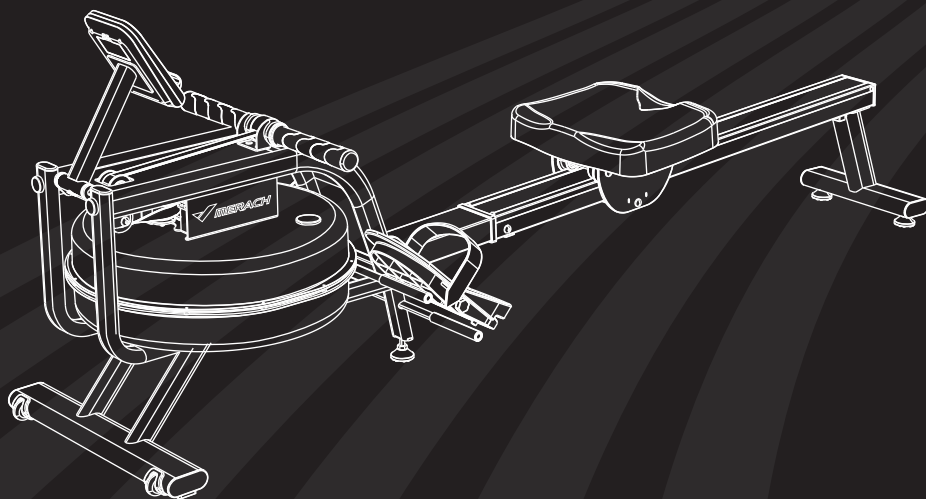


USER MANUAL

MERACH Water Rowing Machine

Model: R10



Questions or Concerns?

IMPORTANT!

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

PLEASE CONTACT US BEFORE THE RETURN: Mon-Fri, 9:00 am-5:00 pm PST/PDT

support.eu@merach.com



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 diqital 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

Contents

Safety Instructions	001
Specification	005
Packing List	006
Packing Tool List	007
Adjustment Instructions	008
Product Operation Guide	012
Instructions for the Monitor	016
App Setup Instruction	018
Troubleshooting	019
Warm-up	020
Warranty Information	021

Safety Instructions

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

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

Safety Instructions

- This training device is not intended for medical use.
- When lifting or moving the device, do so in a safe manner and, if necessary, using proper handling methods, or with the assistance of others. or with the assistance of another person.
- When placing the training device in an upright position, always place it against a wall or in front of a fixed surface, and always place it in a safe position away from children to prevent injuries.
- Do not allow two or more people to use the equipment at the same time.
- The rower is a speed-related training device.
- This machine is only for home use, and the maximum load capacity of 300lbs/136kg.
- Do not allow two or more people to use the equipment at the same time.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- When the machine stops, please approach and escape the machine in the direction indicated by the safety exit. If you want to dismount this equipment, you must stop the equipment completely.
- This Equipment for consumer use only.

Instructions for safe use

Maintenance

- The quality of the water in the tank requires maintenance in stages. We strongly recommend the use of regular municipal tap water, which contains the elements that make the water tank from corrosion by bacteria, algae, etc. Chlorine and other chemicals are present in the water tank.
- The chlorine in the tank must be renewed by means of purification tablets (or water bluer). Chlorine breaks down with light: in direct sunlight, chlorine decomposition time is about 6 months; under artificial lighting conditions, chlorine decomposes in about 2 years. In general, every 6 months on average Add a purification tablet (or water bluer) to the water tank. (Does not contain water purification tablets.)

Safety Instructions

- If you notice that the water is starting to deteriorate, add a purification tablet (or water bluer) to the water tank immediately. If the water becomes cloudy, we recommend emptying the tank and rinsing it with clean water. If the water becomes cloudy, we recommend emptying the tank, rinsing it with clean water, refilling it with clean tap water and adding a purification tablet. (Does not contain water purification tablets.)
- Do not add chlorine bleach to the water tank as this can cause irreparable damage to the tank which is made of polycarbonate material.
- In order to maintain the beauty and integrity of your rower, it is essential to consistently clean the equipment, please clean the exterior of the machine promptly of any dust. The track surface must be kept clean to avoid dust clogging the seat rollers. Track surfaces can be cleaned with a damp cloth. The surface of the water tank can also be cleaned. but be sure to read the instructions for the cleaner beforehand. Do not use cleaning agents containing chlorates or ammonia.
- Ropes, pulleys and connecting points are wearing parts and should be inspected regularly and replaced when they are worn out to ensure normal and safe use. safe use.
- When the parts of the rower are damaged, they should be replaced immediately.
- Set up the machine in a dry level place and keep it away from moisture and water.
- **WARNING:** The equipment shall be installed on a stable base and properly leveled.

Precautions

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

Warnings

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

Important Safety Instructions



This symbol stands for "Conformité Européene", which means "Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.



This symbol stands for "UK Conformity Assessed", which means "Conformity with British Standards 11". With the UKCA-marking the manufacturer confirms that this product complies with applicable British Standards.

SIMPLIFIED EU DECLARATION OF CONFORMITY

- Hereby, Zhejiang Yulu Electronic Technology Co.,Ltd. declares that the fitness equipment MERACHR10 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.

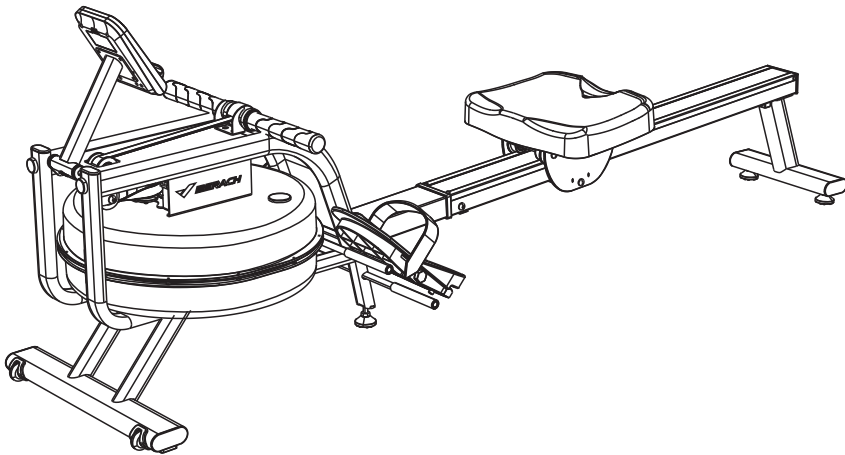
Manufactured by:

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

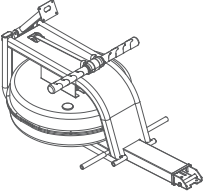
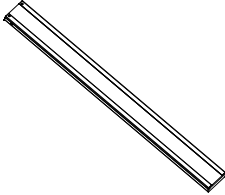
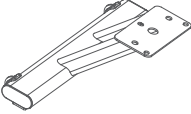
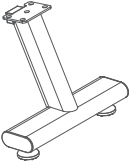
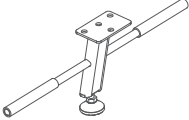
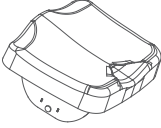
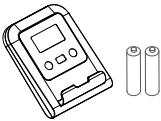
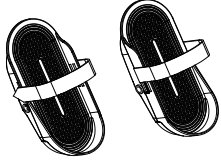
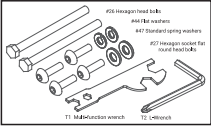
Specification



Model:	R10
Name:	MERACH Water Rowing Machine
Power:	AAA Battery x 2
Max Load:	300lbs/136kg
Product Dimensions:	74.9*19.6*24.2 inch /1903*497*614 mm
Net Weight:	47.6lbs /21.57kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	2.94dBm

Parts List

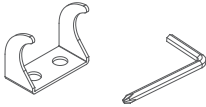
Be sure to check that each part and accessory is complete.

 #A1 Main Frame X 1	 #A2 Rail Bar X 1	 #A3 Front Foot Tube X 1
 #A4 Rear Foot Tube X 1	 #A5 Limit Frame Assembly Set X 1	 #A6 Seat Cushion x 1
 #6 Handle Bracket X 1	 #A7 Monitor X 1 AAA Battery x 2	 #A8 Left Pedal X 1 #A9 Right Pedal X 1
 #T3 Electric Water Pump X 1	 Screw&Kit X 1	 Use Manual X 1

Parts Tool List

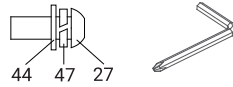
Be sure to check that each part and accessory is complete.

Step 1



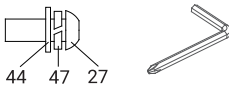
#6 Handle Bracket*1
T2 L-Wrench*1

Step 2



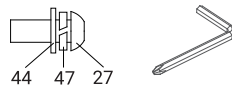
#27 Hexagon Socket Flat
Round Head Bolts*3
#47 Standard Spring Washers*3
#44 Flat Washers*3
T2 L-Wrench*1

Step 3



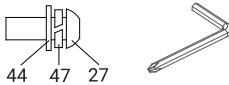
#27 Hexagon Socket Flat
Round Head Bolts*3
#47 Standard Spring Washers*3
#44 Flat Washers*3
T2 L-Wrench*1

Step 4



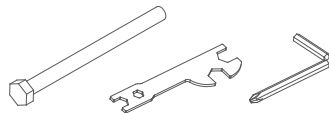
#27 Hexagon Socket Flat
Round Head Bolts*4
#47 Standard Spring Washers*4
#44 Flat Washers*4
T2 L-Wrench*1

Step 5



#27 Hexagon Socket Flat
Round Head Bolts*4
#47 Standard Spring Washers*4
#44 Flat Washers*4
T2 L-Wrench*1

Step 6

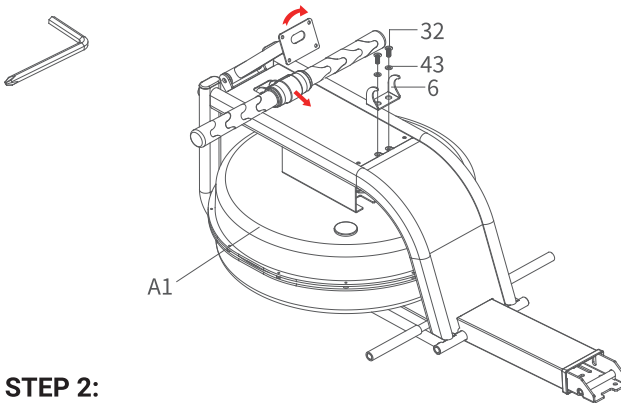


#26 Hexagon Head Bolts*2
T1 Multi-function Wrench*1
T2 L-Wrench*1

Assembly Instruction

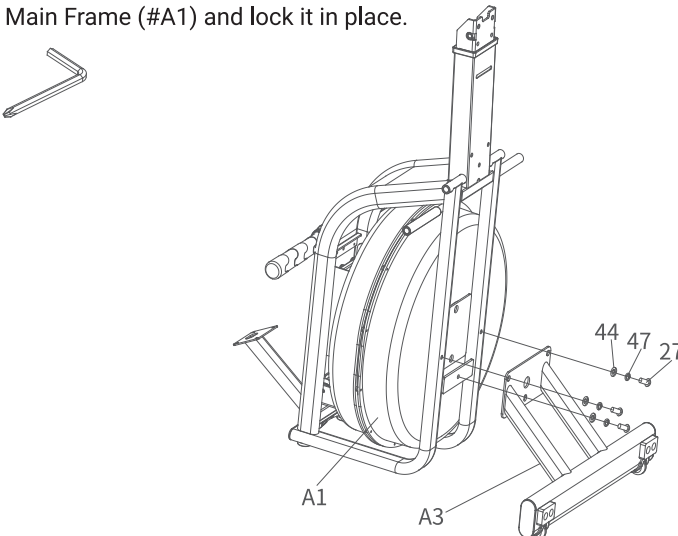
STEP 1:

- A. Rotate the monitor stand of Main Frame (#A1) upward to the position as shown.
- B. Remove the pre-locked Hexagonal Flat Head Bolt (#32) and Flat Washer (#43) on the Main Frame (#A1) with the L-Wrench (#T2) for backup.
- C. Install the Handle Bracket (#6) onto the Main Frame (#A1) with Hexagonal Flat Head Bolt (#32) and Flat Washer (#43) by the L-Wrench (#T2).
- D. Pull the handle to the position as shown.



STEP 2:

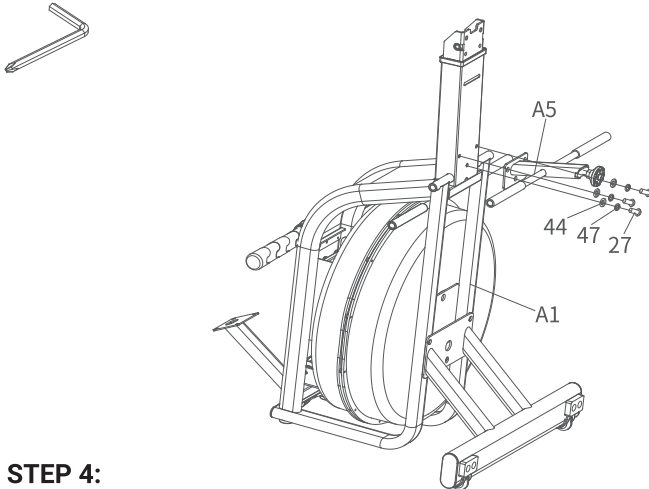
- A. Using the L-wrench (#T2), Hexagon Socket Flat Round Head Bolts (#27), Spring Washers (#47), and Flat Washers (#44) to install the Front Foot Tube (#A3) on the Main Frame (#A1) and lock it in place.



Assembly Instruction

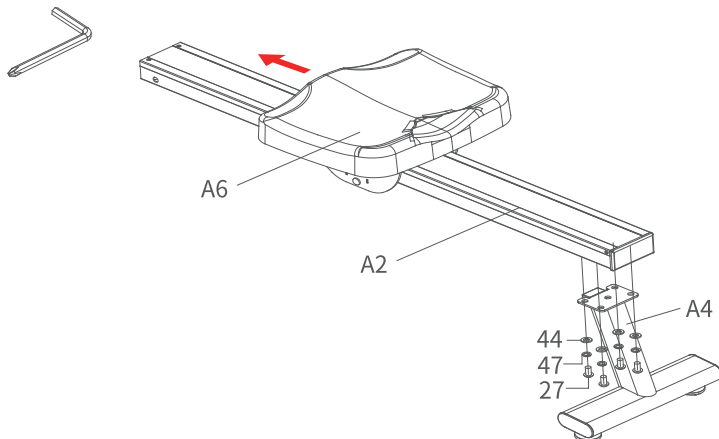
STEP 3:

A. Using the L-Wrench (#T2), Hexagon Socket Flat Round Head Bolts (#27), Spring Washers (#47) and Flat Washers (#44) to install the Limit Frame Assembly Set (#A5) onto the Main Frame (#A1) and tighten it.



STEP 4:

A. Slide the Seat Cushion (#A6) onto the Rail Bar(#A2) in the direction as shown.
B. Using an L-Wrench(#T2), Hexagon Socket Flat Round Head Bolt(#27), Spring Washer (#47) and flat washer(#44) to install the Rear Foot Tube (#A4) to the Rail Bar(#A2) and then lock it.



Assembly Instruction

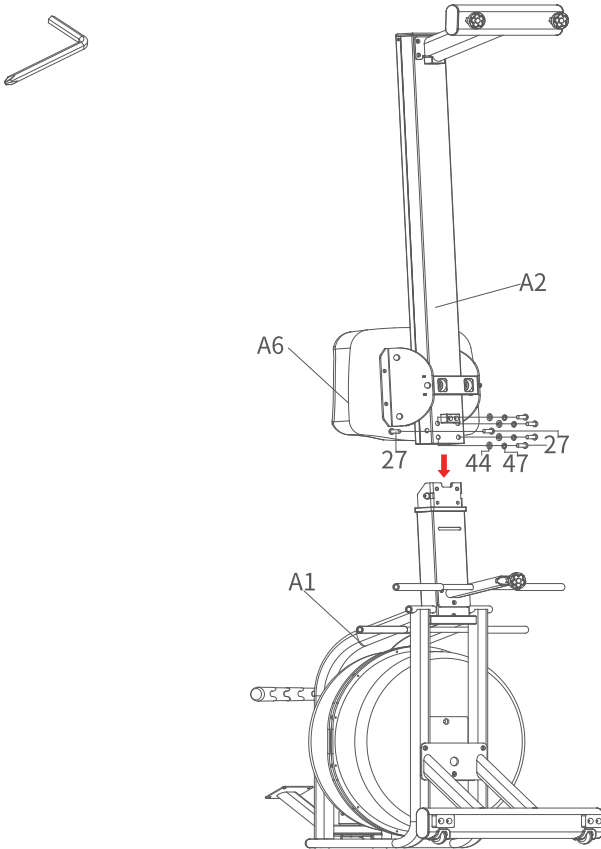
STEP 5:

- A. Align the Rail Bar(#A2) into the Main Frame (#A1), making sure it is in place.
B. Use the L-wrench(#T2), Hexagon Socket Head Cap Screws (#27), Spring Washers (#47) and Flat Washers (44) to attach the Rail Bar(#A2) to the Main Frame (#A1) and tighten it.

Note:

* The Hexagon Socket Head Cap Screws (#27) are pre-locked to the Main Frame (#A1).

* Please note to hold the Seat Cushion(#A6) for avoid insuring when assembling this step.



Assembly Instruction

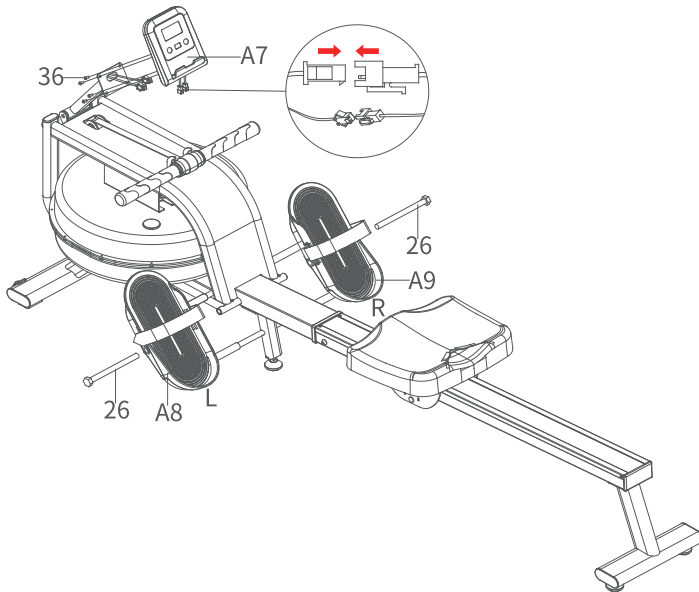
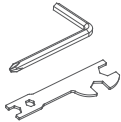
STEP 6:

A. Use the Multi-function Wrench(#T1) and Hexagon Head Bolts(#26) to secure the Left Pedal (#A8) and Right Pedal (#A9) to the Main Frame (#A1).

B. As shown below, align the induction wires of the Main Frame (#A1) with the monitor, and plug the extra wires into the hole on the back of the Monitor(#A7).

C. Use the L-Wrench(#T2) and the Cross-slotted Pan Head Bolt(36) to attach the Monitor (#A7) to the Main Frame group(#A1).

Note: The Cross-Slotted Pan Head Bolts (#36) are pre-locked to the back of Monitor(#A7).

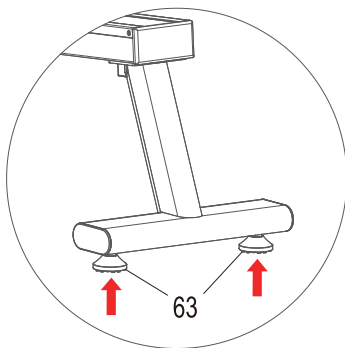


Product Operation Guide

Footpad adjustment:

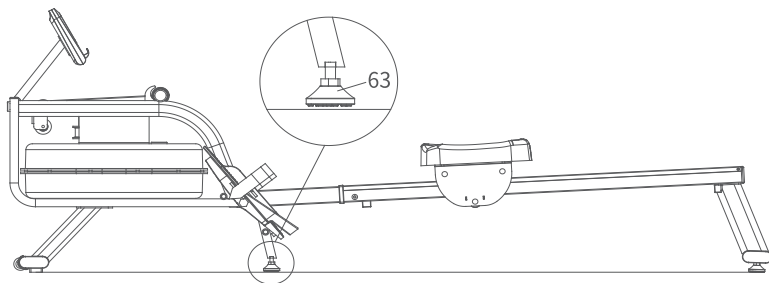
A. The Adjustable Foot Pads of Rear Foot Tube:

According to personal needs, adjust the Adjustable Foot Pads on the Rear Foot Tube (#A4) to make the machine is stable and does not shake.



B. Adjustable Foot Pad:

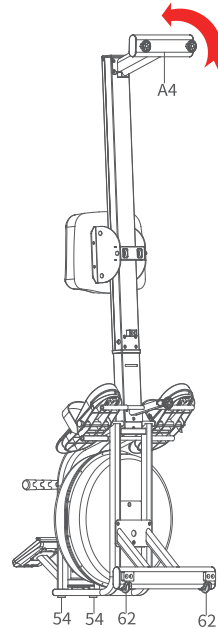
Lay the machine flat on the ground and adjust the adjustable Foot Pad (#63) to 5-10mm above the ground.



Product Storage

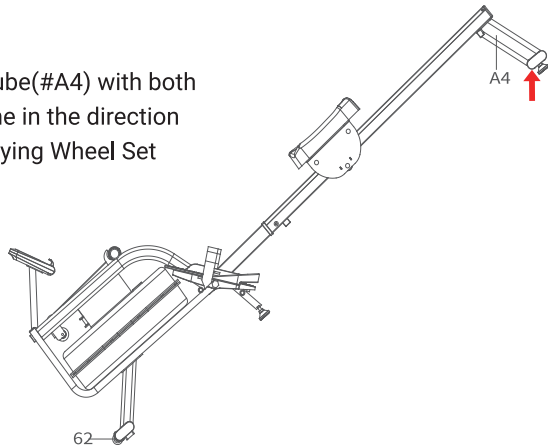
A. Grasp the Rear Foot Tube (#A4) with both hands and lift the machine in the direction of the arrow so that the Handling Wheels(#62) and Foot Pads(#54) land on the ground at the same time.

Note: When placing vertically, make sure to place the rowers against the wall or in front of a fixed plane, and make sure to place it in a safe place away from children to prevent injuries.



Moving the Machine

A. Grasping the Rear Foot Tube(#A4) with both hands and lifting the machine in the direction of the arrow so that the Carrying Wheel Set (#62) lands on the ground.



Product Operation Guide

Use of Electric Water Pump

A. The Electric Water Pumper(#T3) has the following accessories:

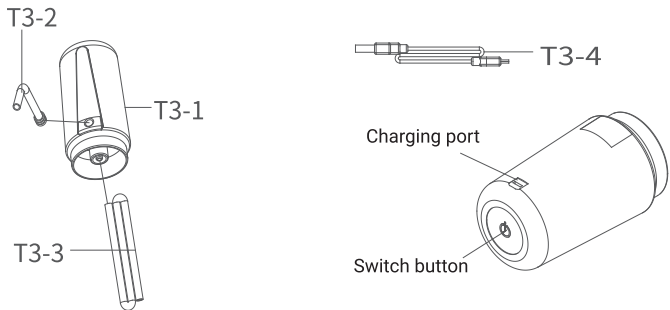
Electric Water Pump(T3-1)	Outlet Pipe(T3-2)
Suction Pipe(T3-3)	USB Charging Cable(T3-4)

B. Install the Outlet Pipe(T3-2) and Suction Pipe(T3-3) into the corresponding holes in the Electric Water Pump(T3-1) as shown.

C. Press the switch button to pump water from the Suction Pipe(T3-3) to the Outlet Pipe(T3-2).

D. After the power is used up, you can use the 5V-1A adapter (unattached) and USB Charging Cable(T3-4) to charge in the corresponding charging port.

Note: Before assembling, please read carefully the instruction manual that comes with the Electric Water Pumper(#T3).



Precautions:

A. If the water in the tank is cloudy, replace it.

B. Please treat the water replaced out of the water tank as sewage.

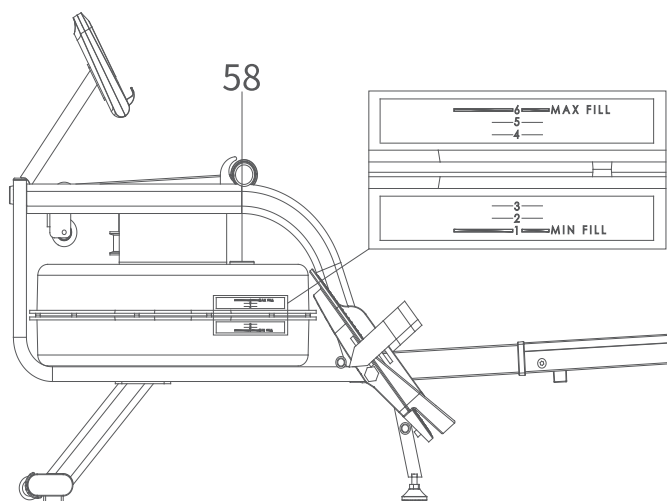
Product Operation Guide

Resistance Adjustment:

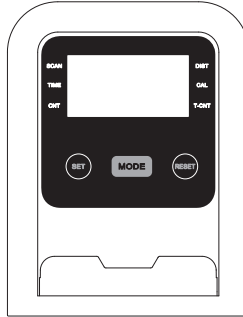
A. The resistance of the product depends on the amount of water in the tank. The lowest level represents the minimum resistance and the highest level represents the maximum resistance.

B. The water level markings on the illustration show the maximum and minimum water levels.

Please do not exceed the maximum water level when pumping water, as damage to the product will not be covered by the warranty.



Instruction of Monitor



Button Function

MODE- Short press to select

Long press to reset time/times/calories

SET- Set time/count/calorie in non-scanning mode

RESET- Press to reset the set time/times/calories

Instructions for Operation

1.SCAN:

Press the "MODE" button to switch to display "SCAN" the monitor will switch the display every 6 seconds in the following sequence: TIME, DIST, CAL, COUNT and T-CNT.

2.TIME:

(1) Time from start to finish of exercise.

(2) Press the "MODE" button to switch to display "TIME", and press the "SET" button to set the target exercise time. When the set time counts down to 0, it will stop for about 1 second and start counting up.

3.DIST:

Measure the distance from the start to the stop of the movement. May set up the target objection.

4.CAL:

(1) Calculate the calories burned from the beginning to the end of the exercise.

(2) Press the "MODE" button to switch to display "CAL, and press the "SET" button to set the target calorie consumption. When the set calorie countdown reaches 0, it will stop for about 1 second and start counting up.

5.COUNT:

- (1) Display the current exercise times.
- (2) Press the "MODE" button to switch the display to "COUNT", and press the "SET" button to set the target number of exercises. When the set number of times counts down to 0, it will stop for about 1second and start counting up.

6.T-CNT:

The total number of exercises since the battery was installed.

Precautions

1. If the monitor does not display or the display is blurred, please replace the battery.
2. After 4 minutes of inactivity, the monitor will automatically shut down.
3. After restarting the exercise or pressing the button, the monitor will automatically turn on.
4. After the exercise starts, the monitor will automatically calculate the exercise data, and stop calculating the exercise data after 4 seconds of stopping the exercise.

Instructions for Replacing the Battery

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

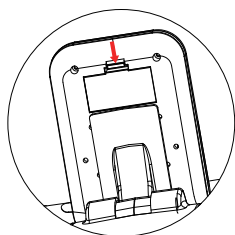


Figure A

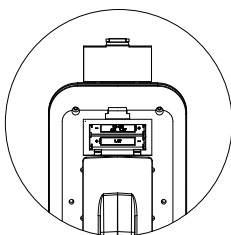


Figure B

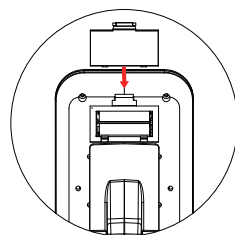


Figure C

CAUTION:

- Fire or explosion may result from the use of the incorrect battery.
- Non-rechargeable batteries are not to be recharged.
- Supply terminals are not to be short-circuited.
- Different types of batteries are not to be mixed.
- New and used batteries are not to be mixed.
- Do not ingest battery, Chemical Burn Hazard.
- Keep new and used batteries away from children.
- If the battery compartment does not close securely, stop using the product and keep it away from children.
- If you think batteries might have been swallowed or placed inside any part of the body, seek immediate medical attention.

APP Setup Instruction

Download and Use of MERACH

1. To download the MERACH APP, scan the QR Code or search "MERACH" in the Apple APP Store® or Google Play Store.



MERACH APP Download



APP Connection Guide



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

Download and Use of KINOMAP



1. To download the KINOMAP APP, scan the QR Code or search "KINOMAP" in the Apple APP Store® or Google Play Store.
2. Open the KINOMAP APP. Log In or Sign Up.
3. Select the corresponding fitness equipment.
4. Turn on Bluetooth, and choose MERACH.
5. Select the type of machine, and find the Model.
6. Start training and explore different workout methods.

Troubleshooting

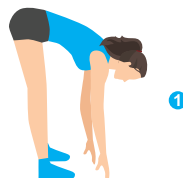
Questions	Possible Solutions
What should be done when there is noise in rowing?	You can apply some car polishing wax on belt.
What should be done when the rower can not be connected to the APP?	Check whether other members are connected to Bluetooth at the same time. If so, unbind and reconnect.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 23).
What should be done when the water discolors or becomes muddy?	Change the placement location of the rowing machine to reduce the direct solar radiation.
	Change the water or conduct water treatment pursuant to the description of the manual. Consider the use of distilled water for water injection anew.

Warm-up

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

1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).



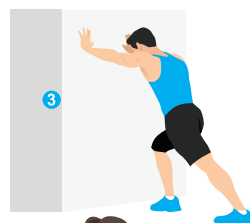
2. Seated hamstring stretch

Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



3. Calf and Achilles tendon stretch

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



4. Quadriceps stretch

Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



5. Sartorius (inner thigh muscle) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



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

Warranty Information

Product Name	MERACH Water Rowing Machine
Model	R10
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.



OUR SOCIAL MEDIA



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



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



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



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



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



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



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

Support Email

EU: info.eu@merachfit.com

UK: info.uk@merachfit.com

Our Website

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

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