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MERACH E12

MERACH E12 Elliptical Machine User Manual

Model: E12 | Brand: MERACH

1. Important Safety Information

Before operating the MERACH E12 Elliptical Machine, please read and understand all instructions in this manual. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Consult your physician before starting any exercise program.
- Ensure the machine is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the machine during operation.
- The maximum user weight for this machine is 149.69 kg (330 lbs). Do not exceed this limit.
- Inspect the machine for loose parts or damage before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing during exercise.
- Hold the handrails for balance, especially when starting or stopping.
- Do not attempt to stop the machine by placing your feet on the flywheel or other moving parts.
- Unplug the machine from the power source when not in use or before cleaning/maintenance.

2. Package Contents

Carefully unpack all components and verify that you have received all items listed below. If any parts are missing or damaged, contact MERACH customer support immediately.

- 1 x MERACH E12 Elliptical Machine (Main Unit)
- 1 x Phone Holder
- 1 x User Manual
- 2 x Handrails
- 2 x Foot Pedals
- 1 x Cross Spanner
- 1 x Power Adapter

3. Setup and Assembly

The MERACH E12 Elliptical Machine is designed for quick setup, arriving 95% pre-assembled. Follow these steps to complete the assembly and prepare for use.



Figure 3.1: The MERACH E12 Elliptical Machine arrives largely pre-assembled in its packaging, minimizing setup time.

1. **Unpacking:** Carefully remove the machine and all components from the packaging. Retain packaging materials for potential future transport or returns.
2. **Placement:** Choose a flat, stable surface for the elliptical machine. Ensure there is at least 0.6 meters (2 feet) of clear space around the machine for safe operation.

3. **Attach Handrails:** Securely attach the two handrails to the main unit using the provided hardware and cross spanner. Ensure they are firmly tightened.
4. **Attach Foot Pedals:** Mount the left and right foot pedals to their respective arms. Pay attention to the 'L' and 'R' markings. Tighten securely.
5. **Install Phone Holder:** Attach the phone holder to the designated slot on the console.
6. **Power Connection:** Connect the power adapter to the machine's power port and then plug it into a standard electrical outlet.

4. Operating Instructions

The MERACH E12 offers versatile workout options with its intelligent design and app integration.

4.1 Powering On and Off

- **Power On:** Plug the power adapter into a wall outlet. The console will illuminate.
- **Power Off:** Unplug the power adapter from the wall outlet. The console will turn off.

4.2 Understanding the 3 Handrail Modes

The MERACH E12 features three distinct handrail configurations, allowing for varied exercise experiences:



Figure 4.1: The MERACH E12 offers three handrail modes for diverse workouts.

- **Mobile Handrail (Elliptical Mode):** Use the moving handrails for a full-body elliptical workout, engaging both upper and lower body.
- **Fixed Handrail (Climbing & Hip Training Mode):** Lock the handrails in a fixed position to focus on a climbing motion, targeting glutes and leg muscles more intensely.
- **Folding Handrail (Under-Desk Walking Mode):** Fold the handrails down to use the machine as a compact under-desk walker, ideal for light activity while working.

4.3 Resistance Adjustment and App Connectivity

The E12 features 16 levels of electromagnetic resistance, controlled via the MERACH exclusive app for a seamless workout experience.



Figure 4.2: Control resistance levels and track progress via the MERACH app.

1. **Download the MERACH App:** Search for "MERACH" in your device's app store and install it.
2. **Pairing:** Enable Bluetooth on your smartphone. Open the MERACH app and follow the on-screen instructions to pair with your E12 elliptical machine.

3. **Resistance Control:** Once paired, you can adjust the 16 levels of electromagnetic resistance directly from the app. The app also offers real-time resistance synchronization with guided workouts.
4. **Workout Data:** The app displays key metrics such as Speed, Time, Calories burned, and Distance.
5. **Customized Programs:** Explore customized fitness programs and expanded course options available within the app to enhance your training.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH E12 Elliptical Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Retighten as necessary.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not apply lubricants to the flywheel or magnetic components.
- **Storage:** When not in use, store the machine in a dry, cool place away from direct sunlight. The integrated transport wheels allow for easy relocation.

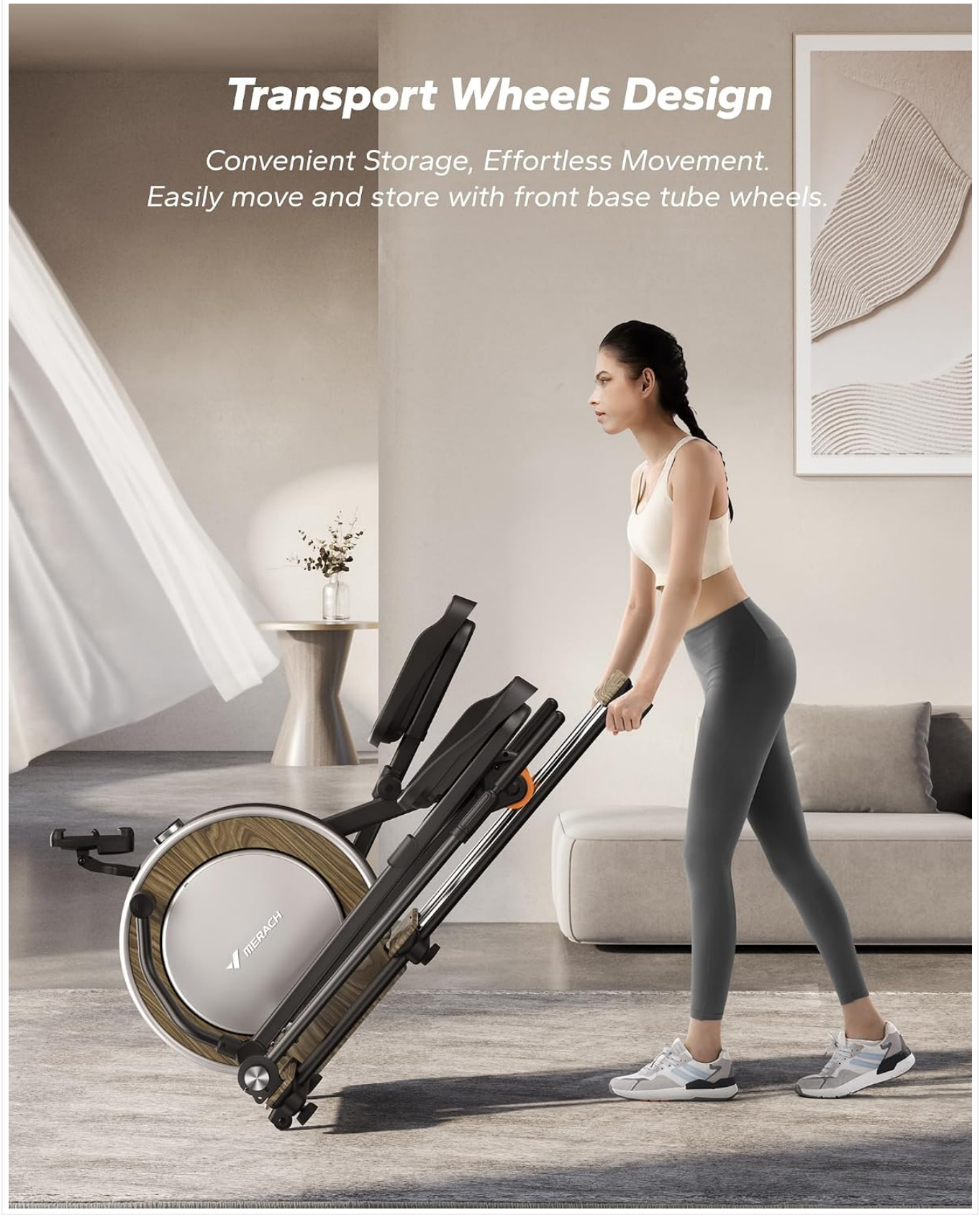


Figure 5.1: The MERACH E12 features transport wheels for convenient movement and storage.

6. Troubleshooting

If you encounter issues with your MERACH E12 Elliptical Machine, refer to the following common problems and solutions:

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Machine does not power on.	Power adapter not connected; outlet issue; damaged adapter.	Ensure adapter is securely plugged into machine and a working outlet. Try a different outlet. Inspect adapter for damage.
Resistance not changing.	App not connected; app malfunction; internal mechanism issue.	Ensure Bluetooth is on and the app is properly paired. Restart the app and machine. If issue persists, contact support.
Unusual noises during operation.	Loose bolts or components; friction from moving parts.	Check and tighten all assembly bolts. Ensure no foreign objects are caught in moving parts.
App not connecting via Bluetooth.	Bluetooth off; machine not powered on; interference.	Verify Bluetooth is enabled on your device. Ensure the elliptical is powered on. Move closer to the machine. Restart both devices.

If the problem persists after attempting these solutions, please contact MERACH customer support for further assistance.

7. Product Specifications

Detailed specifications for the MERACH E12 Elliptical Machine:

Model Name	MR-E12
Brand	MERACH
Product Dimensions (L x W x H)	118D x 63W x 146H Centimetres
Item Weight	45.4 kg (100 Pounds)
Material	Steel
Colour	Black
Resistance Mechanism	Magnetic
Resistance Levels	16 Levels (Electromagnetic)
Maximum User Weight	149.69 kg (330 lbs)
Included Components	Phone Holder, User Manual, Handrails, Foot Pedals, Cross Spanner, Adapter



Figure 7.1: Key craftsmanship and internal components of the MERACH E12.

8. Warranty and Support

For warranty information, technical support, or any inquiries regarding your MERACH E12 Elliptical Machine, please refer to the warranty card included with your product or contact MERACH customer service directly.

Please have your model number (E12 or MR-E12) and purchase details ready when contacting support.

Visit the official MERACH website or your point of purchase for contact details.

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