.eu](https://www.instagram.com/merachfit.eu)



[Merachfit.eu](https://www.facebook.com/Merachfit.eu)



[Merachfit\\_EU](https://www.youtube.com/Merachfit_EU)



[merach\\_uk](https://www.instagram.com/merach_uk)



[Merachfit.UK](https://www.facebook.com/Merachfit.UK)



[Merach UK](https://www.youtube.com/Merach_UK)



[merach\\_uk](https://www.tiktok.com/merach_uk)

### Support Email

EU: [info.eu@merachfit.com](mailto:info.eu@merachfit.com)

UK: [info.uk@merachfit.com](mailto:info.uk@merachfit.com)

### Our Website

EU: [merachfit.eu](https://www.merachfit.eu)

UK: [uk.merachfit.com](https://www.uk.merachfit.com)