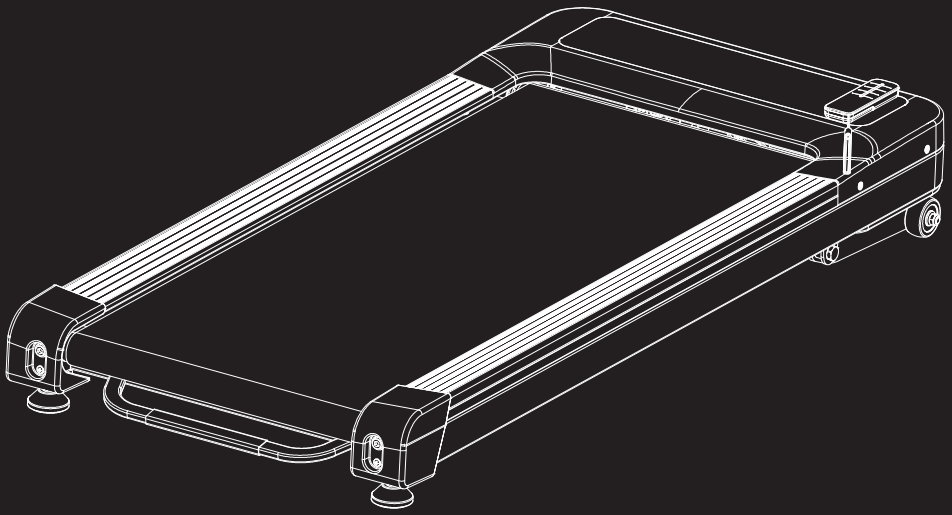
MERACH

POWERED BY MERACH

USER MANUAL

MERACH TREADMILL



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-T25

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

To ensure your safety and avoid accidents, please read the manual carefully before use and pay attention to the following safety matters.

- The treadmill must be placed on flat ground, the treadmill is suitable for placing indoors, avoiding moisture and not splashing water onto the treadmill. Do not place any foreign objects on the treadmill, both sides of the treadmill and the front end should be 3.3 ft and the back end should have 6.6*3.3ft of safe use space, so as to facilitate the emergency jump away.
- When not using the treadmill, put the safety lock out of reach of children, if not used for a long time, please disconnect the power cord.
- Accessories package please put in a place where children can not get, to avoid unnecessary accidents.
- This product is not suitable for people with disabilities, or children, such as physical discomfort or mental deficiencies, and lack of common sense is prohibited, except under the supervision or guidance of a person responsible for their safety. If you do not comply, there may be a risk of injury.
- Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, so as not to interfere with the normal work of the electronic meter and controller.
- Please use the original accessories, private replacement is strictly prohibited.
- Avoid all moving parts with both hands, forbid putting hands and feet in the gap under the running belt.
- Do not put the power cord close to hot or moving objects, do not use the product outdoors, under high humidity and sunlight.
- Unplug the treadmill before moving it. Non-professional personnel must not disassemble the machine without permission, otherwise, serious consequences may occur.
- This product should not be used for a long time, long time use is easy to cause the treadmill electrical overheating and lead to electrical failure.
- Use qualified sockets to avoid bringing danger. If the plug and socket are not compatible, please do not move the plug, ask a professional to handle it.

- The product is suitable for home use, not suitable for professional training and testing, and can not be used for medical purposes.
- Do not use in the shell cracked, broken off state (internal structure exposed) or welding parts cracked state.
- Do not jump up or down on the machine during exercise, which may lead to injury due to a fall.
- Do not use after eating and drinking, fatigue, or poor physical condition, which may lead to damage to health.
- The product's maximum load is 180kg/400lbs.

Power Cord Grounding Instructions

- This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
- This product is equipped with a cord having an equipment-grounding conductor and a grounding plug.
- The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.
- DANGER – Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.
- Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.
- This product is for use on a nominal 220-240 volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.



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.

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-T25 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.

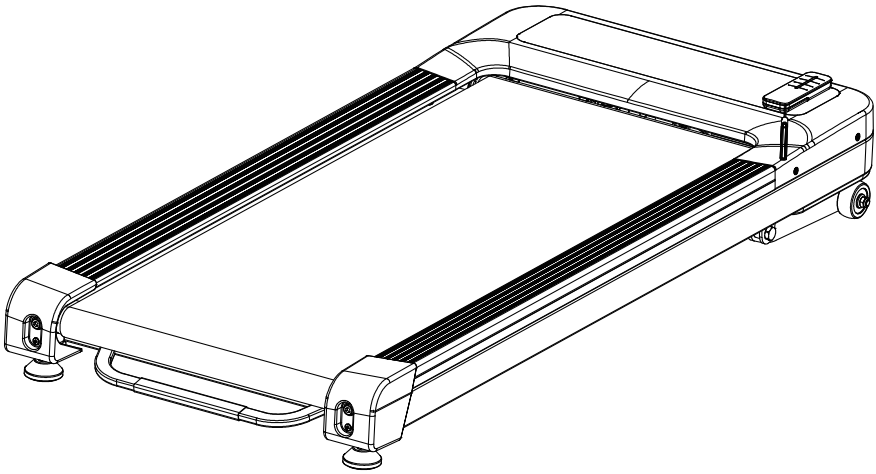


Batteries do not belong in household waste!
As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

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

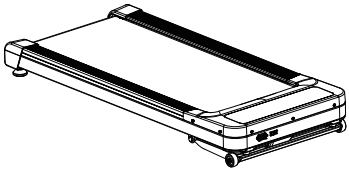
SPECIFICATIONS



Product Name:	MERACH Treadmill
Model:	MR-T25
Voltage:	220-240V-50/60Hz
Horsepower:	3.5HP
Running Area:	420*1050mm/16.5*41.3inch
Speed Range:	1.0-6.5km/h
Maximum Weight Capacity:	180kg/400lbs
Net Weight:	30.5kg/67.2lbs
Product Dimensions:	1275*565*155mm/50.2*22.2*6.1inch
Radio Frequency:	2,4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	1,83dBm

PARTS & ACCESSORIES LIST

Check if all parts and accessories are in the package.



Main Machine* 1



Remote Control * 1



Power Cord * 1



Inner Hexagonal Wrench * 1

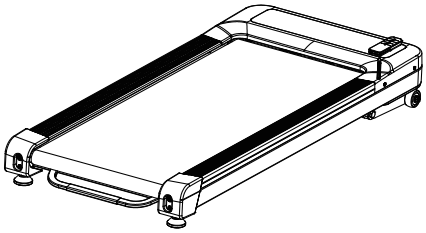


User Manual * 1

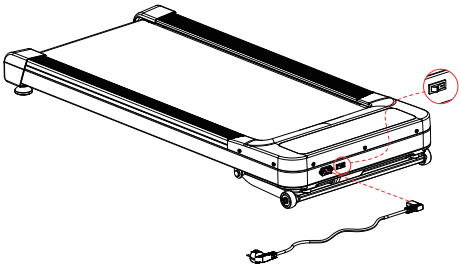
INSTRUCTIONS ON PRODUCT USAGE

I. Operation Instructions:

1. Place the treadmill flat on the ground. In case of uneven ground or treadmill shaking, adjust the 2 adjustable foot pads at the bottom of the treadmill (as shown in Figure) to the appropriate position. The foot pads must be in close contact with the ground.



2. As shown in Figure, plug the power cord into the front socket of the treadmill, turn on the power, and switch on the power switch at the front of the treadmill. The treadmill enters standby mode.



3. Control the treadmill using the remote control.

Exercise Precautions:

1. Always wear athletic shoes.
2. Do not use on uneven surfaces.
3. Use with caution for the elderly and pregnant women.
4. Only one person should use the treadmill at a time.
5. Do not bring pets on the treadmill.
6. Avoid lateral movements.
7. Children must be supervised when using.
8. Do not move backward.
9. Keep your gaze level to prevent dizziness.
10. Do not step on the treadmill cover.
11. Keep feet, hands, and fingers away from moving parts.

II. Display Instructions:



1. " ": Displays the exercise calories. Calorie display range: 0-9999 kcal.
2. " ": Displays the exercise time. Time display range: 0:00:00-9:99:59.
3. " ": Displays the exercise speed. Speed display range: 1.0-6.5 km/h..
4. " ": Displays the exercise distance. Distance display range: 0.0-999.9 km.
5. " ": Displays the exercise incline. Incline display range: 0-12 level.

The display alternates every 5 seconds.

III. Remote Control Functions:

Remote Control Pairing Guide:

1. Pairing:

Turn on the power switch of the treadmill, long press the **"SPE+"** button, until you hear a long beep sound, treadmill display window displays **"P0"** and light up the time icon, indicating that the pairing is successful. As show in Figure A.



2. Unpairing:

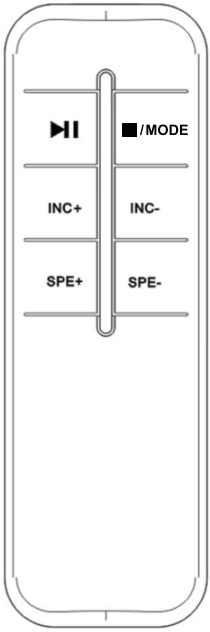
Turn on the power switch of the treadmill, quickly press the **"SPE-"** button for five times, the treadmill will emit five short beeps and display window displays **"P0"**, indicating that the pairing is unpaired. As show in Figure B.



NOTE:

* In the paired state, the treadmill can only be controlled by this remote control.
* In the unpaired state, the treadmill can be controlled by other remote controls.
* After the first pairing is successful, there is no need to pair again when the treadmill is turned on again.
* Pairing and unpairing must be completed within 5 seconds of powering up the treadmill.

Button Function Description:



1. " ▶II " Button:

•In standby mode, press this button on the remote control， the treadmill will enter quick start, 3-second countdown is completed,the treadmill will start running at a speed of 1.0 km/h.

•During the exercise, you can press this button on the remote control at any time to stop the treadmill.

•If the program is executing the set parameters, press this botton to acknowledge the set values and start executing the program.

2. " ■ /MODE" Button:

•During the exercise, press and hold this button for more than 3 seconds, the treadmill will end the exercise and return to standby mode, with both speed and incline reset to zero.

•In standby mode, press to enter the mode selection page. The selection sequence is: automatic mode(P1-P10), time countdown, distance countdown, calorie countdown cycle and standby mode.

Note: If no selection is made, press and hold this button for 3 seconds to exit and return to standby mode.

3. "INC+"/"INC-" Button:

While the treadmill is running, short press the **"INC + "/ "INC-"** button to adjust the incline, increasing or decreasing by 1 le per press. Press and hold the button for more than 3 seconds for quick adjustment.

4. "SPE+"/"SPE-" Button:

While the treadmill is running, press the **"SPE + "/ "SPE-"** button to adjust the speed, increasing or decreasing by 0.1 km/h per press. Press and hold the button for more than 3 seconds for rapid acceleration or rapid deceleration.

IV. Mode Description:

1. Quick Start Mode

•In standby mode, press the " ▶II " button on the remote control， the treadmill will enter quick start, after the treadmill display window shows [3 2 1] countdown time, the treadmill will start running at the lowest speed and incline.

•During exercise, the display of speed, time, distance, calories, and incline windows switches every 5 seconds.

•Adjust the speed using the **"SPE +/SPE -"** buttons.

•Adjust the incline using the **"INC +/INC -"** buttons.

•During exercise, press the " ▶II " button to stop the treadmill (The display window will show **[PAU]**). Press and hold the**" ■ /MODE "** button for more than 3 seconds, the treadmill will end the exercise and return to standby mode.

2. Countdown Mode

Operating Instructions:

•In standby mode, press the " ■ /MODE " button to select the time countdown, distance countdown, and calorie countdown in order.

•Use the **"SPE +/SPE -"** buttons and **"INC +/INC -"** buttons to reach the desired value. Press the" ▶II " button to enter countdown mode.

Note: When the set time reaches zero, the machine will gradually stop running.

3. Automatic Mode

The treadmill has a total of 10 built-in programs. Each program divides the workout into 15 segments, each with a corresponding speed and incline. As show in Figure.

Set Time/15=Running Time of Each Segment																	
time / programe		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
P1	INC(level)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	SPD(km/h)	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9	0.9
P2	INC(level)	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	SPD(km/h)	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8
P3	INC(level)	0	0	3	3	6	6	8	8	8	0	0	5	5	0	0
	SPD(km/h)	0.9	1.9	1.9	2.8	2.8	3.8	3.8	2.8	2.8	4.8	4.8	3.8	3.8	3.8	3.8
P4	INC(level)	0	2	0	0	0	3	3	0	0	3	3	0	0	0	0
	SPD(km/h)	1.9	4.8	5.7	5.7	4.8	4.8	2.8	5.7	5.7	3.8	3.8	5.7	5.7	2.8	0.9
P5	INC(level)	0	6	8	8	8	8	8	8	8	8	8	8	8	8	5
	SPD(km/h)	2.8	5.7	5.7	5.7	3.8	3.8	5.7	5.7	2.8	2.8	5.7	5.7	5.7	4.8	1.9
P6	INC(level)	0	8	8	8	8	8	8	8	8	8	8	8	5	5	0
	SPD(km/h)	4.8	5.7	5.7	5.7	5.7	5.7	5.7	5.7	4.8	5.7	5.7	5.7	5.7	4.8	0.9
P7	INC(level)	0	8	8	8	8	8	8	8	8	8	8	8	8	0	0
	SPD(km/h)	0.9	2.8	3.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	4.8	0.9
P8	INC(level)	0	3	5	5	0	5	5	0	0	5	5	0	0	0	0
	SPD(km/h)	2.8	5.7	5.7	5.7	5.7	4.8	5.7	5.7	5.7	3.8	5.7	5.7	5.7	3.8	1.9
P9	INC(level)	0	0	0	0	0	0	5	5	0	0	5	5	5	0	0
	SPD(km/h)	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	3.8
P10	INC(level)	0	0	0	5	5	5	8	8	0	0	0	0	0	0	0
	SPD(km/h)	5.7	5.7	5.7	2.8	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	5.7	3.8

Operating Instructions:

In standby mode, Press the " ■ /MODE " button to select P1~P10.

Press the " ▶II " button to start exercise.

V. Sleep Function:

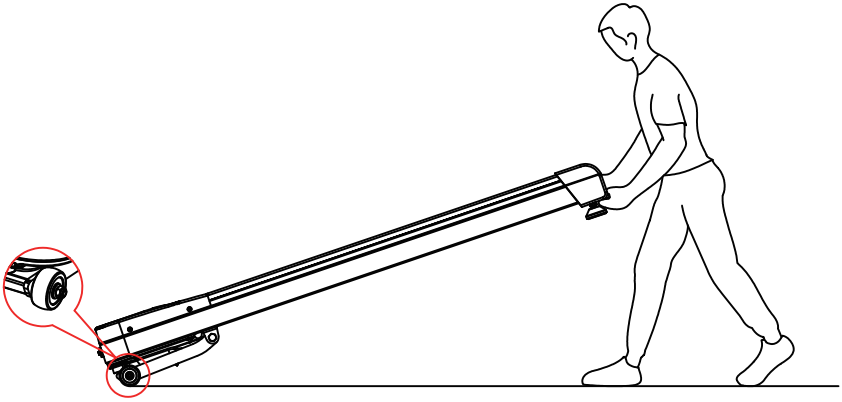
When there is no activity for more than 10 minutes after stopping, the system will shut down all displays and enter sleep mode. Press any button to awaken.

VI. Displayed and Settable Exercise Parameters:

Set Parameters	Initial Settings	Initial Values	Setting Range	Display Range
Time (h: m: s)	0:00:00	0:30:00	0:05:00-1:39:00	0:00:00-9:99:59
Speed (km/h)	0.0	1.0	1.0-6.5	1.0-6.5
Distance (km)	0.0	1.0	0.5-999.9	0.0-999.9
Calories (kcal)	0	50	10-9990	0-9999
Incline ((level)	0	0	0-12	0-12

VII. Moving and Transporting:

If transportation is required, please disconnect the power cord first, lift the rear end of the treadmille, and then move it.



VIII. Storage:

1.Place the treadmill on a flat surface.

2.Do not store the treadmille upright, inverted, or sideways to prevent damage.

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 "Treadmill", and find your "MRK-T25-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

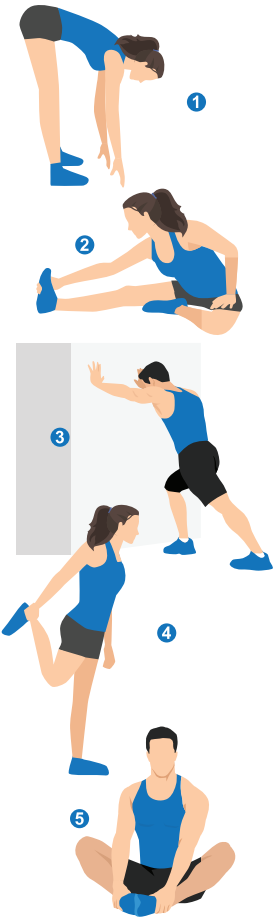
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

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).



TROUBLESHOOTING

Fault Code	Trubleshooting
E01--Overload	1. The possible reason could be exceeding the rated load, causing excessive current. The system protects itself, restart it. 2. A part of the treadmill may be stuck, preventing the motor from turning, resulting in excessive load and current. Adjust the treadmill, restart it, or add lubricant. 3. Check if there is an overcurrent noise or a burnt smell when the motor is running. Replace the motor if necessary. 4. Replace the controller.
E02—Hall Error	1. Check if the motor wires are properly connected and reconnect them. 2. Replace the motor. 3. Replace the controller.
E03--Hardware Overcurrent	1. The possible cause is exceeding the rated load, resulting in excessive current. The system activates self-protection, restart the system. 2. Check if the power outlet plug and motor connections are loose. 3. Replace the controller.
E04--Phase Loss / Motor Wire Break	1. Check the motor cable is properly connected and reconnect it securely. 2. Replace the motor. 3. Replace the controller.
E05--Undervoltage	1. Check if the input power voltage is normal. 2. Check if the connection of the power socket plug is loose.
E06--Overvoltage	Check if the input power voltage is normal.
E08--Hardware Error	1. Check if the power outlet plug and motor connections are loose. 2. Replace the controller.
E16--Incline Adjustment Error	1. Check if the incline cable is properly connected. 2. Reconnect the incline cable and power on the system again. 3. After reconnecting the incline cable, perform recalibration.
E17--Correcting Errors	1. Check if the incline cable is properly connected. 2. After reconnecting the incline cable, perform recalibration.
E22--Communication Error between Console and Controller	1. Check if the connection between the console and the controller is loose or disconnected. 2. Check if the controller is damaged 3. Check if the console is damaged.
E31--Controller Overheating	Run the motor only after it has cooled down to a normal temperature.
E50--Other Errors	Poewr on agian.
	If the error persists, replace the controller. Contact after-sales or professional

MAINTENANCE

Maintenance Guide

WARNING: Always unplug the motorized treadmill before cleaning or maintaining the product.
CLEANING: A thorough cleaning will extend the life of your motorized treadmill. Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of both sides of the treadmill belt, as this will minimize the buildup of impurities under the belt. Make sure your sneakers are clean to avoid carrying foreign objects under the running belt that could wear down the running board and running belt. The surface of the running belt should be cleaned with a soapy damp cloth, please be careful not to splash water on the electrical components and under the running belt.

Running belt adjustment

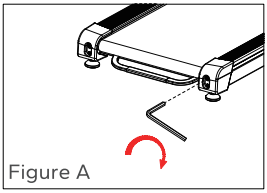
1. To better maintain your motorized treadmill and prolong the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it again.

2. If the running belt is too loose, there will be slipping phenomenon when running; if it is too tight, over-tightening may reduce the performance of the motor and increase the wear and tear of the roller and running belt. When the running belt is suitable for loosening or tightening, you can lift both sides of the running belt away from the running board by hand about 50 - 75mm.

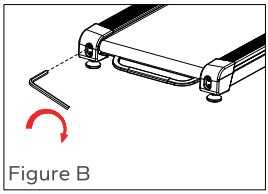
Treadmill belt centering

1. Place the motorized treadmill on a level surface. Run the motorized treadmill at about 4-5km/h and observe the running belt deviation.

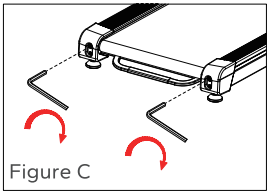
2. If the running belt is to the right, unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn in clockwise direction, insert the power switch and safety lock, run the treadmill and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure A.


Figure A

3. If the running belt is off to the left, unplug the safety lock and power switch, turn the left adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill, and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure B.


Figure B

4. The treadmill belt will loosen after the above adjustments or after a period of use, and needs to be adjusted. Unplug the safety lock and power switch, turn the left and right adjusting bolts 1/4 turn clockwise, plug in the power switch and safety lock, run the treadmill, and then stand on the running belt to check the tightness. Repeat the above steps until the running belt is at the right level of tightness. Figure C.


Figure C

WARRANTY INFORMATION

Product Name	MERACH Treadmill
Model	MR-T25
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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