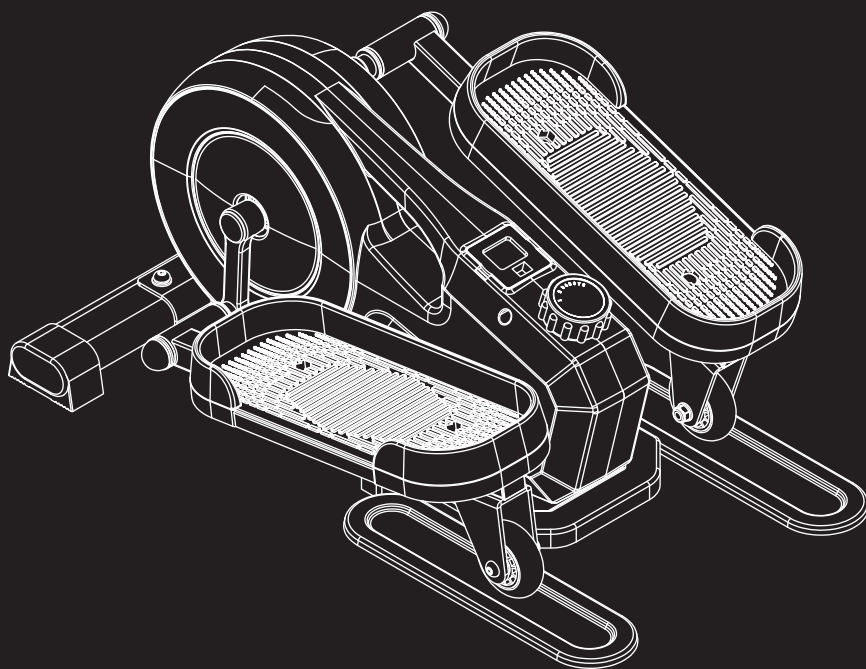


# USER MANUAL

MERACH 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.eu@merach.com](mailto:support.eu@merach.com)

MODEL: MR-E43

## WHO WE ARE

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



# CONTENTS

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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 the responsibility of the product owner to inform all persons using the product of all precautions and to follow the instructions strictly.
  - Please use the product indoors on a level surface, away from moisture and dust. Put a mat under the product to help protect the floor and carpet. For safety reasons, please make sure to keep at least 2m of free space around the product.
  - Before the product is used, please make sure that each screw and nut is locked tight. Daily need to check all parts to ensure that the screws are tightened.
  - Children should not be near the product. Do not leave children unattended in the room where the product is placed.
  - Please wear appropriate sportswear when using the product, do not wear too loose clothing to avoid being involved in the product.
  - If you feel unwell while exercising, please stop exercising immediately.
  - This product is for home use only.
  - The Maximum user weight is 120kg/300lbs
  - This product is only suitable for indoor and home use, not for outdoor use.
  - Two or more people are not allowed to use this equipment at the same time.
  - Please use it under the guidance of a doctor if you are not feeling well.
- Children, people with disabilities and pets should stay away from this product to avoid accidents.
- **INGESTION HAZARD:** This product contains a button or coin cell battery.
  - **DEATH** or serious injury can occur if ingested.
  - A swallowed button or coin battery can cause Internal Chemical Burns in as little as 2 hours.



### WARNING

Please consult your physician before beginning any exercise. Especially important for individuals over the age of 35 or with existing health problems. Please read all instructions before using any equipment.



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 MERACH MR-E43 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.

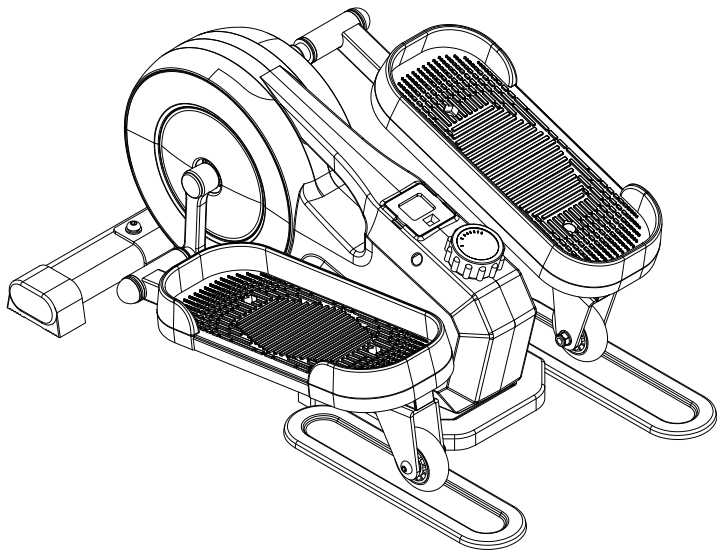
**Manufactured by:**

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](mailto:yulu_mrk@merach.com)

**Imported by:**

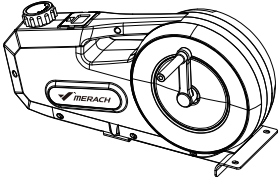
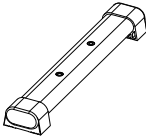
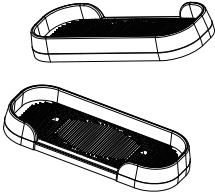
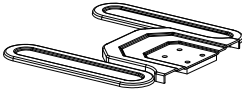
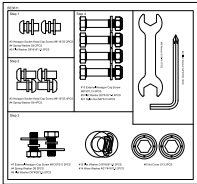
HANGZHOU JINGGE E-COMMERCE LTD  
Room 1205, Xianfeng Technology Building,  
298 Weiye Road, Puyan Subdistrict,  
Binjiang District, Hangzhou,  
Zhejiang Province, China  
[jingge\\_mrk@163.com](mailto:jingge_mrk@163.com)

SPECIFICATION



|                     |                                  |
|---------------------|----------------------------------|
| Product Name        | MERACH Elliptical Machine        |
| Mode:               | MR-E43                           |
| Power:              | 1.5V LR44 button cell battery*1  |
| Max Load:           | 120kg/265lbs                     |
| Net Weight:         | 12kg/26.5lbs                     |
| Product Dimensions: | 656*445*283mm/25.8*17.5*11.1inch |

PARTS LIST

|                                                                                                             |                                                                                                                 |                                                                                                         |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|
| <p>#32 Main Frame *1</p>   | <p>#1 Rear Bottom Tube *1</p>  | <p>#12 Pedal *2</p>    |
| <p>#28 Slide Plate *1</p>  | <p>Blister Pack *1</p>         | <p>User Manual *1</p>  |
| <p>#11 Pedal Tube *2</p>   |                                                                                                                 |                                                                                                         |

# PARTS TOOL LIST

|               |                                                                                     |                                                |
|---------------|-------------------------------------------------------------------------------------|------------------------------------------------|
| <b>Step 1</b> |    | #3 Hexagon Socket Head Cap Screw M8*16*S5 2PCS |
|               |    | #4 Spring Washer D8 2PCS                       |
|               |    | #5 Flat Washer D8*Φ16*1.5 2PCS                 |
|               |    | #A Allen Wrench S5*30*80 1PCS                  |
| <b>Step 2</b> |    | #3 Hexagon Socket Head Cap Screw M8*16*S5 2PCS |
|               |    | #4 Spring Washer D8 4PCS                       |
|               |    | #A Allen Wrench S5*30*80 1PCS                  |
| <b>Step 3</b> |    | #7 External Hexagon Cap Screw M8*20*S13 2PCS   |
|               |    | #4 Spring Washer D8 2PCS                       |
|               |    | #9 Flat Washer D8*Φ28*2.0 2PCS                 |
|               |    | #14 Wave Washer Φ21*Φ16*0.3 2PCS               |
|               |    | #15 Flat Washer D16*Φ28*1.0 2PCS               |
|               |    | #6 Nut Cover S13 2PCS                          |
| <b>Step 4</b> |   | #13 External Hexagon Cap Screw M8*40*L15 4PCS  |
|               |  | #5 Flat Washer D8*Φ16*1.5 4PCS                 |
|               |  | #21 Nylon Nut M8 4PCS                          |
|               |  | #B Wrench S13-14 1PCS                          |

# ASSEMBLY GUIDE



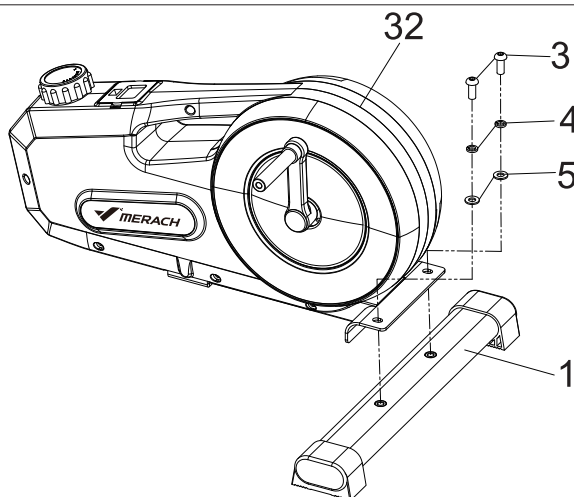
## Tips

Scan QR code to watch installation video

### Step 1: Install Bottom Tube to Main Frame

Using a Allen Wrench (#A), lock the Rear Bottom Tube (1) to the Main Frame (32) with Hexagon Socket Head Cap Screw (3), Spring Washer (4), and Flat Washer (5).

-  #3 Hexagon Socket Head Cap Screw M8\*16\*S5 2PCS
-  #4 Spring Washer D8 2PCS
-  #5 Flat Washer D8\*Φ16\*1.5 2PCS
-  #A Allen Wrench S5\*30\*80 1PCS



**Step 2: Install Slide Plate to Main Frame**

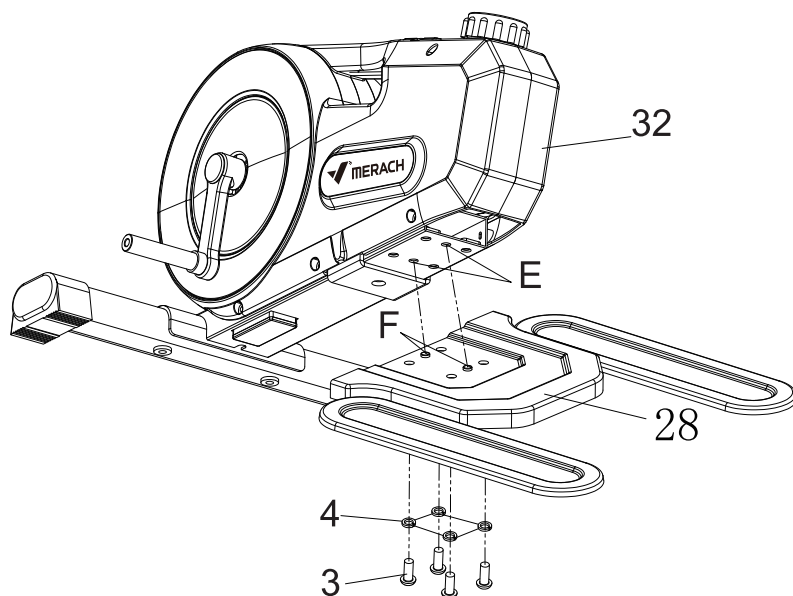
A. Align the two Protrusions (F) on the Slide Plate (28) with the two Holes (E) in Main Frame (32).

B. Lock the Slide Plate (28) to the Main Frame (32) with the Hexagon Socket Head Cap Screw (3), Spring Washer (4), and an Allen Wrench (#A).

 #3 Hexagon Socket Head Cap Screw M8\*16\*S5 4PCS

 #4 Spring Washer D8 4PCS

 #A Allen Wrench S5\*30\*80 1PCS



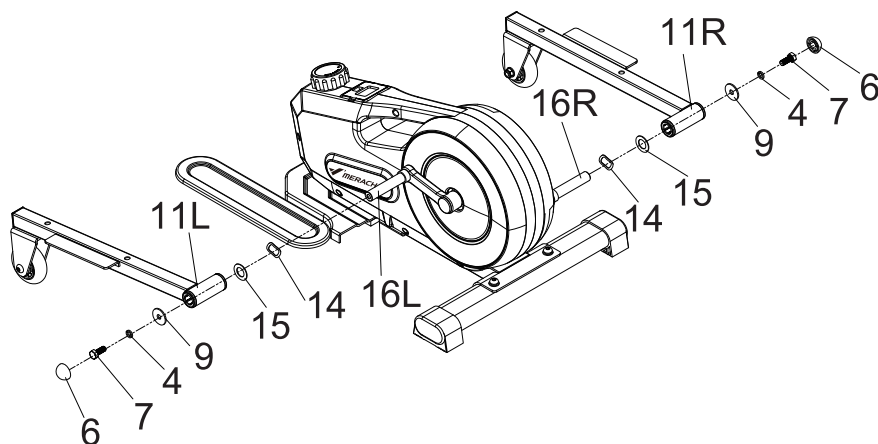
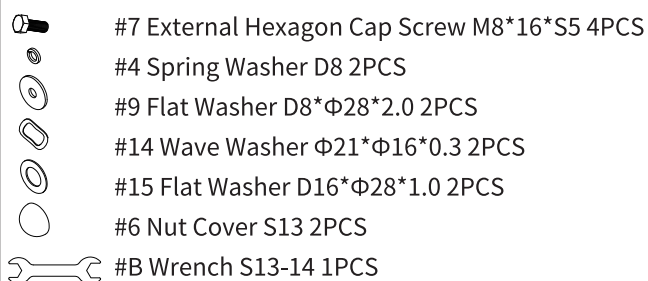
### Step 3: Install the Left and Right Pedal Tubes onto the Main Frame

A. Slide the Wave Washer (14), Flat Washer (15), and left pedal tube (11L) onto the Left Pedal Tube (16L) in turn.

B. Lock the Left Pedal Tube (11L) onto the Left Crank (16L) with a External Hexagon Cap Screw (7) through the Spring Washer (4), Flat Washer (9), and with a Wrench (B).

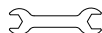
C. Snap on Nut Cover (6).

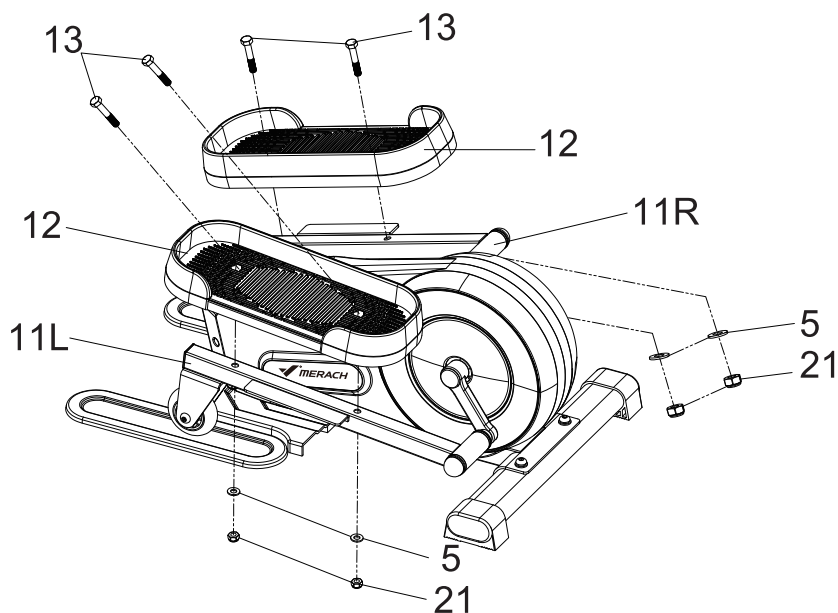
D. Lock the Right Pedal Tube (11R) to the Right Crank (16R) in the same manner.



**Step 4: Install Pedals to Pedal Tube**

Using a Wrench (#B), fasten the Pedal (12) to the Left and Right Pedal Tubes (11L/R) with External Hexagon Cap Screw (13), Flat Washer (5), and Nylon Nut (21).

-  #13 External Hexagon Cap Screw M8\*16\*S5 4PCS
-  #5 Flat Washer D8\*Φ16\*1.5 4PCS
-  #21 Nylon Nut M8 4PCS
-  #B Wrench S13-14 1PCS



## PRODUCT USAGE INSTRUCTIONS

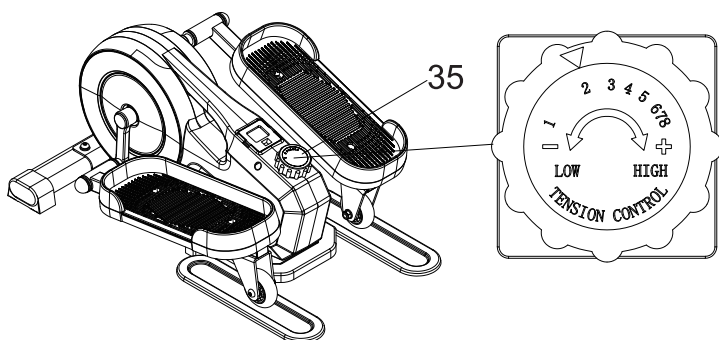
### Resistance Adjustment Instructions

Turn the resistance knob(35) 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.

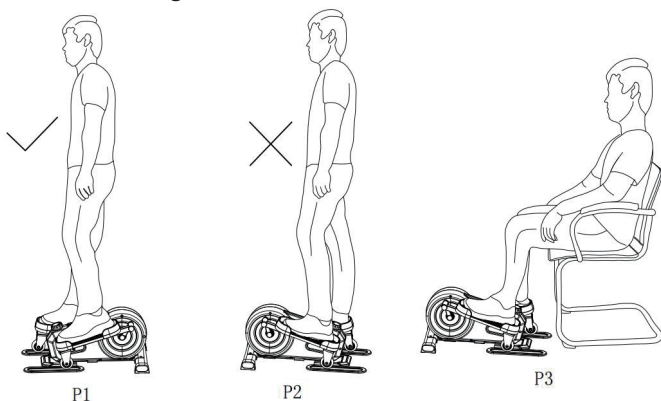
Number 8 has the highest resistance, and number 1 has the lowest resistance.



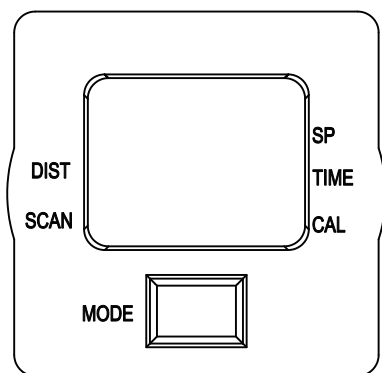
### Diagram of Use

#### Note:

1. This elliptical machine is for standing use, the correct use of the diagram as shown in Figure P1.
2. Please do not stand in the wrong direction to use the elliptical machine, otherwise it is very easy to fall and cause injury, as shown in Figure P2.
3. This elliptical machine can also be used sitting down, but the smoothness of sitting is not as good as standing, it is recommended to use this elliptical machine standing up, as shown in Figure P3.



## INSTRUCTIONS OF MONITO



### Display Instructions:

1. **"DIST"**: Displays the exercise distance. Distance display range: 0.0~999.9km.
2. **"SCAN"**: Display changes according to the next diagram every 6 seconds. Automatically display of the following functions in the order shown: TIME--- CAL---DIST---SCAN..
3. **"SP"**: Displays the exercise speed. Time display range: 0.0-999.9km/h.
4. **"TIME"**: Displays the exercise time. Speed display range: 0:00-99:59.
5. **"CAL"**: Displays the exercise calories. Calorie display range: 0.0-999.9 KCAL.

### Note:

- Without any signal coming in 4-5 minutes , the monitor will be shut off automatically. When there is signal input(Step on the pedal two times), the monitor automatically turns on.
- If there is a possibility to see an improper display on the monitor, please replace the batteries to have a good result .

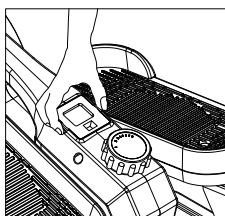
### Button Instructions:

#### MODE:

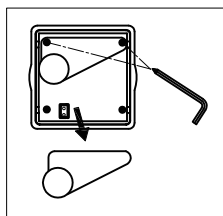
- Short press the "MODE" button to switch the function display.
- Press and hold for 3 seconds to reset all functions to zero.

## Battery Replacement Instructions

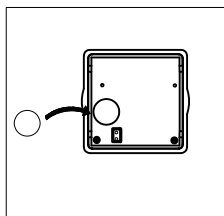
- A. Snap the monitor out of the slot on the equipment housing by snapping it firmly upward.
- B. Remove the Phillips screws with an Allen Wrench and remove the shield.
- C. Remove the old battery and replace it with a new one
- D. Use the Allen Wrench and Phillips screws to lock the guard plate back into the monitor.
- E. Reinstall the monitor back onto the equipment.



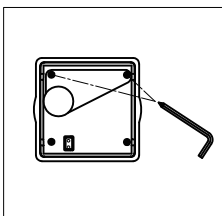
A



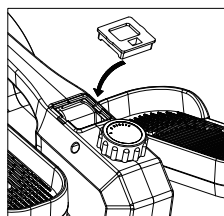
B



C



D



E

### PLEASE NOTE:

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- **KEEP** new and used batteries **OUT OF REACH** of **CHILDREN**.
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children and pet. Do **NOT** dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Non-replaceable battery contained, LR44, 1.5V.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.



## MAINTENANCE & CARE

**elliptical machine is a simple but powerful fitness equipment, without the need for power, you can easily exercise at home for the whole body. The following is the maintenance advice for the elliptical machine.**

**Cleaning:** After each use, wipe the surface of the elliptical machine and all contact surfaces with a damp cloth to remove sweat and dust.

**Lubrication:** Periodically check if the elliptical machine drive system needs lubrication. You can use the appropriate lubricant on the pulley or crank to keep it running smoothly. (Lubricant should be provided by yourself)

**Adjustment:** Make adjustments as needed, for example, adjust the angle at which you use the machine to ensure proper posture and maximum comfort.

**Check bolts:** Periodically check all bolts and nuts for tightness. If they are found to be loose, they should be tightened immediately. Check the parts: Periodically check the parts of the elliptical machine for damage or wear, and replace them as needed.

**Moisture:** Store the elliptical machine in a dry place to prevent moisture damage to the machine.

These suggestions will help you ensure that your elliptical machine stays in good working condition and lengthens its life.

**Please note:** Each elliptical machine may have slightly different maintenance requirements, so refer to your equipment's owner's manual or ask the manufacturer for advice on its specific maintenance requirements.

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**.

## 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).



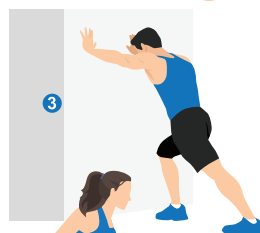
### 2. Seated hamstring stretch

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).



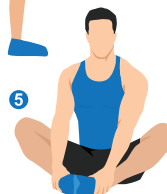
### 4. Quadriceps stretch

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).



# WARRANTY INFORMATION

|                                                                                                       |                           |
|-------------------------------------------------------------------------------------------------------|---------------------------|
| Product Name                                                                                          | MERACH Elliptical Machine |
| Model                                                                                                 | MR-E43                    |
| 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 14y ears 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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UK: [info.uk@merachfit.com](mailto:info.uk@merachfit.com)

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