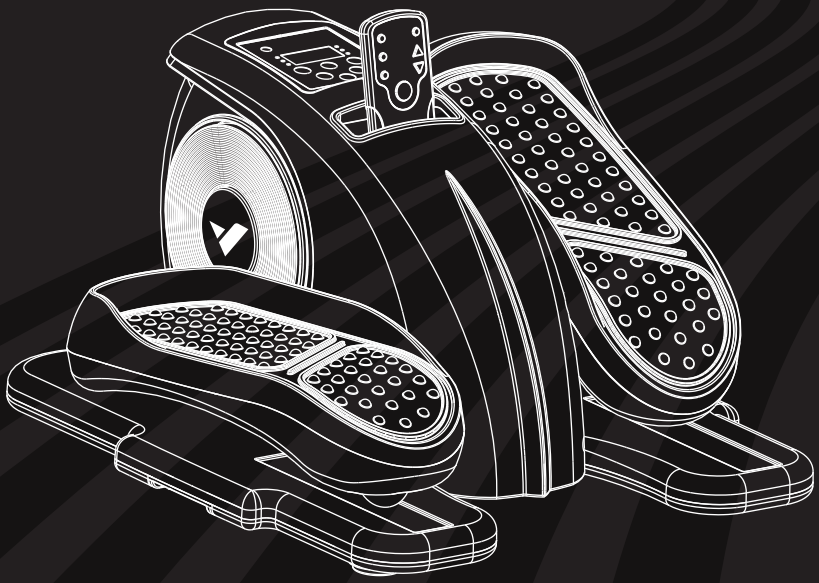
MERACH

POWERED BY MERACH

USER MANUAL

MERACH ELECTRIC ELLPTICAL TRAINER

Model: MR-E34



Questions or Concerns?

IMPORTANT!

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

PLEASE CONTACT US BEFORE THE RETURN: support.eu@merach.com

Phone Support: 1-(877) 3563730 8am-5pm PST(US/CA)



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

Contents

Safety Instructions	01
Product Specification	04
Packing List	05
Product Usage Instructions	06
Product Usage Guide	10
Troubleshooting	11
Warranty Information	12

Please keep this manual for future reference.

- **Consult Your Doctor:**
  Consult your doctor to determine any health conditions that may jeopardize your safety or hinder proper equipment usage. Medical advice is crucial if you are taking medications affecting heart rate, blood pressure, or cholesterol levels.

- **Monitor Body Signals:**
  Always pay attention to your body signals. Improper machine use may impact your health. If you experience any symptoms (headache, chest pain, irregular heartbeat, shortness of breath, dizziness, or discomfort), stop exercising immediately and consult a doctor before resuming.

- **Stable Surface:**
  Use the machine on a stable, level surface, with a protective layer on the floor or carpet to prevent damage.

- **Check Defective Parts:**
  Stop using and operating immediately if you notice any defective parts or hear abnormal sounds. Resume usage only after resolving all issues.

- **Medical Device Warning:**
  This equipment is not intended for therapeutic use and should not be used with other medical electronic devices such as pacemakers or ECG machines.

- **Power Interruption:**
  Stop using the product if a power outage occurs during operation to avoid injury when power is suddenly restored.

- **Foreign Objects:**
  Do not insert or drop objects into the product.

- **Operating with Wet Hands:**
  Do not operate the machine with wet hands.

- **Avoid Liquid Contact:**
  Keep water and other liquids away from the control switch.

- **Avoid Damp and Dusty Environments:**
  Do not use in damp or dusty environments, such as bathrooms.

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following: Read all instructions before using (this appliance).

- **DANGER** – To reduce the risk of electric shock:
  • Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

- **WARNING** – To reduce the risk of burns, fire, electric shock, or injury to persons:
  • An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
  • Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
  • Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
  • Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
  • Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the appliance to a service center for examination and repair.
  • Do not carry this appliance by supply cord or use cord as a handle.
  • Keep the cord away from heated surfaces. Do not place the power cord under the product or any heavy objects.
  • Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and the like.
  • Never drop or insert any object into any opening.
  • Do not use outdoors.
  • Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
  • To disconnect, turn all controls to the off position, then remove plug from outlet.

Note:

1. Pregnant women should avoid use.
2. Suspend use during periods of high blood pressure, heart attacks, etc.
3. Recommended usage time is 15 minutes per session, avoid prolonged use.

WARNNING:
DO NOT USE WHILE STANDING.
USE ONLY WHEN SITTING.
STANDING ON THE UNIT MAY CUASE SERIOUS INJURY.

CE	This symbol stands for " Conformité Européene ", which means " Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.
UKCA	This symbol stands for "UK Conformity Assessed", which means "Conformity with British Standards11. 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-E34 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,
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Imported by:
HANGZHOU JINGGE E-COMMERCE LTD
Room 1205,Xianfeng TechnologyBuilding,
298 Weiye Road, Puyan Subdistrict,
Binjiang District, Hangzhou,
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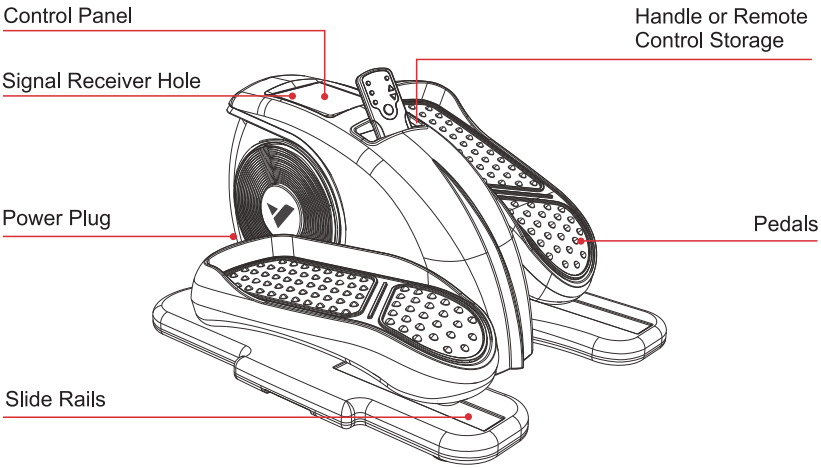
jingge_mrk@163.com

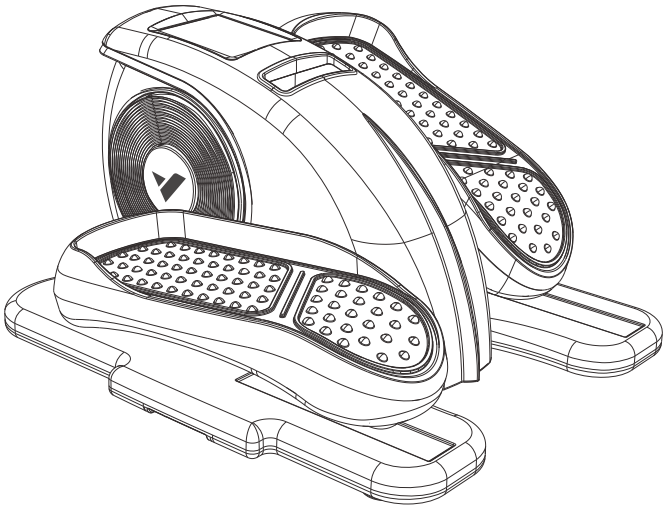
Product Specifications

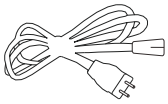


Product Name	MERACH Electric Elliptical Trainer
Model	MR-E34
Item Size	17.5*15.4*9.7inch
Net Weight	13.9lbs
Auto-off Time	15min
Input	100-240V~50/60Hz
Rated Power	60W

Packing List

Elliptical Machine x1

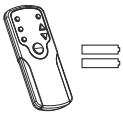




Power Cord x1



Foot Straps x2

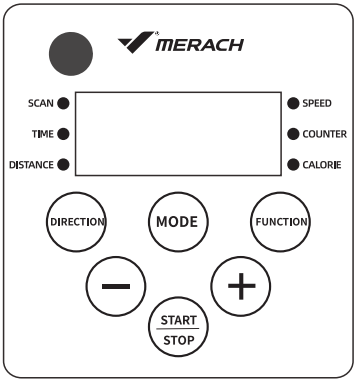


AAA Batteries x2
Remote Controller x1



User Manual x1

• Control Panel Instructions:



DIRECTION: Press this button to make the pedals forward or backward.

MODE:
(1)Switch the operating modes from MANUAL MODE to AUTO MODE.
(2)Adjust the level in AUTO MODE (P1-P12).

FUNCTION: To switch the display in the following sequence: TIME, DISTANCE, SPEED, COUNTER, CALORIE.

+/-: Adjust the machine's speed level in **MANUAL MODE** (01-12).
Note: Speed Levels cannot be changed in Auto MODE

START/STOP:
(1) After powering on, press this button to wake up the screen and start the machine.
(2) During exercise, press this button to pause the machine.
(3) Press this button for 2 seconds to turn off the machine.

Display Function Instructions:

SCAN:
Press the "FUNCTION" button to toggle to "SCAN," which will cycle through displaying: TIME, DISTANCE, SPEED, COUNTER, CALORIE.

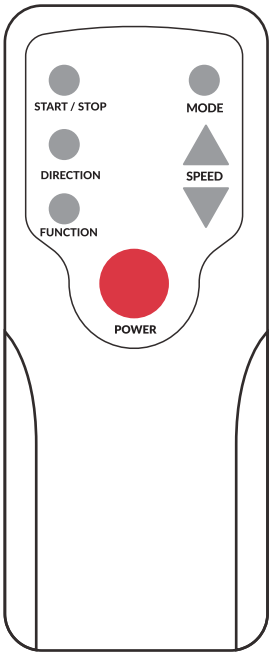
TIME:
(1) Time elapsed from the start to the end of exercise.
(2) Press the "FUNCTION" button until the "TIME" light illuminates to display the actual workout time.

DISTANCE:
Measure the walking distance(Meter) from the start to the stop of the movement.

SPEED:
Displays the current speed (01-12).

COUNTER:
Shows the current exercise cycle.

CALORIE:
Calculates the calories burned from the start to the end of the exercise.



• Remote Control Instructions:

POWER: Power on/ Turn off.

FUNCTION: To switch the display in the following sequence: TIME, DISTANCE, SPEED, COUNTER, CALORIE.

DIRECTION: Make the pedals move forward or backward.
Note: Pedal direction cannot be changed in AUTO MODE.

SPEED: Adjust the speed level in MANUAL MODE (01-12).
Note: Speed levels cannot be changed in AUTO MODE.

MODE:
(1)Switch the operating modes from MANUAL MODE to AUTO MODE.
(2)Adjust the level in AUTO MODE (P1-P12).

START/STOP:
(1) After powering on, press this button to wake up the screen and start the machine.
(2) During exercise, press this button to pause the machine.

• Operating Modes:

AUTO MODE - 12 Preset Running Programs

Detailed information on the 12 preset AUTO MODE LEVELS is as follows:

AUTO MODE(P1-P12)																	
P1-P12 \ TIME(mins)		1m	1m-2m	2m-3m	3m-4m	4m-5m	5m-6m	6m-7m	7m-8m	8m-9m	9m-10m	10m-11m	11m-12m	12m-13m	13m-14m	14m-15m
P1	Speed	1	3	6	9	12	12	12	12	12	12	9	6	3	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P2	Speed	1	2	3	4	5	6	7	8	6	5	4	3	2	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P3	Speed	1	2	3	4	5	4	5	4	5	4	3	2	1	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P4	Speed	1	2	3	2	1	2	3	2	1	2	3	2	1	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P5	Speed	1	2	3	4	3	2	1	2	3	4	3	2	1	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P6	Speed	1	2	3	4	5	4	5	4	5	4	3	2	1	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P7	Speed	1	2	3	4	5	6	6	6	6	5	4	3	2	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P8	Speed	1	2	3	4	5	6	7	7	6	5	4	3	2	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P9	Speed	1	2	3	4	5	6	7	8	6	5	4	3	2	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P10	Speed	1	3	5	7	9	9	9	9	9	9	7	5	3	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P11	Speed	1	3	6	9	10	10	10	10	10	10	9	6	3	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front
P12	Speed	1	3	6	9	12	12	12	12	12	12	9	6	3	2	1
	Direction of Pedal	Front	Front	Front	Back	Back	Back	Front	Front	Front	Back	Back	Back	Front	Front	Front

Note: The machine will stop running after completing each preset AUTO MODE Level (15 minutes).

MANUAL MODE - 12 Speed Levels

Detailed information on the 12 speed levels in Manual Mode is as follows:

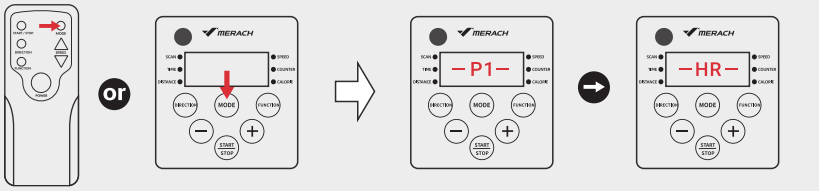
MANUAL MODE LEVEL(01-12)												
LEVEL	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**	**11**	**12**
SPEED	42 r/min	47 r/min	52 r/min	58 r/min	62 r/min	67 r/min	72 r/min	77 r/min	77 r/min	82 r/min	92 r/min	95 r/min

• Elliptical Machine Usage Quick Guide

Operation:

A. Insert the power cord.
B. Press the "START/STOP" button on the control panel or "POWER" button on the remote control to turn on the machine.
C. The default MANUAL MODE is to START the device. Press the "START/STOP" button on the display or remote control to start .

D. Switching Mode:
①**Enter AUTO MODE:** Press the "MODE" button on the remote control or the "MODE" button on the control panel.
②**Enter MANUAL MODE:** Press the "MODE" button on the remote control or the "MODE" button on the control panel until "HR" is displayed on the screen.



AUTO MODE(P1-P12): **MANUAL MODE(01-12):**

E. Adjust the level:
AUTO MODE (P1-P12): Press the "MODE" button on the remote control or the "MODE" button on the control panel.
Note:*Speed levels cannot be adjusted in **AUTO MODE**, only AUTO MODE levels (P1-P12) can be selected.
MANUAL MODE (01-12): Press the "SPEED" button on the remote control or the "+/-" buttons on the control panel.
F. Switch pedal direction: Press the "DIRECTION" button on the remote control or the control panel.
Note: *Pedal direction cannot be changed in **AUTO MODE**, because the auto mode is the preset program.

G. Turn off the machine: Long-press the "START/STOP" for 2 seconds or Press the "POWER" on the remote control to turn off the screen.
H. Unplug the power cord.

Trouble Shooting

If you encounter issues while using this product, please refer to the following suggested solutions:

Issue:	Possible Causes:	Solution:
Machine doesn't turn on	1.Not plugged in. 2.Power cord not inserted correctly. 3.Power cord damaged.	Check the status of the power cord.
Product Suddenly Stops Running	1. Power failure. 2.15-minute automatic turn off. 3. Continuous usage leading to motor overheating protection. 4. Exceeding the maximum weight capacity or using the machine in a standing position triggers protective operation.	1. Check the status of the power cord. 2. Restart the machine. 3. Allow the product to cool down before restarting. 4. Do not exceed the product's maximum weight capacity and avoid standing on the machine.

Product Name	MERACH Electric Elliptical Trainer
Model	MR-E34
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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