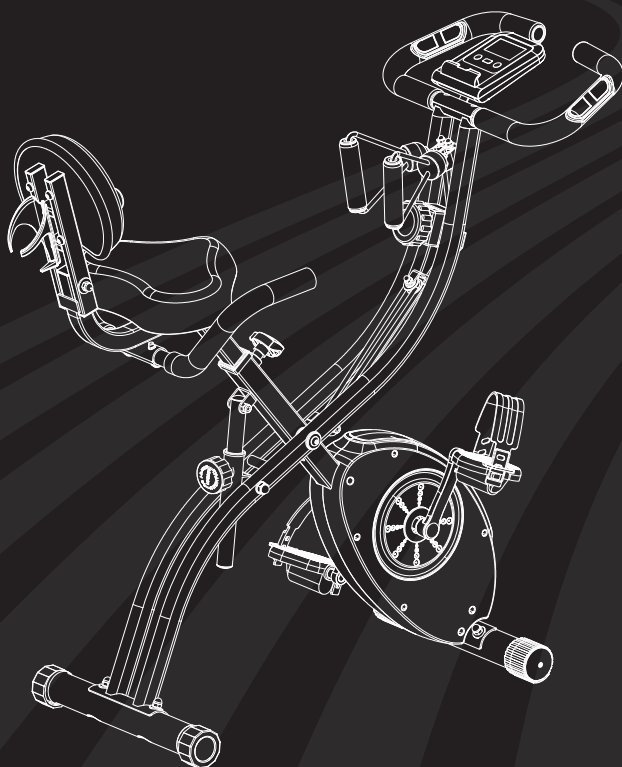


USER MANUAL

MERACH EXERCISE BIKE

Model: MR-S15

EN



Questions or Concerns?

IMPORTANT!

Please read all details before use, and keep this user manual for future reference.

PLEASE CONTACT US BEFORE THE RETURN: support.eu@merach.com



**WHO
WE ARE**



Our customers aren't just important; their health, fitness, and pure enjoyment of life are 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.

EN • English

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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 1.6 ft (0.5m).
- 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 300 lbs(136 kg).
- This machine is not for professional medical treatment.
- This product is only for family use.

Safety Instructions

- 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.

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.

EN



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.

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". 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-S15 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:

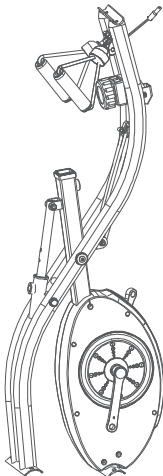
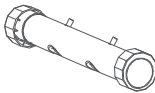
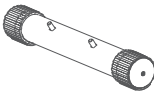
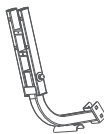
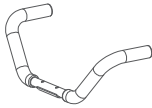
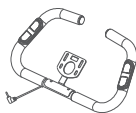
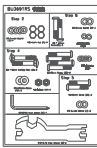
Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng Technology Building, 298 Weiye Road, Binjiang District, Hangzhou, Zhejiang Province, China
yulu_mrk@merach.com

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

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Parts List

#62 Main rack x 1	#49 Small quick pin x 1	#1 Rear foot tube x 1	#60 Front foot tube x 1	
				
	#33 Seat cushion x 1	#43 Saddle tube x 1	#55 Knob x 1	
				
#34 Back cushion x 1	#101 Bottle rack x 1	# 36 Back cushion frame x 1	#46 Rear armrest x 1	#56 Left foot pedal x 1
				
#56 Right foot pedal x 1	#29 Handrail x 1	#31 Monitor x 1	Screw kit x 1	Manual x 1
				

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Parts Tool List

Step 1		#49 Small quick pin M16 x 1
Step 2	 #24 Spring pad D8 x 4  #3 Arc washer D8 x 4  #4 Cap nut M8 x 4  #B Solid wrench S13, 15, 19 x 1	Step 3
Step 4	 #39 Square neck bolt M8*50*20 x 2  #38 Hexagon socket pan head bolt M8* 45*15*S5 x 4  #24 Spring pad D8 x 4  #12 Flat washer D8*Φ 25*2.0 x 2  #42 Nylon nut M8 x 2  #B Solid wrench S13, 15, 19 x 1  #A Cross hexagonal wrench S5*30*80 x 1	 #41 Flat washer D8 x 3  #42 Nylon nut M8 x 3  #55 Knob M16 x 1  #B Solid wrench S13, 15, 19 x 1
Step 5	 #57L left nylon nut 1/2 "" 20L x 1  #57R right nylon nut 1/2 "" 20R x 1  #25 Hexagon socket pan head bolt M8*40*15*S5 x 2  #3 Arc washer D8 x 2  #B Solid wrench S13, 15, 19 x 2  #A Cross head hexagonal wrench S5*30*80 x 1	
Step 6	 #25 Hexagon socket pan head bolt M8*40*15*S5 x 2  #3 Arc washer D8 x 2  #24 Spring pad D8 x 2  #A Cross head hexagonal wrench S5*30*80 x 1	
Step 7	 #32 Cross pan head screw M5*10 x 4  #61 Cross pan head tapping screw ST4.2*18 x 2  #A Cross head hexagonal wrench S5*30*80 x 1	

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Assembly Instructions



Tips

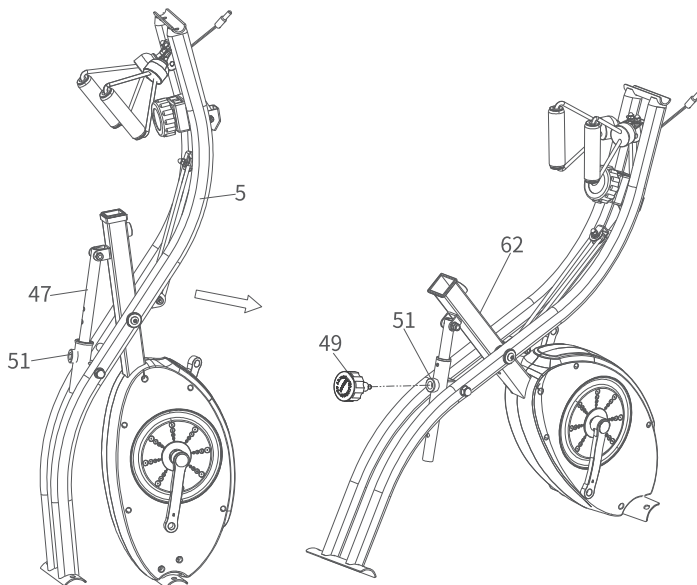
Scan QR code to watch installation video

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 (the name and location of each component are marked in the previous product breakdown diagram).

Step 1: Open the main frame and front bracket

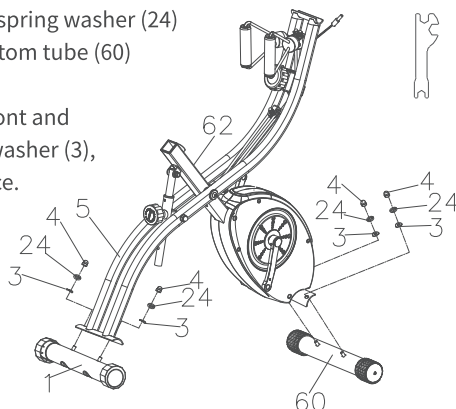
1. Pull the main frame (62) away from the front bracket (5) and align the holes in the inner adjustment tube (47) with the adjustment holes (51).
2. Install the small quick pin (49) as shown in the following figure.



Assembly Instructions

Step 2: Front and rear foot tubes installation

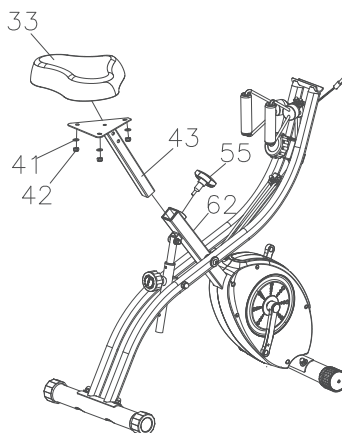
1. Use a wrench (B) to remove the cap nut (4), spring washer (24) and arc washer (3) pre-locked on the front bottom tube (60) and rear bottom tube (1) respectively.
2. Place the front and rear foot tubes on the front and rear welded brackets, and then place the arc washer (3), spring washer (24), and cap nuts(4) in sequence. Secure them with a solid wrench (B).



Step 3: Saddle installation

Lock the saddle onto the saddle tube, and then lock the saddle tube onto the main frame

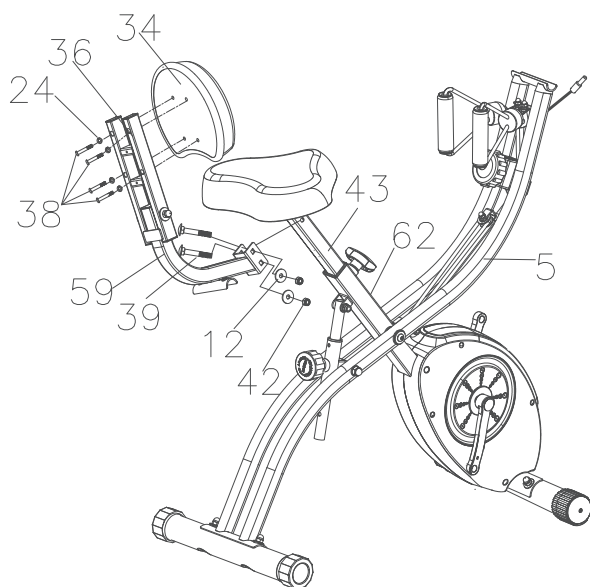
1. Using a solid wrench (B), first remove the flat cushion (41) and nylon nut (42) from the seatcushion (33);
2. Use a solid wrench (B) to lock the seat cushion (33) onto the saddle tube (43) with a flat washer (41) and nylon nut (42);
3. Lock the saddle tube (43) tightly onto the main frame (62) with a knob (55).



Assembly Instructions

Step 4: Installation of seat back cushion

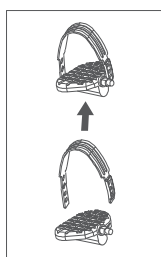
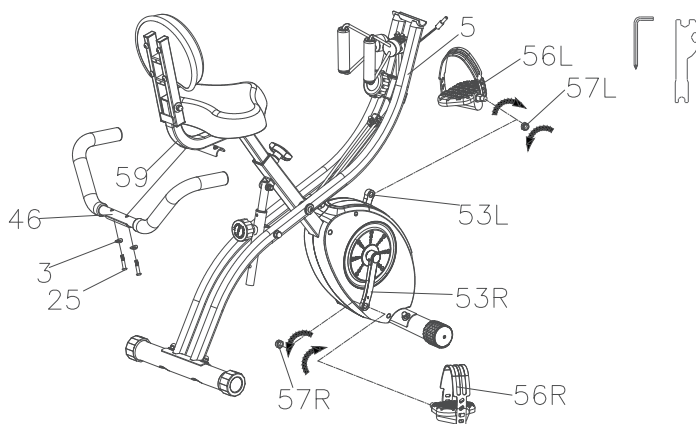
1. Use a solid wrench (B) to lock the seat (59) onto the saddle tube (43) with square neck bolts (39), flat washers (12), and nylon nuts (42);
2. Use a cross head Allen key (A) to lock the back cushion (34) onto the back cushion frame (36) with hexagon socket head screws (38) and spring washers (24).



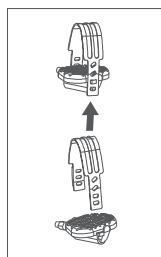
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Step 5: Pedal installation

1. Use a cross head Allen key (A) to lock the rear armrest (46) onto the seat (59) with hexagon socket head screws (25) and arc-shaped gaskets (3);



P1



P2

2. The left and right pedal strips are assembled as shown in Figures P1 and P2.

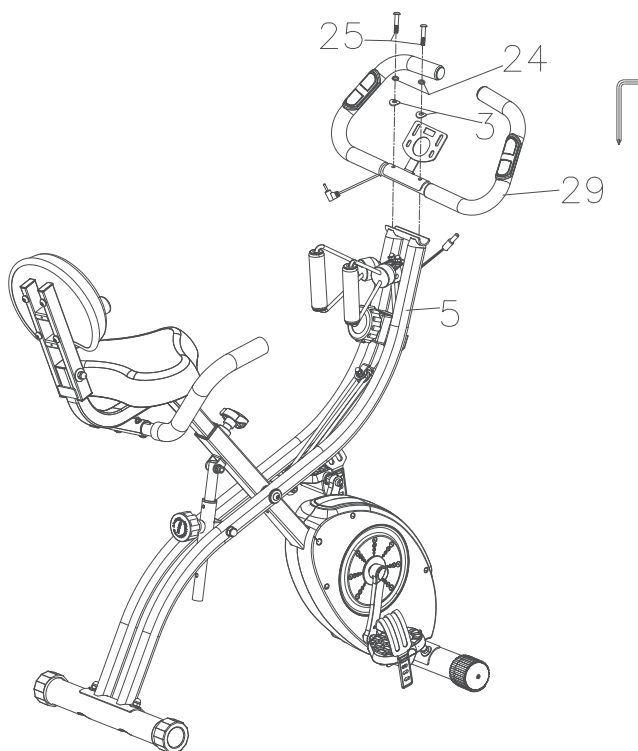
Use a solid wrench (B) to lock the left and right pedals (56L) and (56R) onto the crank (53L) and (53R) respectively, and lock the left and right nylon nuts (57L) and (57R).

Caution:

1. The right foot (56R) should be locked clockwise, and the left foot (56L) should be locked counterclockwise.
2. During exercise, the left and right pedals (56L) and (56R) should be kept locked at all times, otherwise the teeth of the left and right pedals (56L) and (56R) will be damaged.

Step 6: Handrail installation

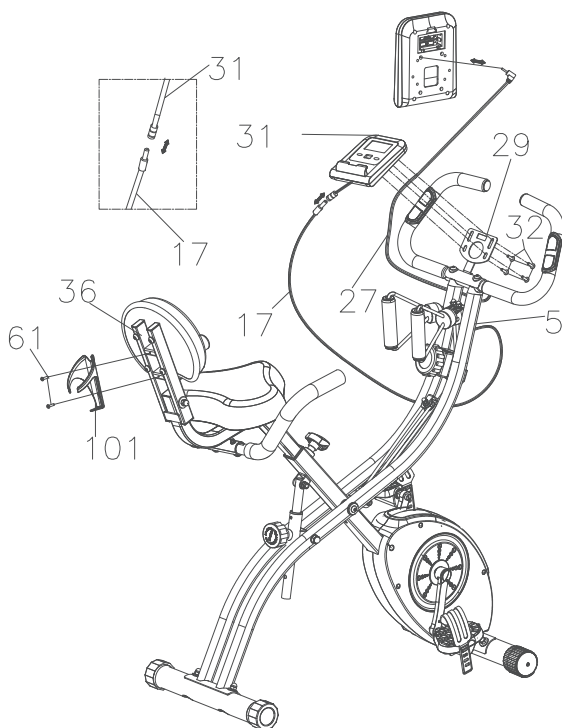
1. Install the armrest (29) into the Handrail of the front bracket (5), align the holes.
2. Install the arc-shaped gasket (3), spring washer (24), and hexagon socket screw (25) in sequence, and lock them with a cross head hexagon socket wrench (A), as shown in the following figure.



Assembly Instructions

Step 7: Monitor installation

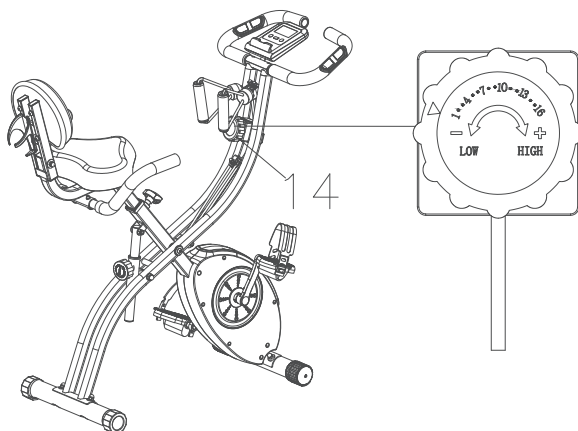
1. Use a cross head Allen wrench (A) to remove the cross pan head screw (32) from the monitor (31).
2. Then use a cross head Allen key (A) to lock the monitor (31) onto the monitor holder plate (29) with cross pan head screws (32).
3. Connect the monitor cable (31) to the sensing cable (17), and then insert the cable (27) into the back cover of the monitor.
4. Use a cross head Allen key (A) to remove the cross pan head tapping screw (61) from the back cushion frame (36).
5. Use a cross head Allen key (A) to lock the kettle frame (101) onto the back cushion frame (36) with cross pan head tapping screws (61).



Adjustment Instructions

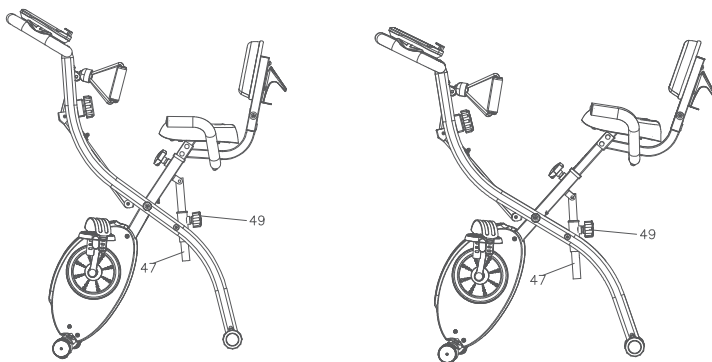
Resistance Adjustment Instructions:

1. Rotate clockwise to gradually increase resistance.
2. Rotate counterclockwise to gradually reduce resistance.
3. The number 16 has the highest resistance and the number 1 has the lowest resistance.



Exercise bike regulator instructions:

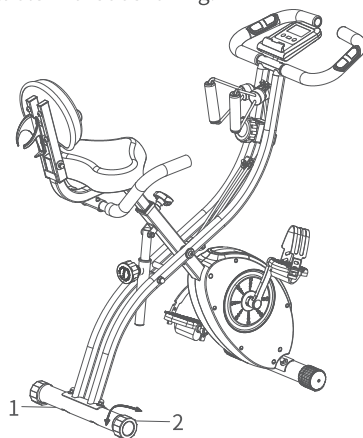
1. When the small quick pin (49) is in the first gear position of the inner adjustment tube (47), the exercise bike is in a combined state.
2. When the small quick pin (49) is in the second gear position of the inner adjustment tube (47), the exercise bike is fully open.



Adjustment Instructions

Rear Foot Tube Adjustment Instructions:

Please adjust the twelve eccentric foot sleeve (2) on the rear foot tube (1) as needed to make the exercise bike stable without shaking.



Batteries Installation Instructions

Remove the back cover by hand (Figure A), then prepare the batteries (Figure B), then install two batteries, install the back cover (Figure C), and the battery assembly is completed (Figure D).

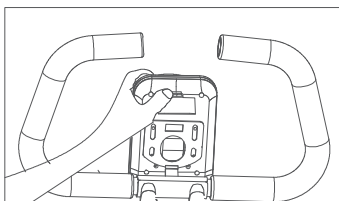


Figure A

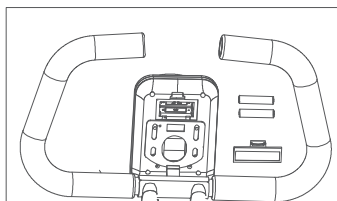


Figure B

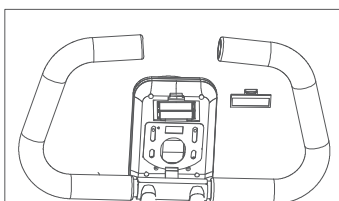


Figure C

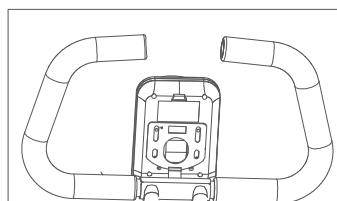


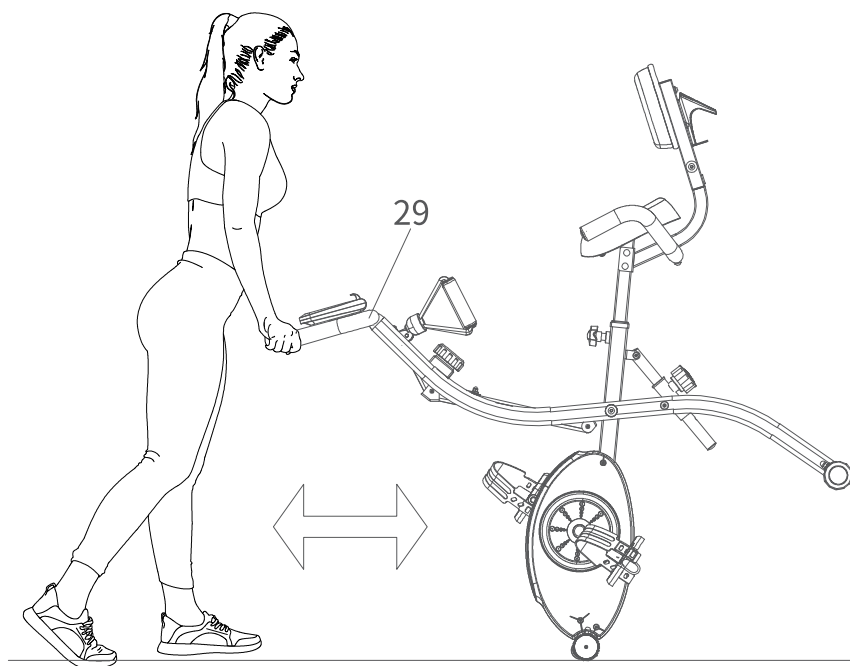
Figure D

EN

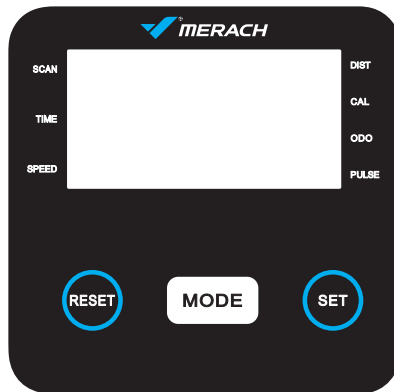
Adjustment Instructions

Machine Movement Instructions

If it is necessary to move the exercise bike, as shown in the figure, hold the armrest (29) with both hands in the direction of the arrow to move forward and backward.



Instructions for the Monitor



FUNCTIONAL BUTTONS:

MODE - Press to select function. Long press to reset time/distance/calorie.

SET - To set the values of time, distance, calories and pulse when not in scan mode.

RESET - Press to reset time, distance, calories and pulse.

FUNCTION AND OPERATIONS:

1. SCAN:

Press “MODE” button until “SCAN” appears, the monitor will switch the display every 6 seconds in the following order :Time, speed, distance, ODO, calorie, pulse .

2. TIME:

(1) Count the total time from exercise start to end.

(2) Press “MODE” button until “TIME” appears, press “SET” button to set exercise time. When the “SET” is zero, the monitor will stop 1 second after the start of the time.

3. SPEED: Display current speed.

4. DIST:

(1) Count the distance from exercise start to end.

(2) Press “MODE” button until “DIST” appears, press “SET” button to set exercise distance.

When the “SET” is zero, the monitor will stop about 1 second after the start of the time.

Instructions for the Monitor

5.ODO:

The total distance which this function is refers to from battery capacity period runs.

6.CALORIES:

(1)Count the total calories from exercise start to end.

(2)Press “MODE” button until “CAL” appears, press “SET” button to set exercise calories.

When the “SET” is zero, the monitor will stop about 1 second after the start of the time.

7. PULSE RATE:

(1) Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.

Remark:During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

(2)Press “MODE” button until “pulse” appears, press “SET” button to set exercise calories. When the “SET” is zero, the computer will stop about 1 seconds after the start of the time.

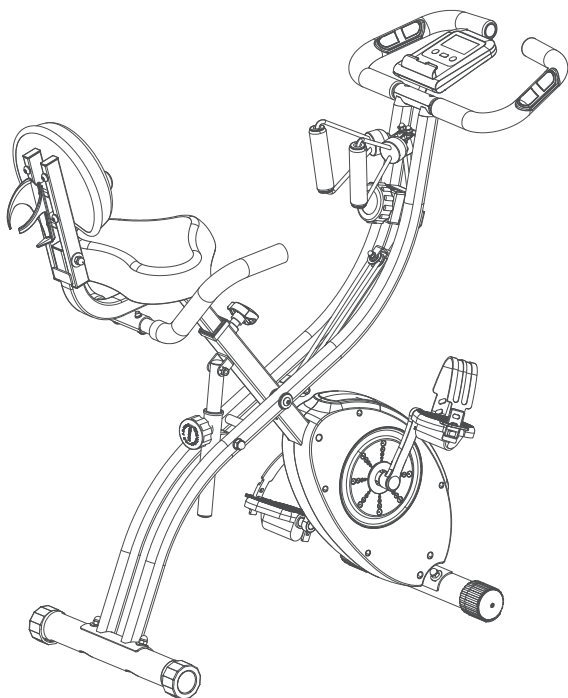
Instructions for the Monitor

FUNCTION	Auto Scan	Every 5 seconds
	Time	0:00-99:59
	Current Speed	Maximum speed 999.9 km/h
	Trip Distance	0.00~9999 (ML) KM
	Total Distance (ODO)	0.0~9999 (ML) KM
	Calories	0.0~9999 Kcal
	Pulse Rate	40~240 BPM
Battery Type		2pcs of SIZE –AAA or UM –4
Operating Temperature		0°C~+40°C
Storage Temperature		-10°C~+60°C

NOTE:

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes .
3. The monitor will turn on automatically after restarting the exercise or pressing the button.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

Technical Details



Product Name:	Exercise Bike
Model:	MR-S15
Max.User Weight:	300 lbs
It Weight:	39.7 lbs
Item Dimensions:	42.72*20.87*45.47 inch(108.5*53*115.5cm)
Item Package Dimensions:	45.87*15.55*9.06 inch(116.5*39.5*23cm)
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402 – 2480MHz
Maximum RF Power:	8.59dBm

MERACH APP Setup

Download and use of MERACH

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

1. To download the MERACH app, scan the QR code or search "MERACH" in the Apple App Store® or Google Play Store.



MERACH APP Download



APP Connection Guide



2. Open the MERACH app. Log In or Sign Up.
3. Please note: If your phone is Apple - iPhone, please refer to the path: Profile > Settings > Language after login to switch the desired language.
4. Follow the in-app instructions to set up your device.

USING YOUR ROWING MACHINE

Note:

1. Using the MERACH app allows you to get free workout courses and access additional functions and features.
2. Coaching courses are only available in English.

EN

KINOMAP APP Setup

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 "Exercise bike", and find your "MR-S15-XXXX".
6. Start training and explore different workout methods.

Warm-up

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then do some stretches shown below - 5 times, 10 seconds or more per leg. Do it again after the workout.

1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax.

Repeat 3 times (see Figure 1).



2. Seated hamstring stretch

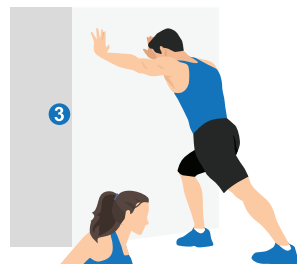
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

Repeat 3 times for each leg (see Figure 2).



3. Calf and Achilles tendon stretch

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



4. Quadriceps stretch

Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax.

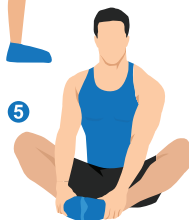
Repeat 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscle) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax.

Repeat 3 times (see Figure 5).



Troubleshooting

Problem	Possible Soutlion
The entire machine slightly shakes or cocks its feet during movement	Check whether the front and rear foot tubes are fixed tightly enough.
	Check whether the front and rear foot tube rubber sleeves are installed smoothly, and rotate them to make them smooth.
The pedal is loose	Check whether the left and right foot pedals are installed tightly enough.
The monitor does not display	Check whether the positive and negative electrodes of the battery are installed correctly or replace the battery with a new one.
No heart rate display, no speed display	Check whether the heart rate interface on the back of the monitor and the handle outlet are installed in place.
	Check whether the speed line of the monitor and the outgoing line of the machine body are installed in place.

Warranty Information

Product Name	MERACH Exercise Bike
Model	MR-S15
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.

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All expressed and implied warranties, including the warranty of merchantability, are limited to the period of the limited warranty.

Warranty Information

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**

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



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

Customer Service: support.eu@merach.com

Official Website: merachfit.com