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## MERACH MR-R10B2

# MERACH Water Rowing Machine MR-R10B2 User Manual

Model: MR-R10B2

## 1. Introduction

Thank you for choosing the MERACH Water Rowing Machine MR-R10B2. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read it thoroughly before use and retain it for future reference.

The MERACH Water Rowing Machine is designed to provide an authentic and effective full-body workout experience. It features a robust design, advanced water resistance, and smart connectivity options to enhance your fitness journey.




A user demonstrating the MERACH Water Rowing Machine in use, highlighting its compact design and integrated display with Bluetooth connectivity.

## 2. Safety Information

To ensure your safety and prevent injury, please observe the following precautions:

- Consult a physician before starting any new exercise program.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or damaged parts before each use. Do not use if any components are compromised.
- Wear appropriate athletic footwear and clothing.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Ensure all bolts and nuts are securely tightened after assembly and check periodically.
- Do not attempt to modify the machine.

## 3. Package Contents

Carefully unpack all components and verify that you have received the following items:

- MERACH Water Rowing Machine (main unit)

- Electric Water Pump
- Water Purification Tablets
- User Manual (this document)
- Assembly Tools (if included)
- 2 AAA Batteries (for monitor)




The product packaging box, clearly labeling the item as the MERACH R10 Water Rowing Machine.

## 4. Assembly Instructions

The MERACH Water Rowing Machine is designed for straightforward assembly. While detailed steps are typically provided in a separate assembly guide or online video, here are general guidelines:

1. **Unpack Components:** Remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools.

3. **Install Seat Rail:** Connect the seat rail to the main frame. Ensure the seat slides smoothly along the rail.
4. **Mount Monitor Stand:** Attach the monitor stand to the front of the machine.
5. **Connect Footrests:** Secure the footrests to the main frame.
6. **Final Checks:** Double-check all connections to ensure they are tight and secure before proceeding to setup.

For visual assistance, please refer to the official MERACH assembly video or detailed instructions available on the MERACH website.

## 5. Setup

### 5.1 Filling the Water Tank

The water tank has a capacity of 15 liters. The resistance level is determined by the amount of water in the tank. More water provides greater resistance.

1. Remove the rubber stopper from the top of the water tank.
2. Use the provided electric water pump to fill the tank with clean tap water. Do not overfill.
3. Add one water purification tablet to the tank. This helps prevent algae growth and keeps the water clear. Repeat every 3-6 months or as needed.
4. Replace the rubber stopper securely.




A visual representation of the upgraded 15-liter polycarbonate water tank, designed for intense resistance, along with the included electric water pump for easy water level adjustment.

### 5.2 Powering the Monitor

The LCD monitor requires 2 AAA batteries (included). Open the battery compartment on the back of the monitor, insert the batteries according to polarity, and close the compartment.

### 5.3 Adjusting the iPad Holder

The integrated iPad holder is multi-angle adjustable. Position it for optimal viewing during your workout.

## 6. Operating Instructions

### 6.1 Using the LCD Monitor

The monitor automatically activates when you begin rowing or press any button. It displays key workout metrics:

- **TIME:** Duration of your workout.

- **CNT (Count):** Total number of strokes.
- **DIST (Distance):** Estimated distance covered.
- **CAL (Calories):** Estimated calories burned.
- **SCAN:** Cycles through all metrics automatically.

Use the **MODE** button to select a specific display metric or activate SCAN mode. Press **SET** to set target values for time, distance, or calories. Press **RESET** to clear all values.




The LCD monitor displaying real-time workout data such as time, stroke count, distance, and calories burned. The monitor stand is multi-angle adjustable.

## 6.2 Bluetooth Connectivity and App Integration

The rowing machine features Bluetooth connectivity for integration with the MERACH app and other compatible fitness applications like Kinomap.

1. **Download the App:** Download the official MERACH app from your device's app store (available on Google Play and the App Store).

2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
3. **Connect:** Open the MERACH app and follow the on-screen instructions to pair with your rowing machine.
4. **Explore Features:** The app offers interactive training, virtual rowing routes, and performance tracking.

*Note: Some users have reported occasional Bluetooth connection issues. If you experience difficulties, try restarting your device and the rowing machine, or consult the app's troubleshooting section.*




The rowing machine's monitor with an iPad connected, showcasing the MERACH app interface for interactive training, games, and instructional videos. Note: Tablet not included.

## 6.3 Rowing Technique

Proper rowing technique is crucial for an effective workout and to prevent injury. Focus on a smooth, continuous motion:

1. **Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
2. **Drive:** Push off with your legs, then swing your back, and finally pull with your arms.
3. **Finish:** Legs extended, back slightly reclined, handle at your lower ribs, elbows past your body.
4. **Recovery:** Extend arms, then pivot forward from the hips, and finally bend knees to return to the catch position.

# 7. Maintenance

## 7.1 Water Tank Maintenance

- Add a water purification tablet every 3-6 months to keep the water clean and prevent algae growth.
- If the water becomes discolored, drain the tank using the electric pump and refill with fresh water and a new purification tablet.

## 7.2 Cleaning

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

## 7.3 Storage

The MERACH Water Rowing Machine can be stored vertically to save space. It features transport wheels for easy movement.

1. Ensure the water tank stopper is securely in place to prevent leakage.
2. Lift the rear of the machine and roll it to your desired storage location.
3. Carefully tilt the machine upright until it rests securely on its front stabilizers.




A user demonstrating the vertical storage capability of the rowing machine, highlighting its space-saving design (occupying only 0.3 m²) and transport wheels for easy movement.

## 8. Troubleshooting

- **Monitor Not Displaying:** Check if the AAA batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Bluetooth Connection Issues:** Ensure Bluetooth is enabled on your device. Try restarting your device and the rowing machine. If problems persist, consult the MERACH app's support section.
- **Unusual Noises:** Inspect all moving parts for any obstructions or loose components. Ensure the seat rollers are clean and the rail is free of debris.
- **Water Leakage:** Verify that the water tank stopper is fully inserted and the tank itself is free of cracks. Contact customer support if leakage persists.

## 9. Specifications

| Feature | Specification |
| --- | --- |
| Model Number | MR-R10B2 |
| Dimensions (L x W x H) | 190 x 50 x 61.4 cm |
| Item Weight | 23.5 kg |
| Maximum User Weight | 160 kg |
| Frame Material | Alloy Steel |
| Resistance Mechanism | Water (12-blade system) |
| Water Tank Capacity | 15 Liters |
| Display Type | LCD |
| Monitor Metrics | Time, Stroke Count, Distance, Calories Burned |
| Connectivity | Bluetooth |
| Power Source (Monitor) | 2 AAA Batteries (included) |
| Special Features | iPad Holder, Vertical Storage, Transport Wheels |




A label on the product packaging displaying key specifications such as brand, model (R10), net weight, gross weight, customer service contact, and manufacturer details.

## 10. Warranty and Support

MERACH is committed to providing excellent customer service and support for its products.

- **Technical Support:** MERACH offers 24/7 technical service and lifelong technical support for products purchased on Amazon.
- **Customer Service Email:** For any inquiries or assistance, please contact support.eu@merach.com.
- **Official Website:** Visit the official MERACH website atmerachfit.com for additional product information, FAQs, and support resources.

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