

Merax 1

Merax Magnetic Rowing Machine User Manual

Model: 1

INTRODUCTION

Thank you for choosing the Merax Magnetic Rowing Machine. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface. Use an exercise mat on smooth floors to prevent sliding.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Maximum user weight capacity: 340 lbs.

SETUP

Assembly

The Merax Magnetic Rowing Machine requires some assembly. All necessary tools and hardware are included. Follow the step-by-step instructions provided in the separate assembly guide that accompanies your product. Ensure all bolts and nuts are tightened securely.

Placement

Choose a suitable location with enough space around the machine for safe operation. For optimal stability and to prevent movement during intense workouts, place the rower on a carpeted surface or use a non-slip exercise mat underneath, especially on smooth floors.

8-Level Adjustable Tension Resistance



Image: The Merax Magnetic Rowing Machine fully assembled, ready for use.

OPERATING INSTRUCTIONS

Adjusting Resistance

Your rowing machine features an 8-level adjustable magnetic tension system. To change the resistance, locate the resistance selection knob on the main unit. Turn the knob clockwise to increase resistance (levels 1-8) for a more challenging workout, or counter-clockwise to decrease resistance for lighter aerobic exercise.



Image: Close-up of the resistance adjustment knob, showing levels from 1 to 8.

Using the LED Monitor

The integrated LED display tracks your workout progress. It cycles through various metrics including:

- **Time:** Duration of your workout.
- **Stroke:** Total number of strokes completed.
- **Distance:** Estimated distance rowed.
- **Calories Burned:** Estimated calories expended.

An additional device rack is provided to hold your phone or tablet, allowing for entertainment during your exercise.

Proper Rowing Technique

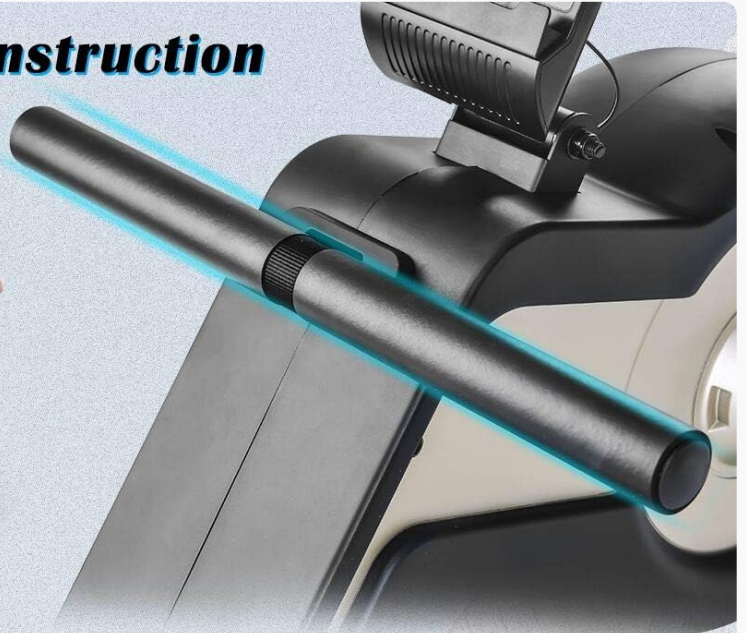
To maximize your workout effectiveness and prevent injury, maintain proper form:

1. **The Catch:** Sit with knees bent, shins vertical, arms extended forward, and torso leaning slightly forward.

2. **The Drive:** Push off with your legs, then swing your torso back, and finally pull the handle towards your abdomen.
3. **The Finish:** Legs extended, torso leaning slightly back, and handle at your abdomen.
4. **The Recovery:** Extend arms forward, then swing torso forward, and finally bend knees to return to the catch position.

The ergonomic design, including the 12.2" x 9.8" angled saddle seat, slip-resistant adjustable foot pedals, and padded handlebar, supports comfortable and efficient movement.

Reliable Ergonomic Construction



Easy-to-grip extra padded handle bar



Slip-resistant and adjustable foot

Image: A person demonstrating the full range of motion during a rowing exercise.



Image: Detailed view of the easy-to-grip padded handlebar and the adjustable, slip-resistant foot pedals.



Image: The ergonomically contoured seat designed for comfort and the smooth aluminum rail.

Product Video

Your browser does not support the video tag.

Video: An official Merax product video demonstrating the features and usage of the rowing machine, including resistance adjustment and smooth operation.

MAINTENANCE

Cleaning

Regularly wipe down the machine with a damp cloth after use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

General Care

- Inspect all bolts and connections periodically to ensure they remain tight.
- Check the aluminum rail and plastic sliding mount for any debris that might hinder smooth operation.
- Ensure the magnetic flywheel area is kept clear of obstructions.

Storage

The Merax Rowing Machine features an ultra-compact design with built-in transportation wheels, eliminating the need for folding. To store, simply lift the rear end and roll the machine to your desired location. It can be stored upright against a wall to save space.



Image: The rowing machine shown in its upright storage position, highlighting its space-saving design and transportation wheels.

TROUBLESHOOTING

Problem	Possible Cause	Solution
LED Monitor not displaying	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are installed with correct polarity.
Machine slides during use	Placed on a smooth, uncarpeted surface.	Place the machine on a carpet or use a non-slip exercise mat underneath.
Resistance feels inconsistent	Resistance knob not fully engaged or internal mechanism issue.	Ensure the resistance knob is clicked into a specific level. If issue persists, contact customer support.
Unusual noise during operation	Loose components or debris on the rail.	Check all bolts and connections for tightness. Clean the aluminum rail.

SPECIFICATIONS

Feature	Detail
Brand	Merax
Model Name	Rowing Machine Indoor Home Rower Magnetic Rowing Machine with Magnetic Tension System
Model Number	1
Resistance Mechanism	Magnetic
Resistance Levels	8
Flywheel Weight	2.2-pound CNC flywheel
Display Type	LED
Metrics Measured	Time, Stroke, Distance, Calories Burned

Feature	Detail
Product Dimensions (L x W x H)	80.3" x 18.9" x 31.5"
Upright Storage Height	32.7"L x 18.9"W x 80.3"H (against wall)
Item Weight	59 pounds
Maximum Weight Recommendation	340 pounds
Frame Material	Aluminum
Color	Golden Black
Power Source	Battery Powered

size:inch

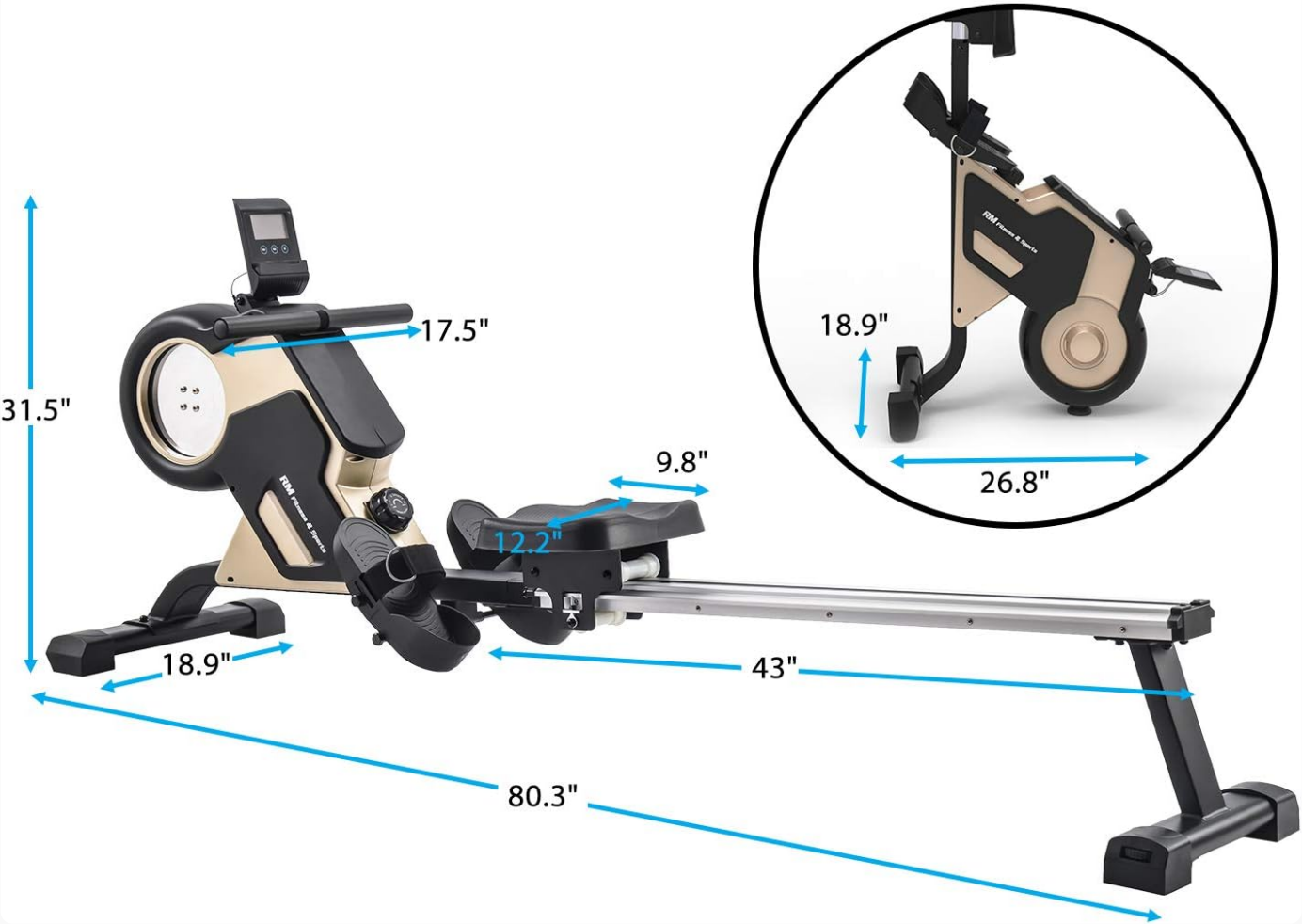


Image: A diagram illustrating the key dimensions of the Merax Magnetic Rowing Machine.

WARRANTY

The Merax Magnetic Rowing Machine comes with a**6-month warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims. For specific terms and conditions, refer to the warranty card included with your product.

SUPPORT

If you have any questions, require assistance with assembly, or encounter any issues not covered in this manual, please contact Merax Customer Support. Refer to the contact information provided in your product packaging or visit the official Merax website for support options.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question