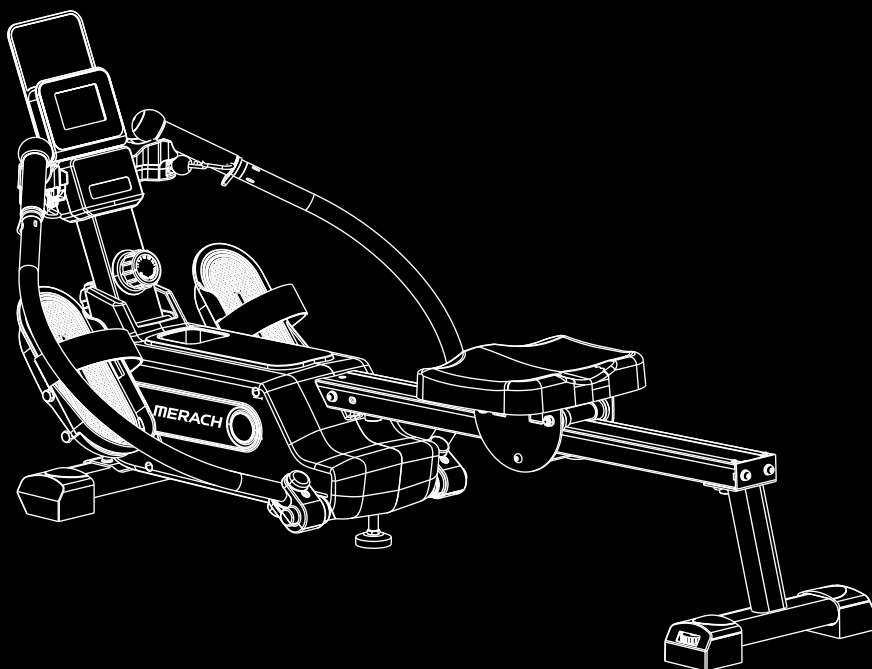


USER MANUAL

DUAL-PADDLE ROWING MACHINE



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

support@merach.com

MODEL: MR-R26



WHO WE ARE

Our customers aren't just important; their health, fitness, and pure enjoyment for 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 partners 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

THANK YOU FOR YOUR PURCHASE!

(We hope you love your new exercise bike as much as we do.)



Join

Join the MERACH Fitness Community on Facebook
facebook.com/groups/merachfitness



Explore

Explore fitness courses
merachfit.com/blogs/courses



Enjoy

Enjoy weekly, featured courses
made exclusively by our in-house fitness instructor

WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



Register your warranty via
merachfit.com/pages/warranty



Email your item model to
register@merach.com

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor.



SELF-SERVICE CUSTOMER SUPPORT FAQ

1. The outer package was broken, which makes me worried that the product may be damaged.

Please contact us via the after-sales email to ask for FREE return /replacement in time.

2. This was the first time I bought your product, is there a user manual or tutorial video available?

A detailed user manual is included in the package and you can also watch the installation video by scanning the QR code on the packaging.

3. I just received the parcel today, but it doesn't come with accessories.

You'll get twice the price refund of the accessories if the missing accessories don't affect your user experience. Or you can contact us for a refund or free accessories via the after-sales email service.

4. Purchased it six months ago, I want to return it but can't find the return window. What should I do?

Great after-sales service including 12-month exchange or return, ***support@merach.com***.

5. Where can I get your latest product information and related promotions?

Search our products on Office Website or visit our ***Facebook, Twitter, Tik Tok, Instagram @merachfit***, and also you can send us the product list you're interested in and ask if there is any discount.

Contact us by ***support@merach.com***

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This device contains a radio transmitter module with type approval code
FCC ID: 2A6QWMR-BLE001 IC: 29678- MRBLE001 HVIN: MRBLE001



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

SAFETY INSTRUCTIONS

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

- It is very important to read the entire manual thoroughly before installing and using the machine. Safe and effective training can only be achieved if the machine is properly assembled, properly maintained and used. Make sure all users are familiar with all warnings and precautions of this machine.
- Please consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
- Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any 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 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 are 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 350lbs/158kg.
- This machine is not for professional medical treatment.
- This product is only for consumer 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.
- This appliance can be used by children aged from 13 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.

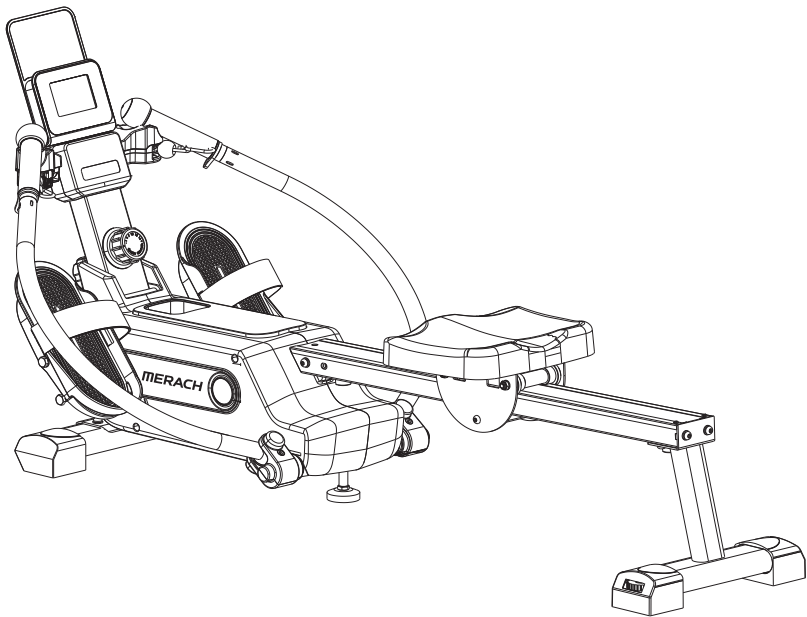
Care & Maintenance

- 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.



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.

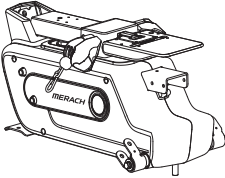
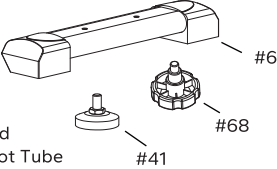
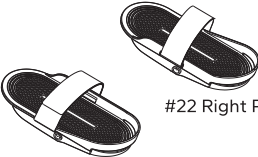
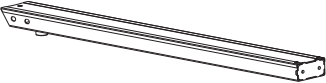
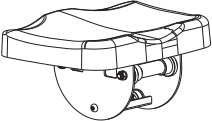
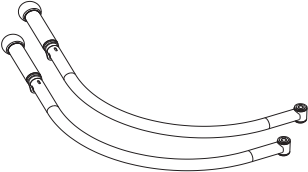
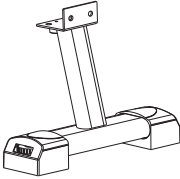
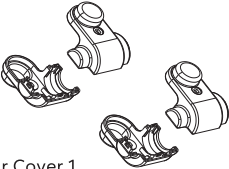
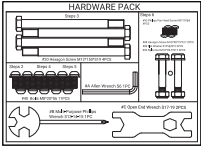
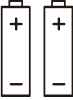
SPECIFICATIONS



Name:	MERACH Dual-Paddle Rowing Machine
Model:	MR-R26
Resistance:	1-16 Level
Weight Capacity:	350lbs/158kg
Power:	AAA Battery x2
Product Dimensions:	60.6*29.5*28.3inch/1540*750*720mm
Net weight:	58.4lbs/26.5kg

PARTS & ACCESSORIES LIST

Please make sure all parts and accessories are complete.

 #1 Main Frame	 #41 Foot Pad #6 Front Foot Tube #68 Plum Shank Bolts	
 #21 Left Pedal #22 Right Pedal	 #3 Slide Rail	
 #4 Seat Cushion	 #7 Rowing Rods	
 #5 Rear Foot Tube	 #91 Row Bar Cover 1 #92 Row Bar Cover 2	
 Screws & Kits	 AAA Battery*2	 User Manual



INSTALLATION GUIDE

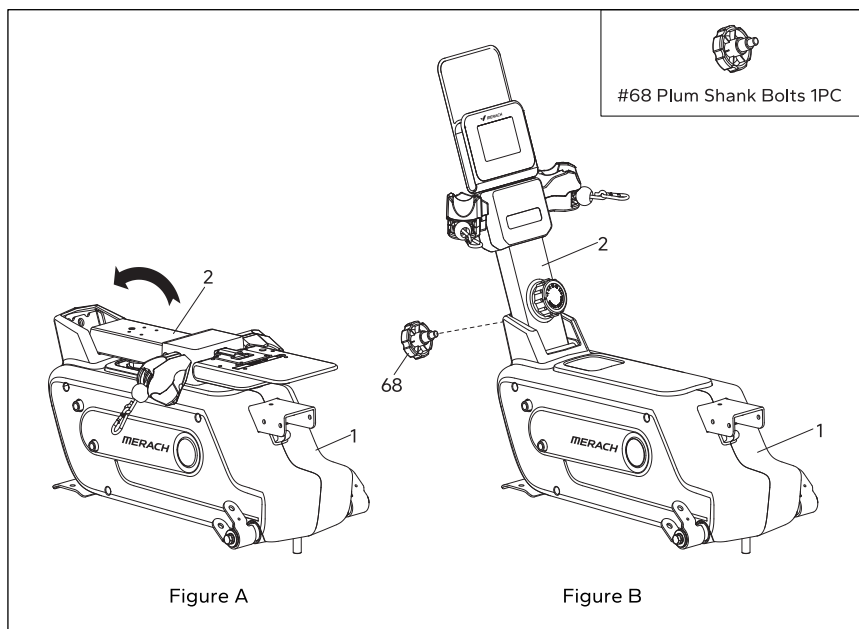


Tips

Scan QR code to watch installation video

Step 1: Install the Monitor Bracket

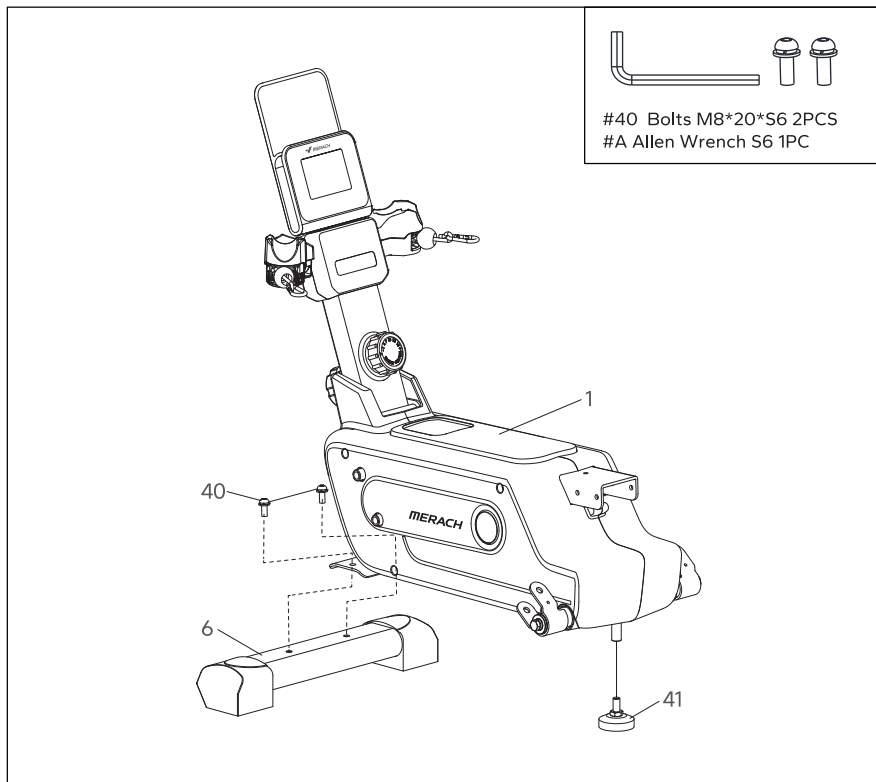
- A. Lift the Monitor Bracket (2) up in the direction of the arrow. (as shown in Figure A)
- B. Use the Monitor Bracket (2) to the Main Frame (1) with the Plum Shank Bolts (68). (As shown in Figure B)



Step 2: Install the Front Foot Tube

- A. Screw the Foot Pad (41) into the Main Frame (1).
- B. Use the Front Foot Tube (6) to the Main Frame (1) with 2PCS Bolts (40) and lock with Allen Wrench (A).

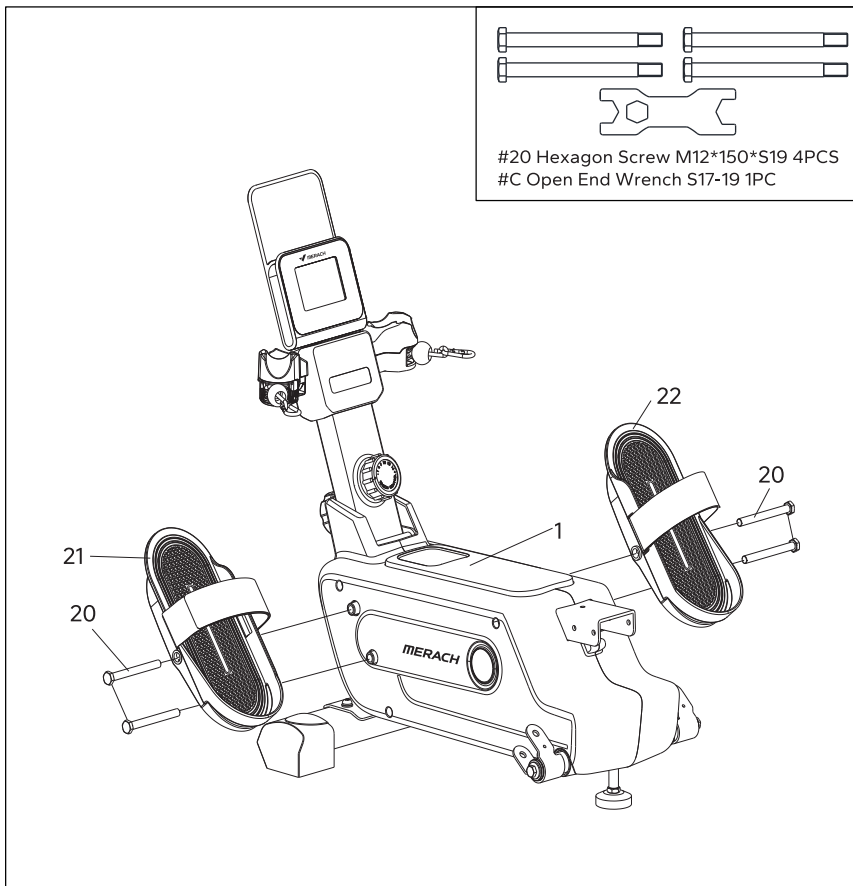
NOTE: Bolts (40) contain Flat and Spring Washers.



Step 3: Install the Pedals

Use the Left Pedal (21) and Right Pedal (22) to the left and right sides of the Main Frame (1) with 4PCS Hexagon Screws (20) and use an Open End Wrench (C) to lock them.

NOTE: 2PCS of the Hexagon Screws (20) need to be installed on the back of each Pedal.

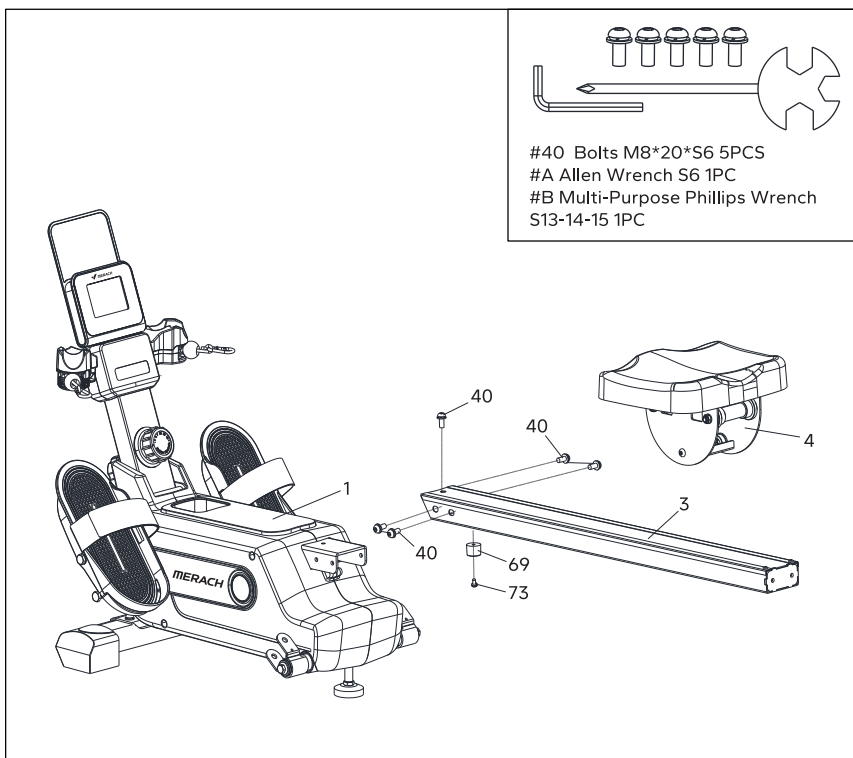


Step 4: Install the Slide Rail and Seat Cushion

- A. Remove the Buffer Washers (69) and Cross-recessed Pan Head Screw (73) from the Slide Rail (3) using a cross wrench (B).
- B. Slide the Seat Cushion (4) onto the track from the back end of the Slide (3).
- C. Re-fasten the Buffer Washers (69) and Cross-recessed Pan Head Screw (73) to the Slide Rail (3).
- D. Use the Slide Rail (3) to the Main Frame (1) with 5PCS Bolts (40) and lock with Allen Wrench (A).

Note:

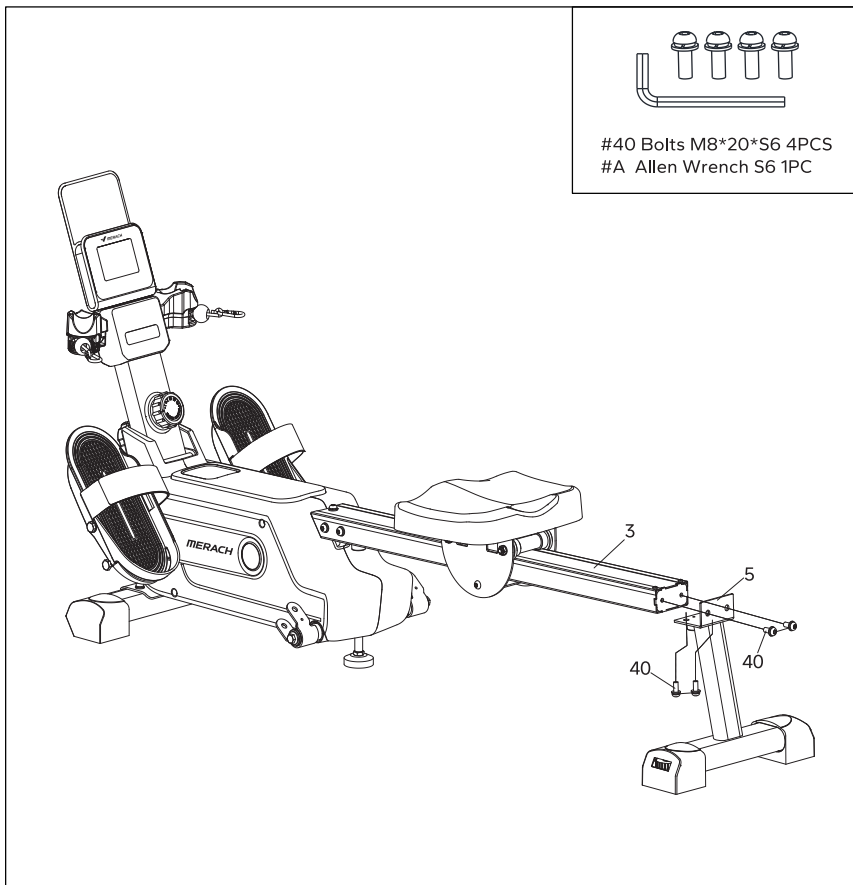
- Bolts (40) contain Flat and Spring Washers.
- Be careful to differentiate the orientation of the Seat Cushion (4).



Step 5: Install the Rear Foot Tube

Use the Rear Foot Tube (5) to the Slide Rail (3) with the 4PCS Bolts (40) and lock with the Allen Wrench (A).

NOTE: Bolts (40) contain Flat and Spring Washers.



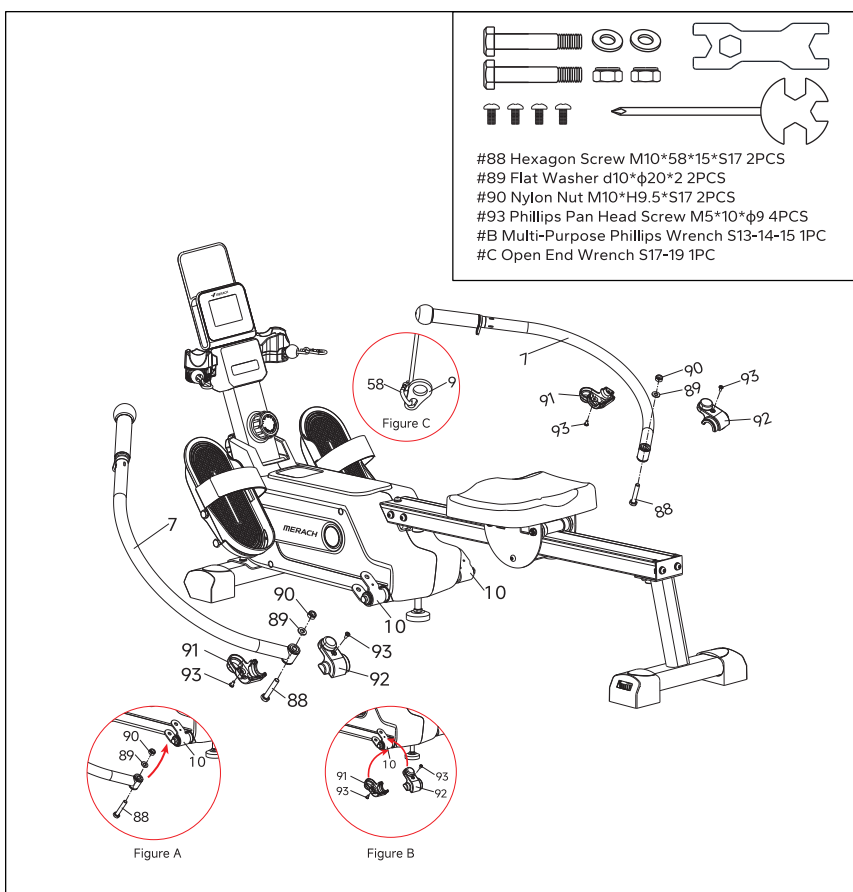
Step 6: Install the Rowing Rods

A. Use the Rowing Rods (7) to the Left and Right Shaft Bushings (10) with 2PCS Hexagon Screws (88), 2PCS Flat Washers (89) and 2PCS Nylon Nuts (90) and lock with an Open end Wrench (C). (As shown in Figure A)

NOTE: Do not lock completely to ensure smooth paddling.

B. Use the Left and Right Row Bar Cover (91&92) to the Shaft Bushings (10) with 4PCS Phillips Pan Head Screws (93) and lock with a Multi-Purpose Phillips Wrench (B). (As shown in Figure B)

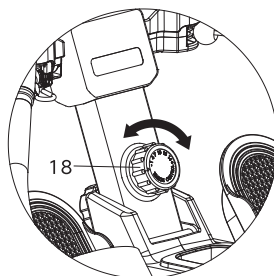
C. Install the left and right side Spring Clips (58) into the Drawstring Clips (9). (As shown in Figure C)



PRODUCT OPERATION GUIDE

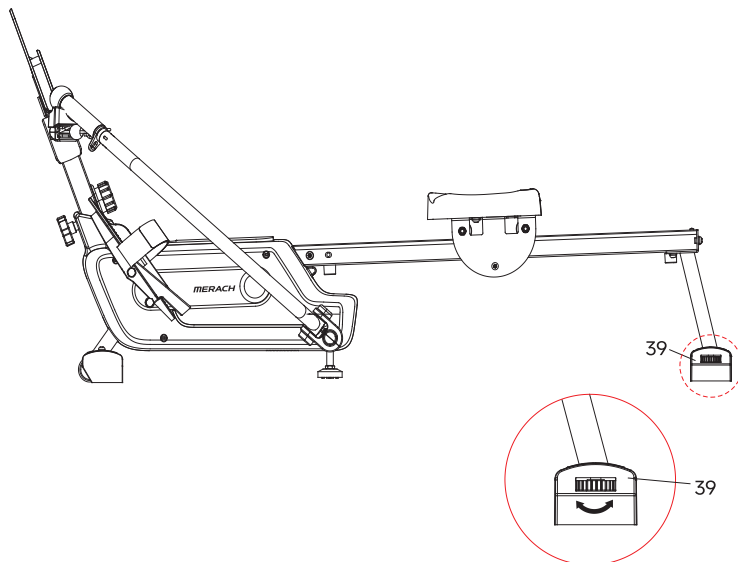
Resistance Adjustment Instructions

- Turn the resistance knob(18) so that the arrow is aligned with the gear number, as shown in the figure.
- Turn clockwise to gradually increase the resistance.
- Turn counterclockwise to gradually decrease the resistance.
- Number 16 has the highest resistance, and number 1 has the lowest resistance.



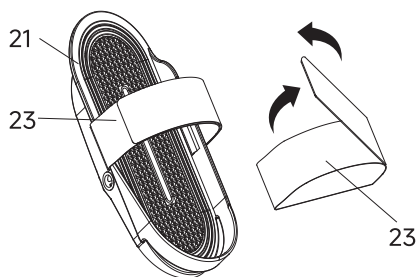
Foot Pad Adjustment

When the overall balance of the machine is poor, you can adjust it by using the adjustment foot pads (39) on the rear foot tube. Rotate the foot pads to fully support the ground, and the machine will no longer shake.



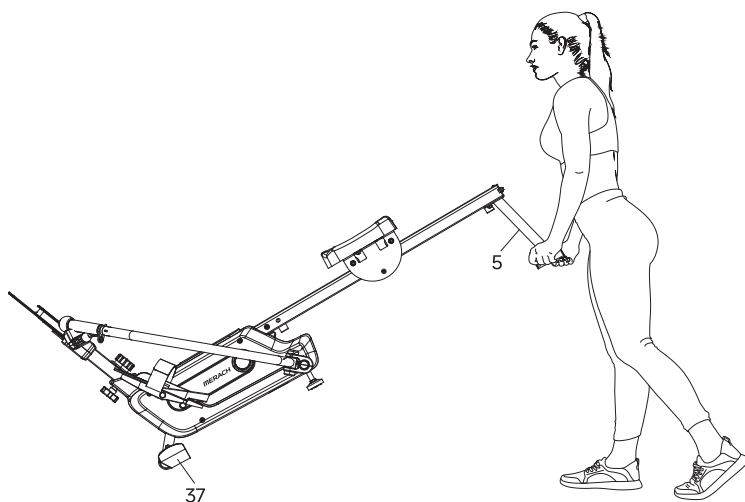
Pedal Adjustment Instructions

First pull the straps apart, then put your feet in and pull the straps upward with your hands, when the straps tie your feet tightly, then attach the straps and use the Velcro to hold them in place.



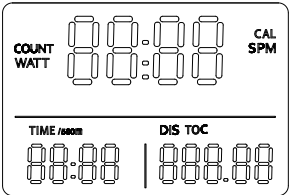
Moving the machine

The machine can be moved to the desired position by lifting the Rear Foot Tube (5) until the rollers (37) at the Front Foot Tube make contact with the floor.



INSTRUCTION OF MONITOR

Description of Instrument Window



TIME	Current time for exercise	0min:00s~ 99min:59s
TIEM/500m	Time per 500 meters: Real-time estimation of time/500m at the current stroke speed	0min:00s~ 99min:59s
DIS	Current distance for exercise	0-99999 M
WATT	Power	0-999 W
CAL	Current calories burned during the exercise	0-9999 Kcal
SPM	Stroke speed: Number of strokes per minute, indicating the stroke speed during	0~999
COUNT	The strokes of each workout, when staring exercise	0~9999
TOC	The total strokes of all workout	0~99999
APP (*)	MERACH, KINOMAP	MERACH, KINOMAP

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

MODE	In the exercise state : Select and fix a feature display: TIME or TIME/500M, DIS or TOC. In the stop state: During non-exercise, switch each setting item.
RESET	In the set state: Clears the current data to 0. In the stop state: Clears the all of the data to 0 (without TOC).
 UP	In the set state: Adjust upwards during setting. In the exercise state: Select up and fix 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 fix 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.
COUNT → WATT → CALORIES → SPM
- (b) UP: Select upwards and fix a certain function to display on the main window.
- (c) DOWN: Select downwards and fix a certain function to display on the main window.
- (d) MODE :Select and fix a feature display: TIME or TIME/500M, DIS or TOC.

2.Stop State:

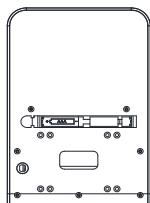
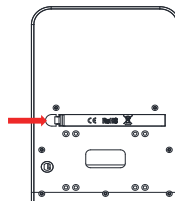
- (a) RESET: Clears all of the data to 0.
- (b) MODE : switch each setting item : COUNT->calories ->time ->distance.
- (c) In the set state:The current setting item flashes, press UP or DOWN key to upwards/ downwards, press RESET key to clears 0.
- (d) If any time, distance or calories is set, at exercise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

3.BATTERY:

BATTERY :	SIZE-AAA *2
Operating temperature :	0~40°C(32°F-104°F)
Storage temperature :	-10~60°C(14°F-168°F)

BATTERY INSTALLATION

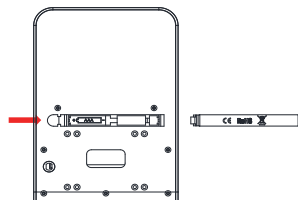
- A. On the back of the monitor, find the position shown in the right figure, press the battery cover buckle down in the direction of the arrow, and gently push outwards to remove the battery cover.



- B. After removing the battery cover, install the battery. Please refer to the right figure for the battery installation position and follow the markings in the battery compartment to install the battery correctly.



- C. Gently snap the battery cover into the monitor as shown in the right figure, and push it inwards to complete the installation.



APP SETUP INSTRUCTION

Download and use of MERACH

Our customer can get a 180-day MERACH membership. Please contact us through support@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. Follow 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 "Rowing machine", and find your "MRK-R26-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

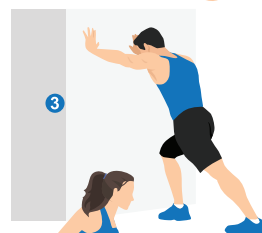
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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).



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

TROUBLESHOOTING

Problem	Possible Solution
What should be done when the monitor is on but not tracking workout data?	Make sure one of the console cables on the back of the console is connected.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 20) .
What should be done when the monitor is off?	Open the battery cover on the back of the monitor, and check whether the positive and negative poles of the battery are installed correctly or replace the battery.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 20) .
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 20) .
What should be done when there is noise in rowing?	You can apply some car polishing wax on belt.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 20) .
What should be done when feeling no rowing resistance?	Check whether the handle falls off during the movement. The belt may be stuck in the pulley groove. Adjust the belt to the center of the pulley.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 20) .
What to do when the whole machine shakes slightly or the footpads are lifted during exercise?	Check whether the front and rear leg tubes are fastened.
	Adjust the foot pads under the tubes until the whole machine is stable.
	Use the rower on a surface that has a better grip on the floor stabilizer, or purchase an exercise mat to hold the rower in place.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 20) .
What should be done when the pedals wobble or the straps are loose?	Check whether the left and right foot straps are tight enough.
	Check whether the fixing screw of the middle pedal shaft at the bottom of the middle of the machine is tight enough.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 20) .

MAINTENANCE GUIDE

If you are a fitness enthusiast, then it's essential to keep your fitness equipment in good condition for optimal performance and longevity. Here are some crucial maintenance steps to follow:

Keep the Equipment Clean:

It's crucial to maintain cleanliness by wiping down the surfaces with a mild cleaner, especially the parts that come into frequent contacts, such as the handles, seat, and rail. Avoid using acidic or alkaline cleaners, and refrain from using water or cleaners on the digital display screen. Pay extra attention to the slide rail ensuring it remains clean and is running smoothly.

Regularly Check Moving Parts:

Regularly inspect the moving parts such as the arms, wheels, pedals, etc., to ensure they are functioning smoothly and free of damage. If you notice any malfunctions, get them repaired as soon as possible, and regularly lubricate the moving parts to keep them running smoothly.

Inspect Electronic Components:

Regularly inspect the electronic components, such as the display screen, wires, and sensors, to ensure they are in good condition. If you notice any damage or malfunctions, contact the MERACH TEAM.

Check and Tighten Hardware:

Regularly check the hardware such as screws and bolts, for looseness and tighten them as needed. Regular use of the equipment can cause vibrations that may loosen parts over time, so tightening them regularly will keep your equipment in top condition.

By following these maintenance steps, you can ensure your fitness equipment remains in excellent condition and prolong its life span for many workouts to come.

If you notice any wear and tear on your machine during your regular inspection that may require replacement, please contact us at [**support@merach.com**](mailto:support@merach.com).

WARRANTY INFORMATION

Product Name	MERACH Dual-Paddle Rowing Machine
Model	MR-R26
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 13 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.



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** and enter your order number 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:

Should your product prove defective within the specified warranty period, please contact the Customer Support via **support@merach.com** with your invoice and order number. **DO NOT** dispose of your product before contacting us. Feel free to reach out to our support team for assistance with any issues you may be facing.

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@merach.com** or Phone Support:

 **1- (877) 3563730 Mon-Fri 8am-5pm(PST)**

TikTok Shop Exclusive after-sales: **service@merach.com**

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



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Official Website: merachfit.com