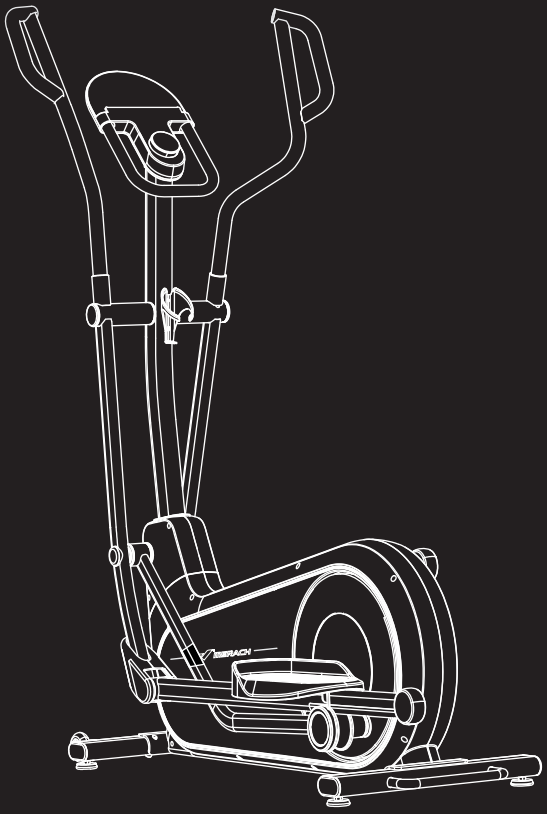
MERACH

POWERED BY MERACH

USER MANUAL

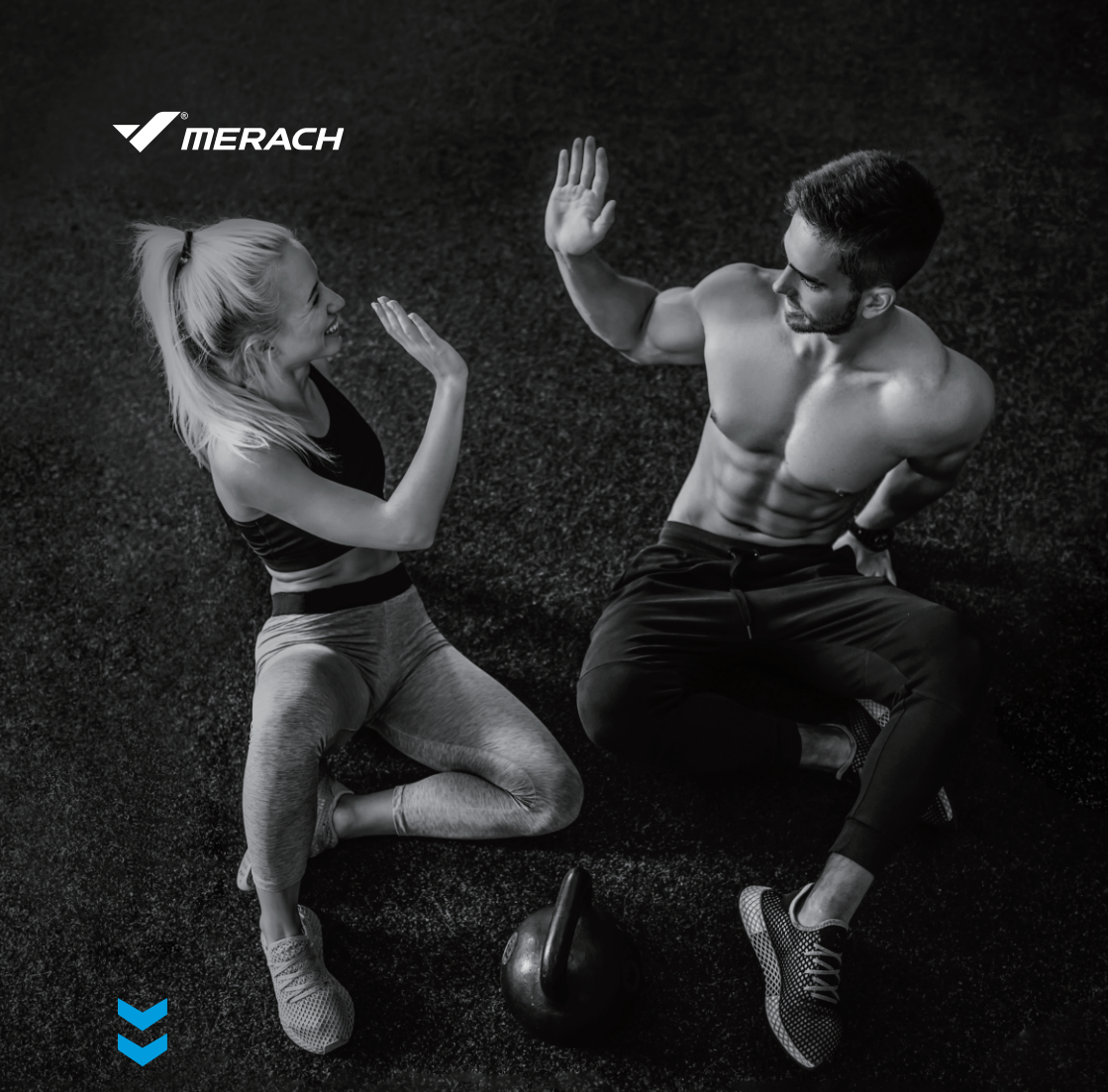
SELF-GENERATING ELECTRONIC ELLIPTICAL MACHINE



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: 44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL
support@merach.com

MODEL: MR-E27



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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Parts List 05
Parts Tool List 06
Installation Guide 07
Product Usage Instructions 15
Monitor Instructions 17
App Setup Instruction 21
Warm-up 22
Maintenance Guide 23
Warranty Information 24

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 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 400lbs/180kg.
- This machine is not for professional medical treatment.
- This product is only for customers use.

- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.
- If the moving parts are damaged, please do not use the machine until the parts are repaired.
- Keep the children away from the machine. The equipment is not for children to use or play with. They can injure themselves accidentally.
- When using the machine, please put the pedal to the lowest position for easy to get on the machine.
- Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- When the product is in use, it follows an elliptical motion trajectory driven by the inertia of the internal flywheel. Resistance needs to be manually adjusted using the knob during usage. This product is not speed-dependent; the speed is reflective of the frequency of the motion trajectory. Before stopping the use of the equipment, there will be a certain level of inertia. Please ensure that the pedals have come to a complete stop before leaving the device.

Care & Maintenance

- Do not store the machine in a place exposed to direct sunlight, wind and rain, or with high humidity. If needed, please pack the machine to keep children 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.

CE	This symbol stands for "Conformité Européene", which means "Conformity with EU directives". With the CE-marking the manufactuer confirms that this poduct complies with applicable European directives and regulations.
UKCA	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-E27 is in compliance with Di ective 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. Sepaate the packaging materials corectly 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.

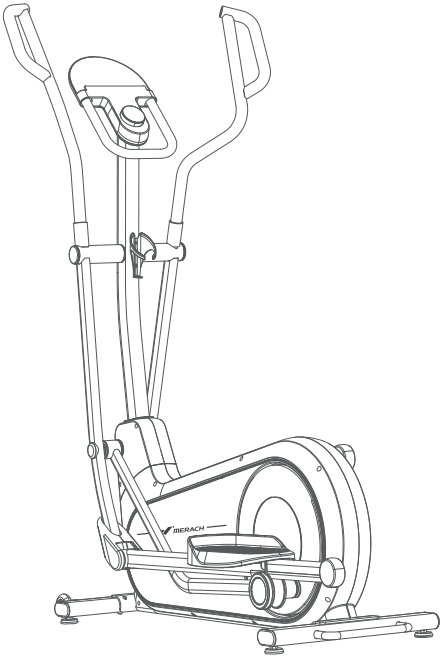


Batteries do not belong in household waste!
As the end use, you ae legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type ae being sold.

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

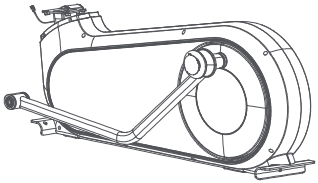


Name:	MERACH Self-generating Electronic Elliptical Machine
Model:	MR-E27
Resistance:	Magnetic Resistances(1-16)
Recommend Max Weight:	400lbs/180kg
Net Weight:	130.5lbs/59.2kg
Product Dimensions:	58.6*22.3*65.1inch/1488*566*1653mm
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402–2480MHz
Maximum RF Power:	3.09dBm

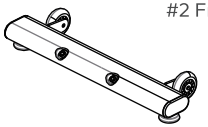
PARTS LIST

Check if all parts and accessories are in the package.

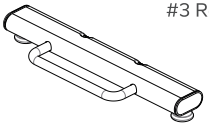
#1 Main Frame



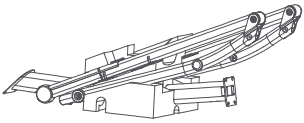
#2 Front Foot Tube



#3 Rear Foot Tube

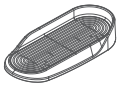


#4 Handlebar Post

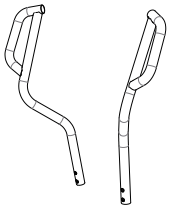




#45 Left Pedal



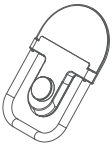
#46 Right Pedal



#15 Left Handlebar
#16 Right Handlebar



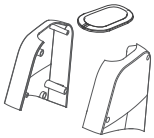
#38 Left Handlebar Cover x2
#39 Right Handlebar Cover x2



#41 Monitor



#63 Cup Holder



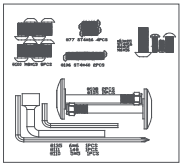
#40 Handlebar Post Gasket
#36 Left Pillar Decorative Cover
#37 Right Pillar Decorative Cov er



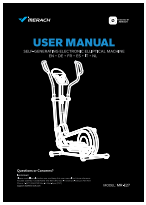
#64 Roller Cover ×2



#109 Screw Hole Plug x2

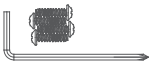
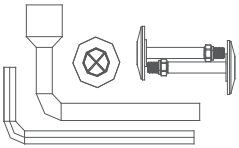
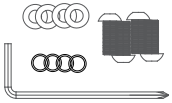


Screws&Kits



User Manual

PARTS TOOL LIST

Step 1		#122 Flat Head Hexagon Socket Combination Screws M10*25 ×4 #135 Allen Wrench ×1
Step 2		#77 Self-tapping Screws ST4*16×4 #110 Allen Wrench ×1
Step 3		#111 Socket Wrench #14×1 #105 Ni Cap M10 ×2 #135 Allen Wrench ×1 #108 Three-piece Screw Decorative Cap ×2 #109 Screw Hole Plug ×2
Step 4		#96 Flat Head Hexagon Socket Screws M8*25×4 #121 Curved Washer×4 #102 Elastic Washer×4 #110 Allen Wrench ×1
Step 5		#100 Flat Head Hexagon Socket Screws M8*13×8 #110 Allen Wrench ×1
Step 6		#101 Round Head Hexagon Socket Screws M6*16×4 #110 Allen Wrench ×1
Step 7		#75 Flat Head Hexagon Socket Combination Screws M8*16 ×4 #110 Allen Wrench ×1
Step 8		#106 Self-tapping Screws ST4*40×2 #107 Phillips Round Head Screw M4*12 ×2 #110 Allen Wrench ×1
Step 9		#64 Roller Cover×2

INSTALLATION GUIDE

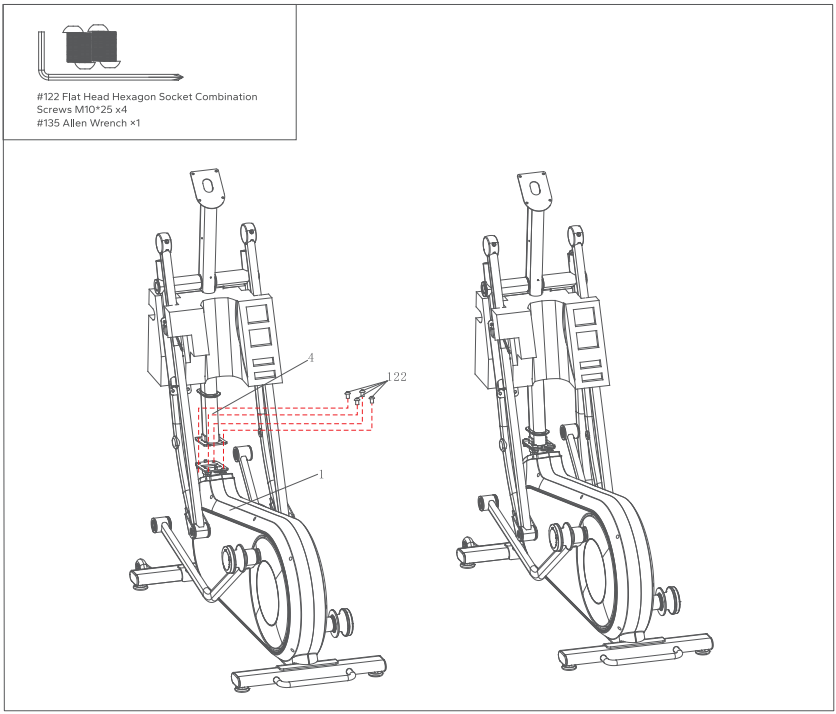
Tips | Scan QR code to watch installation video

WARM TIPS: Recommend that two people assemble the equipment together, because of the equipment is relatively large.

Step 1: Locking the Handlebar Post

A. As shown in the Figure, lift the Handlebar Post (4) up in the direction of the arrow.

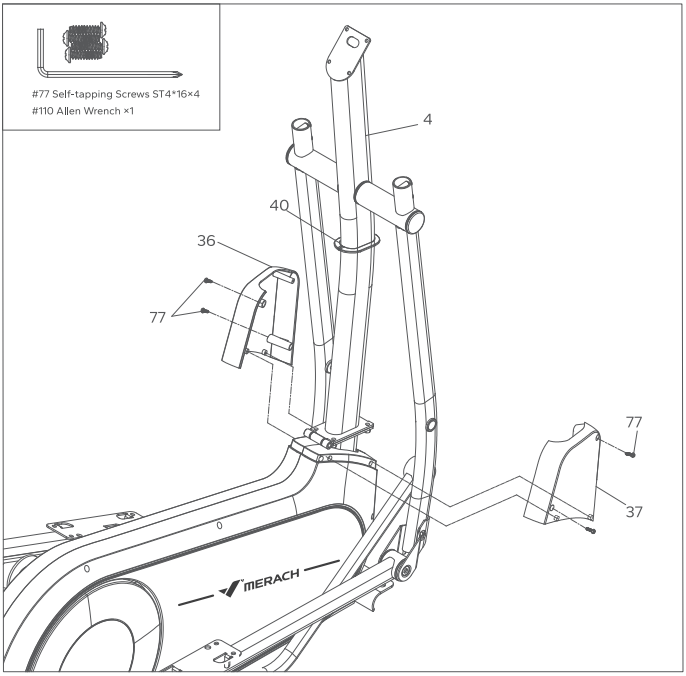
B. Use the Allen Wrench (135) and 4PCS Flat Head Hexagon Socket Combination Screws(122) to lock the Handlebar Post (4).



Step 2: Installing the Handlebar Post Decorative Cover

A. Place the Left and Right Pillar Decorative Cover (36 & 37) on the respective sides of the Handlebar Post (4).
B. Use an Allen Wrench (110) and 4PCS Self-tapping Screws (77) to tighten the Left and Right Pillar Decorative Cover (36 & 37).
C. Place the Handlebar Post Gasket (40) over the Pillar Decorative Cover (36 & 37).

NOTE: There are two pillars on the inside and bottom of the Left & Right Pillar Decorative Cover (36 & 37) that need to be aligned with the holes in the outer cover before they can be closed (as shown in the Figure).



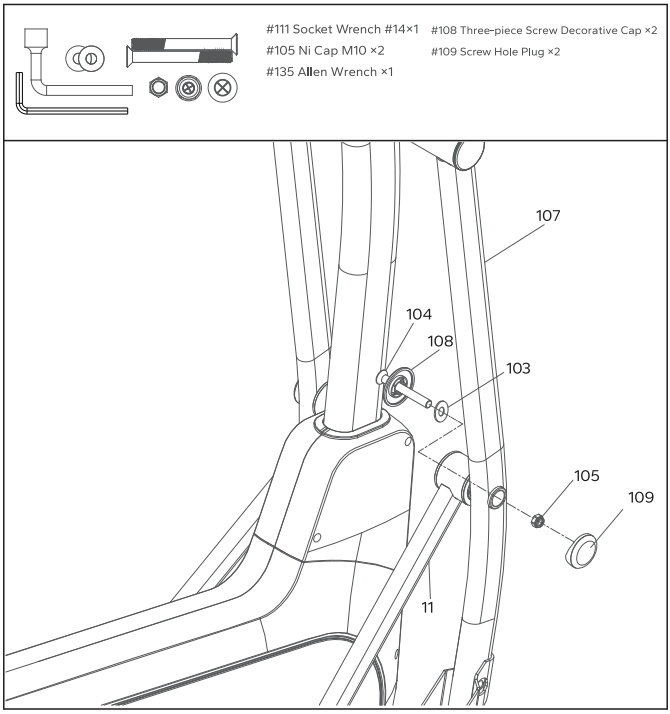
Step 3: Installing the Connecting Rod Pipe

A. Lift the Right Connecting Rod Pipe (11) and align it with the holes on the Right Lower Handle Pipe (7).

B. Insert 1PCS Three-piece Screw Decorative Cap (108) through the Right Connecting Rod Pipe(11), align it with the screw hole on the upper part of the Right Lower Handle Pipe (7), and tighten it using the Allen wrench(135).

C. Tighten 1PCS Ni Cap (105) with a Socket Wrench (111), and finally insert the Screw Hole Plug (109).

D. Repeat the same process to connect the Left Connecting Rod Pipe (12).

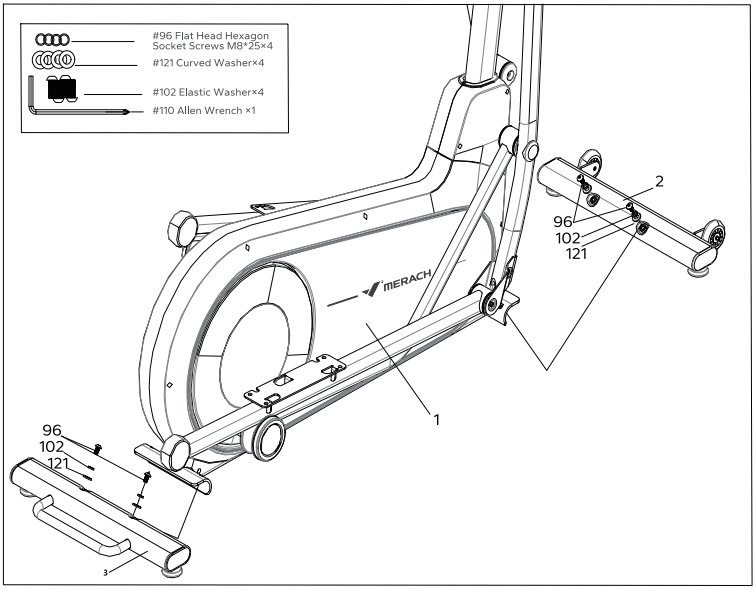


Step 4: Installing the Foot Tubes

A. Align the Front and Rear Foot Tubes (2 & 3) with the screw holes at the front and rear ends of the Main Frame (1) respectively.

B. Use an Allen Wrench (110), 4PCS Flat Head Hexagon Socket Screws (96), 4PCS Curved Washer (121) and 4PCS Elastic Washer (102) to tighten the Front and Rear Foot Tubes (2 & 3) separately.

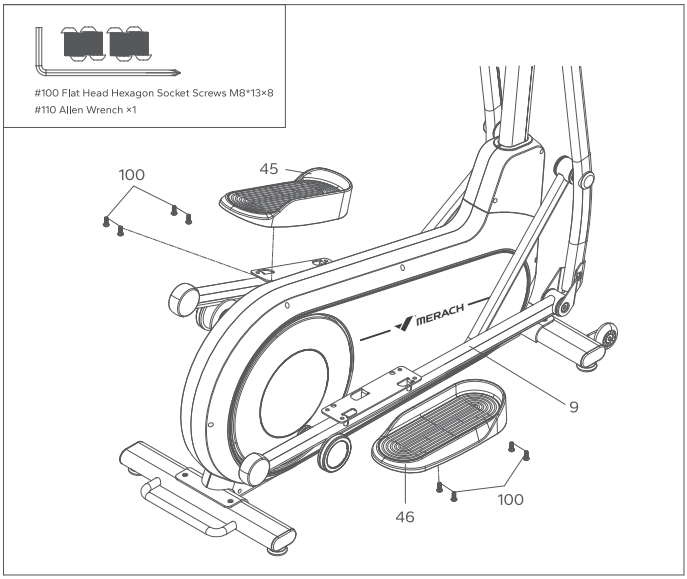
NOTE: Please distinguish the direction of the Front and Rear Foot Tubes (as shown in the Figure).



Step 5: Installing the Pedals

A. Place the Right Pedal (46) on the Right Pedal Tube (9) mounting bracket and align the holes.
B. Use an Allen Wrench (110) and 4PCS Flat Head Hexagon Socket Screws (100) to tighten the Right Pedal (46).
C. Install the Left Pedal (45) in the same way.

NOTE: Raise the pedal tube up for screwing conveniently the Flat Head Hexagon Socket Screws(100) into the Foot Pedal.

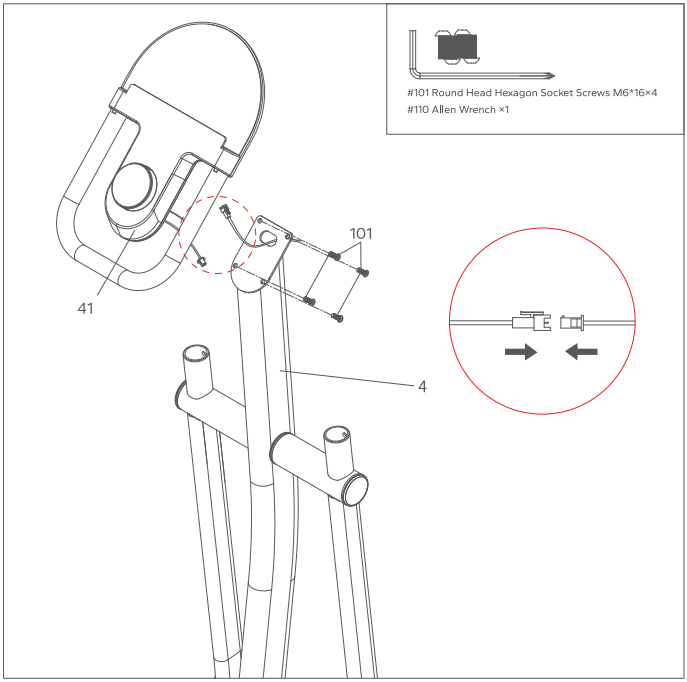


Step 6: Installing the Monitor

A. As shown in the Figure, connect the sensor wire.

B. Place the Monitor (41) on the mounting bracket of the Handlebar Post (4) and align the holes.

C. Use an Allen Wrench (110) and 4PCS Round Head Hexagon Socket Screws (101) to tighten the Monitor (41).

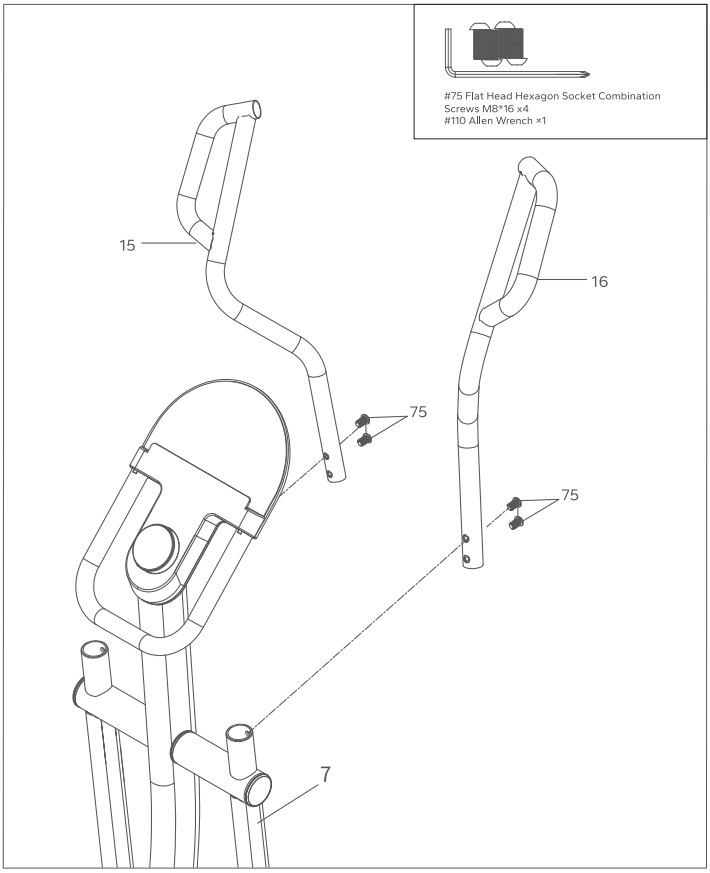


Step 7: Installing the Handlebar

A. Connect the Right Handlebar (16) labeled with "R" to the Right Lower Handle Pipe (7) and align the holes.

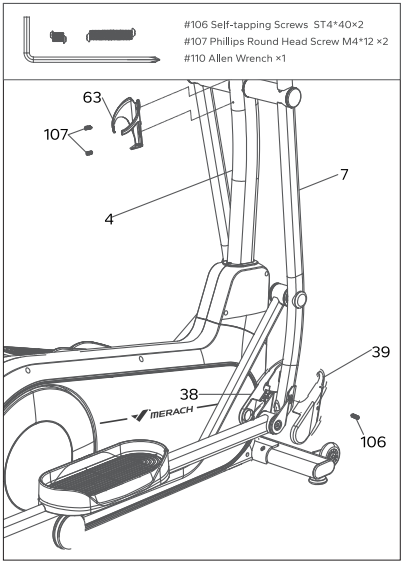
B. Use an Allen Wrench (110) and 2PCS Flat Head Hexagon Socket Combination Screws (75) to tighten the right handlebar tube (16).

C. Install the Left Handlebar (15) labeled with "L" following the same procedure.



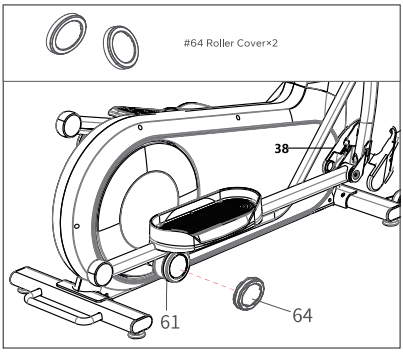
Step 8: Installing the Cup Holder and Handlebar Covers

A. Align the Cup Holder (63) with the holes on the Handlebar Post (4).
B. Use an Allen Wrench (110) and 2PCS Phillips Round Head Screws (107) to tighten the Cup Holder (63).
C. Align the Right Handlebar Cover (38&39) with the holes on the Right Lower Handle Pipe (7) and snap it closed.
D. Use an Allen wrench (110) and 1PCS Self-tapping Screw (106) to tighten the Right Handlebar Cover (38&39).
E. Install the Left Handlebar Cover using the same method.



Step 9: Installing the Roller Cover

Attach the Roller Cover (64) to the Roller Assembly (61) by snapping it into place. The installation is the same on both sides.



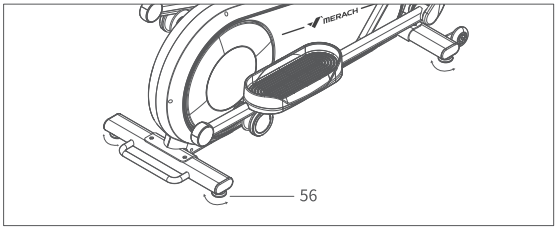
Installation is now complete, please pay attention to the relevant instructions before use.

WARM TIPS: This device is equipped with a built-in self-generating system. If the LED monitor is not lit during the first use, it indicates that the battery level is too low. It is recommended to charge it for 30 minutes before using.

PRODUCT USAGE INSTRUCTIONS

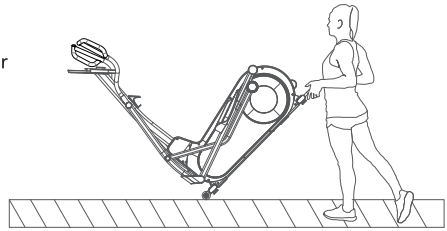
Foot Pad Adjustment:

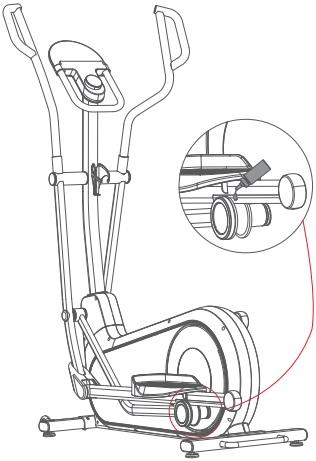
When the overall balance of the machine is poor, you can adjust it by using the 4 Adjustment Foot Pads (56) on the front and rear foot tubes. Rotate the foot pads to fully support the ground, and the machine will no longer shake.



Machine Moving Instructions:

When moving the machine, lift the rear foot tube until the transport wheels on the front support frame touch the ground. With the wheels on the ground, you can easily move the machine to the desired location.





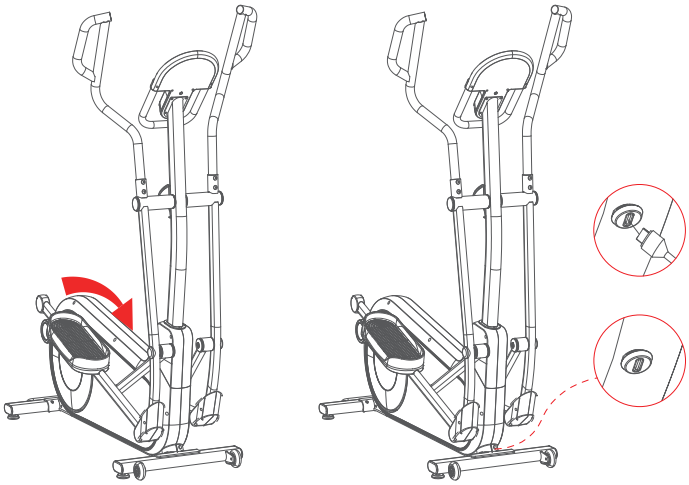
Maintenance Tips:

After the elliptical machine has been used for a period of time, the PU rollers may produce slight friction noises. In this case, please smear the attached lubricant on the PU rollers or rail to extend the service life of the PU rollers.

Self-Generation System Operation Instructions

1. When the pedals of the machine rotate one full circle, the system receives the signal, the knob is powered on, and the machine enters standby mode. You can connect to the Bluetooth APP or start exercising directly. Pressing the knob or continuing to step on the machine pedals will start normal operation. The monitor will display exercise parameters, and rotating the knob can adjust the resistance levels.
2. During exercise, the built-in generator of the machine generates electricity, which is provided to the monitor display and resistance adjustment. Excess electricity is intelligently converted and stored in the built-in energy storage battery.
3. After the exercise stops, the built-in energy storage battery continues to power the knob and resistance adjustment system. If there is no operation for about 3 minutes, the monitor will enter sleep mode, and the battery power supply system will cut off the monitor power supply to enter deep sleep to maintain the energy storage capacity.
4. If the device is not used for a long time, there may be slight power consumption of the energy storage battery, which may result in insufficient battery power. If the monitor does not display or flashes after continuous stepping on the machine pedals, you can continuously step on the machine pedals quickly for more than 10 minutes to charge the energy storage battery, or charge the energy storage battery through the machine's universal Type-C charging port. This ensures that the battery has sufficient power to drive the monitor operation. Charging can also be done during exercise training.

Note: The data cable and plug for connecting to the Type-C charging port need to be provided by the customer themselves. The product itself does not come with them.



MONITOR INSTRUCTIONS

1.1 Main Display Description

No	Project	Window	Description
1	According to overview		1.Display "Heart rate", unit: BPM. 2.Display "LEVEL" resistance LEVEL, resistance value "1~16". 3.Display the status of the round broadcast mode. 4.Display exercise data "speed" "time" "distance" "calorie". 5.Display bluetooth connection status. 6.The outer ring has 24 effect lights.
2	Shuffling pattern		1. All data are rotated and switched every 3s. 2. The small window displays "LEVEL" resistance LEVEL digitally. 3. Digital rotation of "speed", "time", "distance" and "calorie" in main window. 4. Bluetooth light Indicates the Bluetooth connection status. If the Bluetooth disconnection is on, it is off. 5. The outer ring is lit by default.
3	Lock mode		1. Press the knob to switch the display mode and lock the data you need to see. 2. Main window can lock display data "speed" "time" "distance" "calorie". 3. The small window displays "LEVEL" resistance LEVEL digitally. 4. The outer ring is lit by default.

1.2 Main Operation Instructions

No	Project	Window	Description
1	Sleep wake up		1. The hibernation state is off 2. Short press the knob or detect riding movement and the knob wakes up.
2	Press the button		1. If there is no operation or movement, the knob will go to sleep after 3 minutes. 2. In sleep state, press the knob to wake up the device. 3. Wake up state, short press the knob can enter the motion state. 4. In motion state, press the knob to switch the display mode. 5. In motion state, long press the knob "2S" to reset the data and enter the wake state. 6. When pressing the knob, there is a buzzer prompt.
3	Rotate knob		1. Rotate clockwise to increase resistance. 2. Rotate counterclockwise to reduce resistance. 3. When turning the knob, there is a buzzer prompt.

1.3 Detailed Operation Instructions

(1) When the knob is energized, the BUZZER beeps for a long time, and the knob displays light up and enters the READY state (Figure 1);
(2) After power-on, the resistance automatically reset to "1". No operation for 3 minutes, display full shutdown and enter standby state (Figure 2).
(3). In the READY state, short press the knob or step on the pedal to directly enter the exercise state. The small window digitally displays the resistance "LEVEL" (Figure 3)



Figure 1

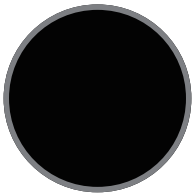


Figure 2



Figure 3

(4) The main window digital default carousel, the "SCAN" icon lights up, and the "Speed", "Time", "Distance" and "Calories" (Figure 4, Figure 5, Figure 6, Figure 7) are switched every 3 seconds.





Figure 5



Figure 6



Figure 7

(5) By short pressing the knob, the display mode can be adjusted to lock. The "SCAN" icon will not be displayed, and the lock display will display fixed data: "Speed" or "Time" or "Distance" or "Calories" (Figure 8, Figure 9, Figure 10, Figure 11)



Figure 8



Figure 9



Figure 10



Figure 11

1.4 Instructions for Data Display

Item No.	Project	Display window	Display instruction
1	Resistance level		1 ~ 16
2	SCAN carousel		Display: Indicating that the data will not be displayed under carousel mode: Indicating that the data are locked
3	Speed		0.0 ~ 999.9 km/h
4	Time		00:00 ~ 99:59
5	Distance		0.0 ~ 999.9 km
6	Calorie		0.0 ~ 999.9 kcal
7	Bluetooth icon		Display: Bluetooth has been connected Non-display: Bluetooth is not connected

APP SETUP INSTRUCTION

Download and use of MERACH

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

MERACH APP Download

APP Connection Guide

GET IT ON Google Play Available on the App Store

2. Open the MERACH app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.

Download and use of KINOMAP

App Store

Google Play

1. To download the Kinomap app, scan the QR code or search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose Merach.
5. Select "Ellipticals", and find your "MRK-E27-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

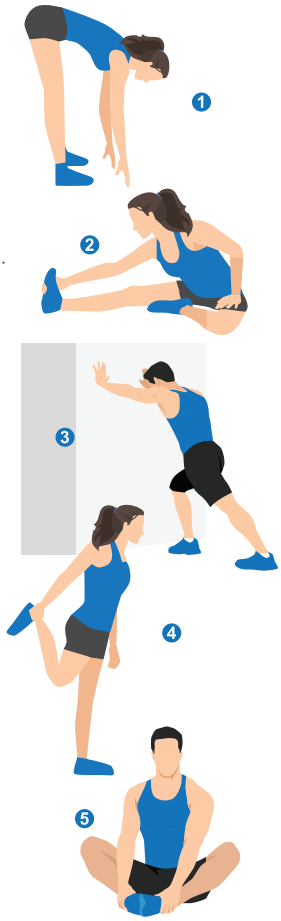
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

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).



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.eu@merach.com**.

WARRANTY INFORMATION

Product Name	MERACH Self-generating Electronic Elliptical Machine
Model	MR-E27
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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