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MERACH MR-S15H1

MERACH 4-in-1 Foldable Exercise Bike User Manual

Model: MR-S15H1 | Brand: MERACH

1. Introduction and Overview

Thank you for choosing the MERACH 4-in-1 Foldable Exercise Bike. This versatile fitness equipment is designed to provide a comprehensive full-body workout in the comfort of your home. It features a unique 4-in-1 design offering upright and recumbent bike modes, along with integrated arm and back exercises. With 16 levels of magnetic resistance and a clear LCD monitor, it allows for effective and quiet training. Its foldable design ensures easy storage, making it ideal for space-saving.



Figure 1: MERACH 4-in-1 Foldable Exercise Bike (Silver Model)

2. Setup and Assembly

The MERACH 4-in-1 Foldable Exercise Bike is designed for straightforward assembly. Please follow the instructions provided in the included assembly manual for detailed steps. Ensure all components are present and undamaged before beginning assembly.

2.1 Unfolding the Bike

To unfold the bike from its compact storage position, gently pull the main frame sections apart until they lock into place. Ensure all locking pins and knobs are securely fastened before use. The bike can be configured into an upright or recumbent position.



Figure 2: Folded and Unfolded Dimensions of the Exercise Bike

2.2 Initial Setup and Adjustments

- **Seat Adjustment:** Adjust the seat height to ensure a comfortable and ergonomic riding position. The seat is adjustable to accommodate users from 132 cm to 175 cm in height.
- **Backrest Adjustment:** Position the backrest for optimal support, especially when using the recumbent mode.
- **Pedal Straps:** Secure your feet firmly in the pedal straps to prevent slipping during exercise.

▶ **Watch video online**

Video 1: Demonstration of the MERACH S15 4-in-1 Foldable Exercise Bike, showcasing its various modes and easy folding for storage.

3. Operating Instructions

3.1 4-in-1 Workout Modes

The MERACH bike offers four distinct workout modes to target different muscle groups and fitness goals:

- **Upright Bike Mode:** For traditional cycling workouts, engaging leg muscles and providing cardiovascular benefits.
- **Recumbent Bike Mode:** Offers a more relaxed, reclined position, reducing strain on the back and joints while still providing an effective leg workout.
- **Arm Exercises:** Utilize the integrated resistance bands for upper body workouts, targeting arms and shoulders.
- **Back Exercises:** Use the resistance bands to engage back muscles, promoting core strength and posture.

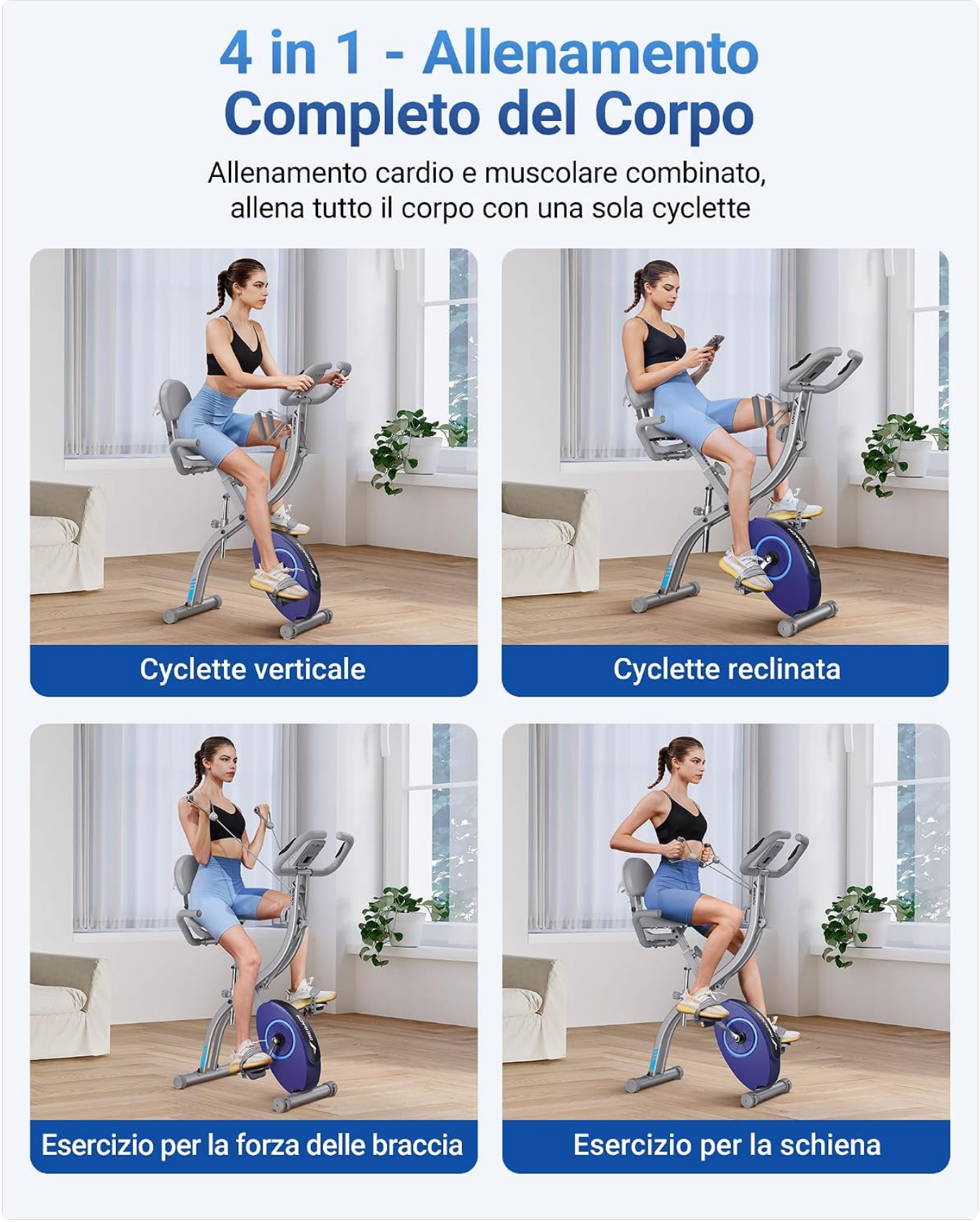

Figure 3: Various 4-in-1 Workout Modes

3.2 Magnetic Resistance Adjustment

The bike features 16 levels of magnetic resistance, allowing you to customize your workout intensity. Turn the tension control knob located on the main frame to increase or decrease resistance. Higher numbers indicate greater resistance.



Figure 4: Adjusting Magnetic Resistance Levels

3.3 LCD Monitor Functions

The integrated LCD monitor tracks your workout progress. It displays key metrics to help you monitor your performance:

- **TIME:** Duration of your current workout.
- **SPEED:** Your current cycling speed.
- **DISTANCE:** Total distance covered during the workout.

- **CALORIES:** Estimated calories burned.
- **PULSE:** Your current heart rate, measured via the hand pulse sensors on the handlebars.
- **ODOMETER:** Total accumulated distance.

Use the "MODE" button to cycle through the display functions and the "RESET" button to clear your current workout data.



Figure 5: LCD Monitor Display and Controls

3.4 App Connectivity (MERACH App & Kinomap)

Enhance your workout experience by connecting your MERACH bike to the MERACH app and Kinomap via Bluetooth. These apps offer personalized training programs, track detailed statistics, and provide interactive workout environments.

- Download the MERACH app from your device's app store.
- Ensure Bluetooth is enabled on your smartphone or tablet.
- Open the MERACH app and follow the on-screen instructions to pair with your exercise bike.
- Once connected, you can access various training modes, track your progress, and integrate with Kinomap for virtual rides.



Figure 6: Personalized Training Programs with Kinomap

▶ **Watch video online**

Video 2: Overview of the MERACH S15 Foldable Exercise Bike's features, including its 4-in-1 functionality, magnetic resistance, and LCD monitor.

4. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight and secure. Tighten any loose fasteners.
- **Moving Parts:** The magnetic resistance system is designed to be low maintenance. No lubrication is typically required for the internal mechanism.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight and moisture.

5. Troubleshooting

If you encounter any issues with your MERACH exercise bike, please refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
LCD Monitor Not Displaying	Batteries are dead or incorrectly installed.	Replace batteries (if applicable) or ensure they are inserted with correct polarity.
No Resistance Change	Resistance knob not properly engaged or internal mechanism issue.	Ensure the resistance knob is turned firmly. If the issue persists, contact customer support.
Unusual Noises During Operation	Loose components or internal friction.	Check all visible bolts and connections for tightness. If noise continues, contact customer support.
Heart Rate Reading Inaccurate	Hands not firmly on sensors or dry hands.	Ensure full contact with both hand pulse sensors. Slightly moisten hands if they are too dry.

For issues not listed here or if troubleshooting steps do not resolve the problem, please contact MERACH customer support.

6. Specifications

Feature	Detail
Product Dimensions	95 L x 53 W x 114 H cm (unfolded)
Model Number	MR-S15H1
Color	Silver
Drive System	Belt
Material	Alloy Steel
Power Source	Battery Powered (for LCD monitor)
Special Features	Adjustable Seat, Foldable Design, 4-in-1 Functionality
Max Supported Weight	136 kg (300 lbs)
Product Weight	18 kg (39.7 lbs)
Recommended User Height	132 cm to 175 cm
Resistance Mechanism	Magnetic

7. Warranty and Support

All MERACH products are covered by a one-year manufacturer's warranty, providing you with peace of mind and security. This warranty covers manufacturing defects and issues that are the responsibility of MERACH.
If you encounter any quality problems or require assistance, our dedicated customer support team is always available to help you promptly. Please retain your proof of purchase for warranty claims.
For support, please visit the MERACH official website or contact their customer service directly through the platform where you purchased the product.

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