MERACH MR-S04

MERACH MR-S04 Under Desk Pedal Exerciser User Manual

Model: MR-S04 | Brand: MERACH

1. Introduction

This manual provides essential information for the safe and effective use of your MERACH MR-S04 Under Desk Pedal Exerciser. Please read it thoroughly before assembly and operation. This device is designed to provide a low-impact exercise option for both arm and leg muscles, suitable for various settings including offices and homes.



Image 1.1: MERACH MR-S04 Under Desk Pedal Exerciser

2. Important Safety Information

To reduce the risk of serious injury, read all instructions and warnings before using this equipment. Keep this manual for future reference.

- Consult your physician before starting any exercise program, especially if you have pre-existing medical conditions.
- Keep children and pets away from the equipment during use.
- Place the exerciser on a flat, stable surface. Use the provided non-slip mat to prevent movement.
- Ensure all parts are securely assembled before each use.
- Do not stand on the pedal exerciser. It is designed for seated use only.
- Wear appropriate footwear. Avoid casual shoes that may slip. Barefoot, slippers, or trainers are recommended.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight capacity: 280 pounds (127.01 kg).

3. Package Contents

Verify that all components are present before beginning assembly:

- MERACH MR-S04 Pedal Exerciser Unit
- Non-slip Mat
- Resistance Bands (2)
- Pedals with adjustable straps
- AAA Batteries (2) for LCD monitor
- User Manual

4. Assembly Instructions

The MERACH MR-S04 is designed for quick and straightforward assembly. Typically, assembly can be completed in approximately 10 minutes.

1. Unpack all components from the box and place them on a clean, flat surface.
2. Attach the front and rear stabilizer bars to the main unit using the provided hardware. Ensure they are securely fastened.
3. Identify the left (L) and right (R) pedals. Carefully screw each pedal into its corresponding crank arm. Turn the left pedal counter-clockwise and the right pedal clockwise to tighten.
4. Adjust the pedal straps to fit your footwear comfortably.
5. Insert the two AAA batteries into the LCD monitor compartment.



Image 4.1: Assembly components and portable design

5. Operating Instructions

5.1 Powering On/Off

The LCD monitor automatically powers on when you begin pedaling. It will automatically power off after a period of inactivity to conserve battery life.

5.2 Using the LCD Monitor

The integrated LCD monitor displays key workout metrics:

- **SCAN:** Cycles through all metrics automatically.
- **SPEED:** Current pedaling speed.
- **TIME:** Duration of your current workout.
- **DISTANCE:** Distance covered during your workout.
- **CALORIES:** Estimated calories burned.

Press the button on the monitor to manually cycle through the display modes or reset values.



Image 5.1: LCD Monitor Display

5.3 Adjusting Resistance

The MERACH MR-S04 features 16 levels of magnetic resistance. To adjust the resistance, turn the resistance knob located on the top of the main unit. Turn clockwise for increased resistance and counter-clockwise for decreased resistance.



Image 5.2: Resistance Adjustment Knob

5.4 Multi-Use Functionality: Arm and Leg Exercises

The MR-S04 can be used for both lower body (leg) and upper body (arm) exercises.

- **Leg Exercise:** Place the exerciser on the floor with the non-slip mat underneath. Sit on a chair and place your feet on the pedals. Begin pedaling in a smooth, controlled motion.
- **Arm Exercise:** Place the exerciser on a sturdy table. Sit comfortably and place your hands on the pedals. Begin

rotating the pedals with your arms.

- **Resistance Bands:** Attach the included resistance bands to the designated points on the exerciser for additional upper body workouts.

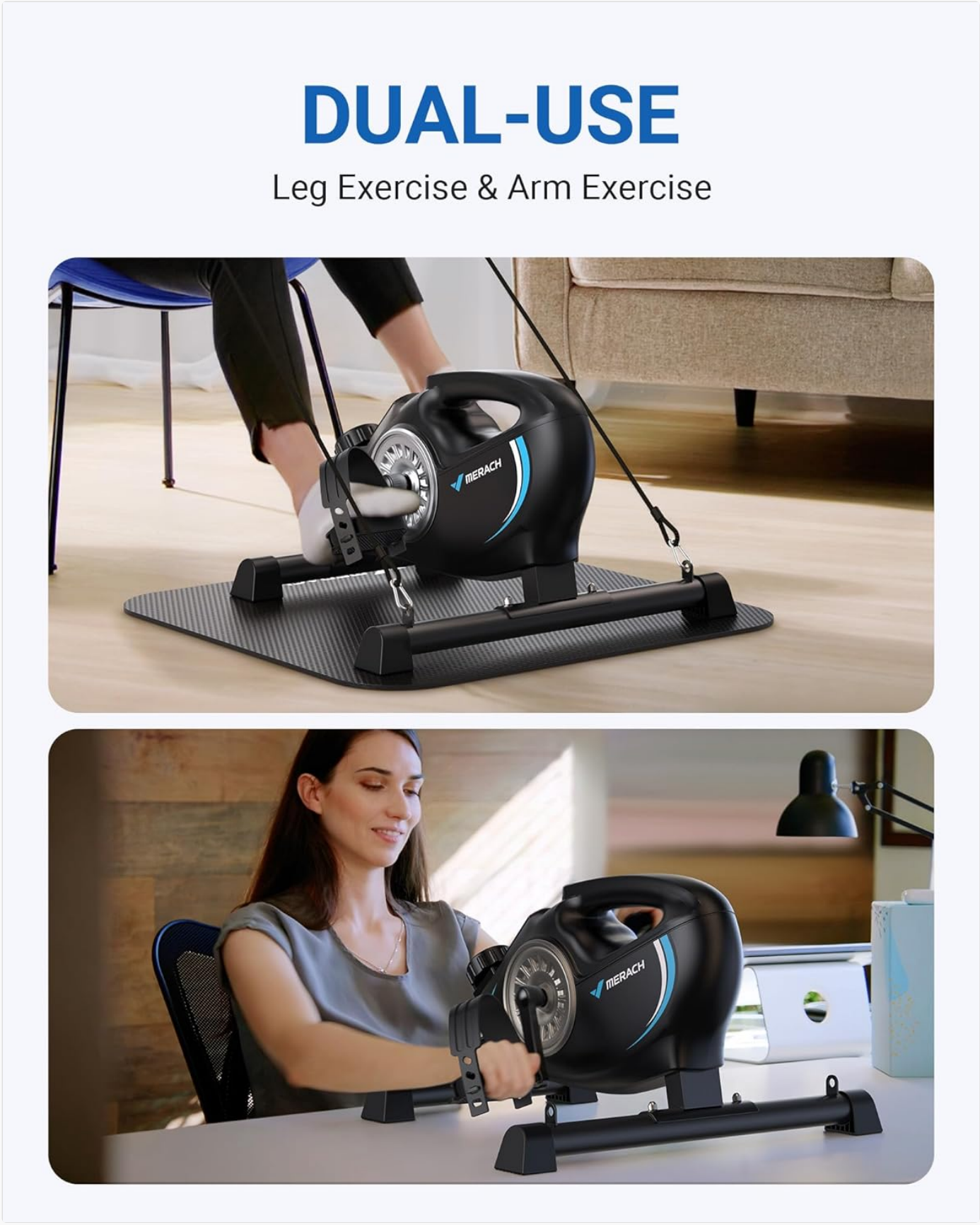


Image 5.3: Dual-Use for Arm and Leg Exercises

5.5 MERACH App Connection

Enhance your workout experience by connecting your MR-S04 to the MERACH App via Bluetooth. The app offers various

training modes, tracks your progress, and provides real-time metrics.

- Download the MERACH App from the App Store (iOS) or Google Play Store (Android).
- Ensure Bluetooth is enabled on your mobile device.
- Open the MERACH App and follow the on-screen instructions to pair with your MR-S04 exerciser.
- The app provides free training, target-based, and timed practice options.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH MR-S04.

- **Cleaning:** Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. Its portable design allows for easy storage.
- **Battery Replacement:** Replace the AAA batteries in the LCD monitor when the display becomes dim or unresponsive.
- **Pedal Straps:** Periodically check the pedal straps for wear and tear. Replace if necessary.

7. Troubleshooting

If you encounter issues with your MERACH MR-S04, refer to the following table for common problems and solutions.

Problem	Possible Cause	Solution
LCD monitor not displaying	Dead batteries; Loose battery connection; Not pedaling	Replace AAA batteries; Re-insert batteries securely; Begin pedaling to activate.
Exerciser slides during use	Non-slip mat not used; Uneven surface; Excessive force	Ensure the non-slip mat is placed underneath; Use on a flat, stable surface; Reduce pedaling intensity if sliding persists.
Pedaling feels rough or noisy	Loose components; Internal mechanism issue	Check all assembly bolts and tighten if loose; If noise persists, contact customer support.
Cannot connect to MERACH App	Bluetooth off; App not updated; Device not discoverable	Ensure Bluetooth is enabled on your phone; Update the MERACH App; Restart the exerciser by pedaling briefly.

8. Product Specifications

Feature	Specification
Model Number	MR-S04
Product Dimensions (L x W x H)	58.5 x 22.5 x 36.5 cm (23.6L x 21.9W x 12.6H inches)
Item Weight	8.07 kg (17.8 pounds)

Feature	Specification
Maximum Weight Capacity	127.01 kg (280 pounds)
Resistance Type	Magnetic
Number of Resistance Levels	16
Display Type	LCD
Metrics Displayed	Scan, Speed, Time, Distance, Calories Burned
Power Source	Battery Powered (2 AAA batteries included)
Drive System	Belt
Material	Alloy Steel

9. Warranty and Customer Support

MERACH provides a one-year manufacturer's warranty for the MR-S04 Under Desk Pedal Exerciser. In the event of any quality issues or for technical assistance, please contact MERACH customer support directly. We are committed to providing reliable products and support.
For further assistance, please visit the official MERACH website or contact your retailer.

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