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› [MERACH Stationary Exercise Bike with Friction Brake System - Model MR-S26B1-US User Manual](#)

MERACH MR-S26B1-US

MERACH Stationary Exercise Bike with Friction Brake System

Model: MR-S26B1-US

INTRODUCTION

This manual provides detailed instructions for the assembly, operation, maintenance, and troubleshooting of your MERACH Stationary Exercise Bike, Model MR-S26B1-US. Please read this manual thoroughly before initial use to ensure safe and effective operation and to maximize the lifespan of your equipment. Keep this manual for future reference.

SAFETY INFORMATION

Before using the exercise bike, please observe the following safety precautions:

- Consult a physician before starting any new exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- The maximum user weight capacity is 120 kg (300 lbs). Do not exceed this limit.
- Use the emergency brake feature for immediate stopping when necessary.
- Regularly inspect the bike for any signs of wear or damage. Do not use if damaged.

PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main Frame
- Handlebar Assembly
- Seat Post and Seat
- Pedals (Left and Right)
- Front and Rear Stabilizers
- Hardware Kit (bolts, washers, nuts, tools)

SETUP AND ASSEMBLY

Follow these steps to assemble your MERACH Stationary Exercise Bike:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools. Ensure they are firmly tightened.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely.
3. **Mount Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure it with the adjustment knob. Attach the padded seat to the seat post.
4. **Attach Handlebar:** Insert the handlebar post into the main frame. Adjust the height and secure it with the adjustment knob. Attach the handlebar assembly to the post.
5. **Final Check:** Double-check all bolts and connections to ensure they are tight and secure before first use.



Image: This illustration demonstrates the adjustable seat and handlebar features, highlighting the 4-way seat adjustment and 2-way handlebar adjustment for personalized comfort.

OPERATING INSTRUCTIONS

Adjusting the Bike

- **Seat Adjustment:** The padded seat can be adjusted 4 ways (up/down, forward/backward) to accommodate users between 1.42m and 1.88m (4'8" to 6'2") in height. Loosen the adjustment knob, move the seat to the desired position, and tighten the knob firmly.
- **Handlebar Adjustment:** The handlebar can be adjusted 2 ways (up/down) with a height range of 92 cm to 1 m. Loosen the adjustment knob, move the handlebar to a comfortable height, and tighten the knob.
- **Resistance Adjustment:** Rotate the resistance knob to increase or decrease the friction on the flywheel. Turn clockwise for more resistance, counter-clockwise for less. The bike offers infinitely adjustable resistance levels.
- **Emergency Stop:** Press down firmly on the resistance knob to engage the emergency brake and stop the flywheel immediately.

Starting Your Workout

1. Mount the bike by stepping over the frame.
2. Place your feet into the adjustable foot straps on the pedals and secure them.
3. Begin pedaling. The electronic LED display will automatically activate.

Power Up Fast Boost Your Efficiency

6-Type Data Tracking Display



Image: This image displays the enhanced LED screen, which tracks real-time metrics such as time, speed, distance, and calories burned.

APP INTEGRATION

Enhance your fitness journey by connecting your MERACH Exercise Bike to the dedicated MERACH app and other compatible third-party applications.

- **MERACH App:** Download the MERACH app from your device's app store. The app offers a wide range of free exercise classes and customized training programs. It tracks real-time metrics including distance, time, calories, and average heart rate.
- **Third-Party Compatibility:** The bike is compatible with popular fitness apps such as Kinomap and Zwift, providing a comprehensive and interactive fitness experience.

Design Your Personalized Workout Routine

Achieve your goals with training programs from beginner to advanced.

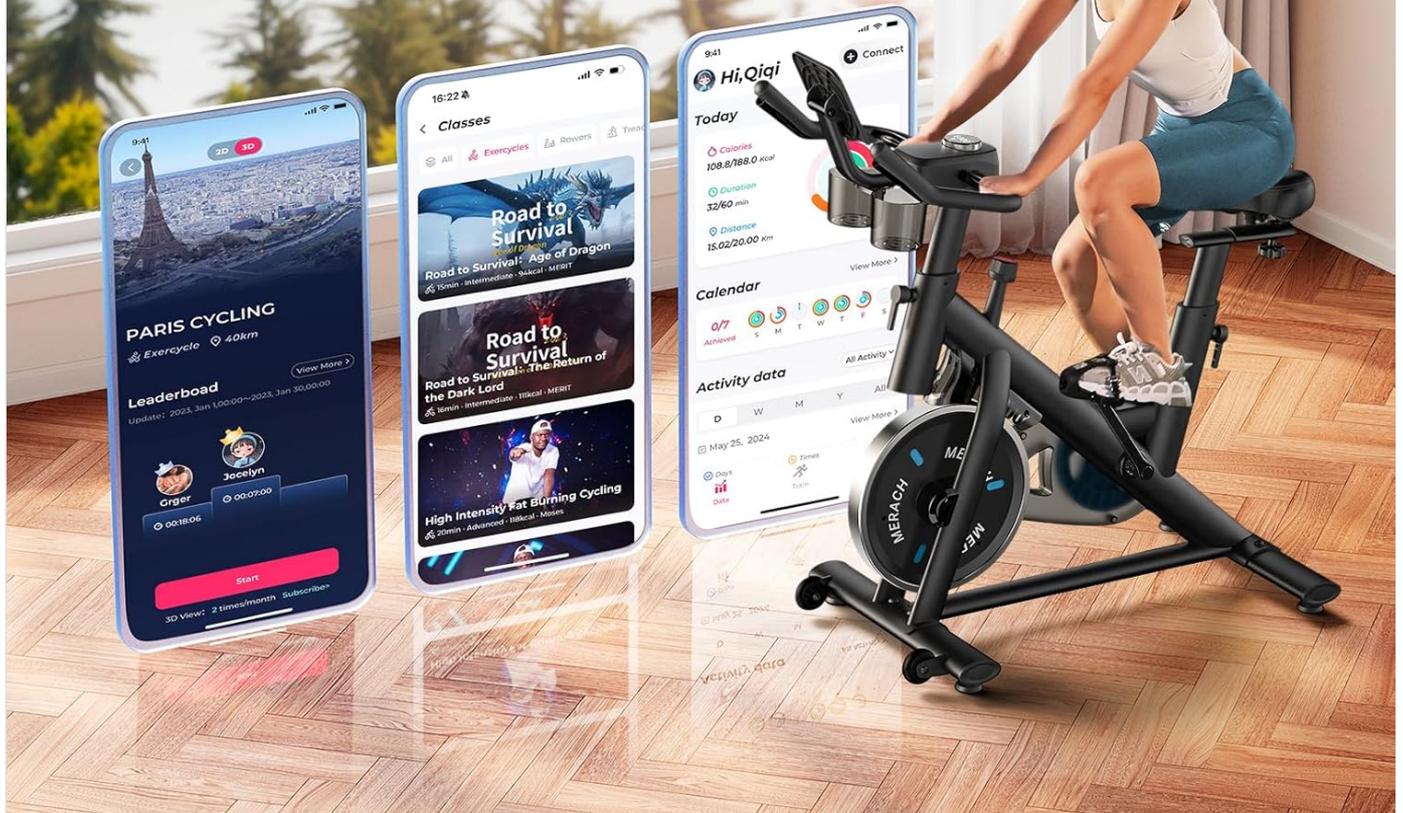


Image: This image illustrates the MERACH exercise bike's connectivity with the MERACH app, showcasing personalized workout routines and data tracking.

MAINTENANCE

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** The belt drive system is designed for low maintenance. No lubrication is typically required for the belt.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Belt Check:** Inspect the multi-groove belt for any signs of wear, fraying, or damage. Contact customer support if replacement is needed.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Refer to the following table for common issues and their solutions:

Problem	Possible Cause	Solution
Squeaking or grinding noise during operation	Loose parts, friction pad wear, or debris in flywheel area.	Check and tighten all bolts. Inspect friction pad for wear. Clean any debris from the flywheel.
Unstable bike during use	Uneven floor or loose stabilizers.	Adjust the leveling feet on the stabilizers. Ensure stabilizer bolts are tight.
Resistance not changing	Resistance knob mechanism issue.	Ensure the resistance knob is properly engaged. Contact customer support if the issue persists.
Display not working	Batteries depleted or loose connection.	Replace batteries in the LED display. Check cable connections to the display.

SPECIFICATIONS

- **Model:** MR-S26B1-US
- **Color:** Black
- **Drive System:** Belt
- **Resistance Mechanism:** Friction
- **Material:** Alloy Steel
- **Power Source:** Pedal-powered (non-electric)
- **Maximum User Weight:** 120 kg (300 lbs)
- **Flywheel Weight:** 6.8 kg
- **Product Dimensions (L x W x H):** 97.5 x 19 x 76.5 cm
- **Adjustable Handlebar Height:** 92 cm to 1 m
- **Adjustable Seat Height:** 82 cm to 1.03 m
- **Recommended User Height:** 1.42 m to 1.88 m (4'8" to 6'2")
- **Special Features:** App connectivity, adjustable foot straps, adjustable seat, adjustable handlebar, quiet operation, LED display.

WARRANTY AND SUPPORT

MERACH provides lifetime technical support for its products. For any questions, concerns, or technical assistance, please contact MERACH customer support through the official MERACH website or your purchase platform. Please have your model number (MR-S26B1-US) and purchase date available when contacting support.