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› MERACH Under Desk Elliptical Machine User Manual

MERACH MR-E32-V01

MERACH Under Desk Elliptical Machine User Manual

Model: MR-E32-V01

1. PRODUCT OVERVIEW

The MERACH Under Desk Elliptical Machine is a compact and versatile leg exerciser designed for low-intensity exercise, suitable for various users including seniors and individuals in recovery. It features both automatic and manual modes, a comprehensive digital monitor, and anti-slip components for a stable and comfortable experience. This machine helps to burn calories, promote blood circulation, and aid in leg adaptation and recovery.



The MERACH Under Desk Elliptical Machine, showcasing its compact design, remote control, and included resistance bands.

Body Friendly and Safe



Designed to be body-friendly and safe, this elliptical machine supports joint health and promotes circulation.

2. SETUP AND ASSEMBLY

The MERACH Under Desk Elliptical Machine requires no assembly, making it ready for use right out of the box. Simply unbox the unit and prepare it for placement.

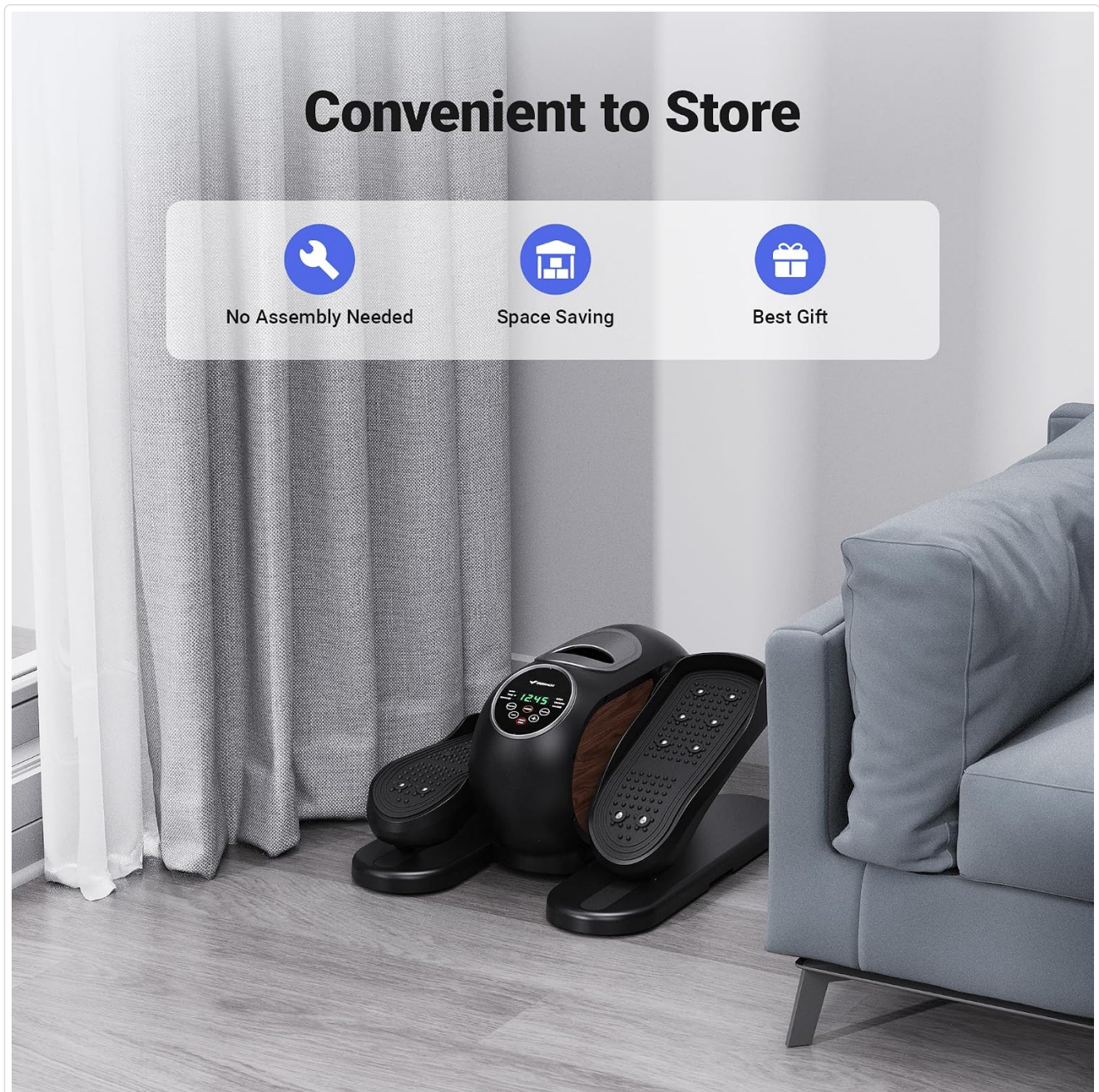
Included Components:

- 1 x Elliptical Machine
- 1 x Lubricant
- 2 x Resistance Bands
- 1 x Power Cord
- 2 x Foot Straps
- 2 x AAA Batteries (for remote controller)
- 1 x Remote Controller
- 1 x PVC Pad (Anti-slip)

- 1 x User Manual

Initial Setup Steps:

1. **Placement:** Place the elliptical machine on a flat, stable surface. For use under a desk, ensure sufficient clearance for your legs and the machine's movement.
2. **Anti-slip Pad:** Position the included PVC anti-slip pad underneath the machine to prevent movement during use.
3. **Power Connection:** Connect the power cord to the machine and plug it into a standard electrical outlet.
4. **Remote Batteries:** Open the battery compartment on the remote controller and insert the two AAA batteries, observing correct polarity.
5. **Foot Straps:** If desired, attach the foot straps to the pedals for added security during exercise.



The compact design allows for convenient storage when not in use.

3. OPERATING INSTRUCTIONS

Power On/Off:

Press the power button on the machine or the remote control to turn the unit on or off.

Modes of Operation:

The MERACH elliptical offers two primary modes:


- **Manual Mode:** Allows you to select from 12 different speed levels. Use the '+' and '-' buttons on the machine or remote to adjust the speed.
- **Auto Mode (P1-P12):** Provides pre-programmed exercise routines. Use the 'MODE' button to cycle through the P1 to P12 programs.

Digital Monitor (LCD Display):


The integrated LCD display provides real-time exercise data. The display faces the user for easy readability. It cycles through the following metrics:

Easy to Read LCD Screen


The LCD Screen Faces the User, Providing a Wider Field of View




Scan




Time




Distance




Speed



Counter



Calorie



The easy-to-read LCD screen displays key exercise metrics.

- **SCAN:** Automatically cycles through all metrics.
- **TIME:** Displays the duration of your current exercise session.

- **DISTANCE:** Shows the estimated distance covered.
- **SPEED:** Indicates your current pedaling speed.
- **COUNTER:** Tracks the total number of strides.
- **CALORIE:** Estimates the calories burned during your workout.

Remote Control Usage:

The remote control allows for convenient adjustment of settings without bending down. Use it to:

- Turn the machine on/off.
- Switch between Manual and Auto modes.
- Adjust speed levels in Manual mode.
- Select programs in Auto mode.
- Change pedaling direction (forward/reverse).

Using Resistance Bands:

The included resistance bands can be attached to the machine to incorporate upper body exercises, targeting arms, shoulders, and chest. Attach the bands to the designated points on the machine and perform various arm movements while seated.

Exercise While You Work

Engage our upper and lower body with our under-desk bike.



Work and Exercise
at the Same Time

Relieve Work Fatigue

Compact Fits
Your Desk

Exercise conveniently while working or relaxing.

Ultra Quiet & Smooth



The machine operates quietly, allowing for use in various environments without disturbance.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MERACH elliptical machine.

Cleaning:

- Wipe down the machine with a soft, damp cloth after each use to remove dust and sweat.
- Avoid using abrasive cleaners or solvents, as these can damage the finish.

Lubrication:

Apply the included lubricant to moving parts as needed to ensure smooth operation and prevent squeaking. Refer to the specific lubrication points indicated in the user manual diagram (if available in the physical manual).

Storage:

Store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows

for easy storage under a desk or in a closet.

5. TROUBLESHOOTING

If you encounter any issues with your MERACH elliptical machine, refer to the following common troubleshooting steps:

- **Machine not powering on:** Ensure the power cord is securely plugged into both the machine and a working electrical outlet. Check if the outlet is functional.
- **Remote control not responding:** Verify that the AAA batteries in the remote are correctly inserted and not depleted. Replace batteries if necessary. Ensure there are no obstructions between the remote and the machine's sensor.
- **Unusual noises during operation:** Check for any loose parts or debris. Apply lubricant to moving joints as described in the Maintenance section. If the noise persists, contact customer support.
- **Pedals not moving smoothly:** Ensure the machine is on a flat surface. Check for any obstructions around the pedals. Apply lubricant if needed.
- **Display not showing data:** Ensure the machine is powered on. If the display is dim or blank, check power connection.

For issues not covered here, please contact MERACH customer support.

6. SPECIFICATIONS

Feature	Specification
Model Name	MR-E32-V01
Brand	MERACH
Color	Black
Product Dimensions (D x W x H)	17.9"D x 9.64"W x 15.43"H
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	250 Pounds
Maximum Stride Length	15 Inches
Item Package Dimensions (L x W x H)	18 x 16.5 x 11.5 inches
Package Weight	17.5 Pounds
Manufacturer	MERACH
Date First Available	March 15, 2024

7. WARRANTY AND SUPPORT

Warranty Information:

The MERACH Under Desk Elliptical Machine comes with a 1-year warranty from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

Customer Support:

For any questions, technical assistance, or warranty claims, please contact MERACH customer support through the official MERACH website or the contact information provided with your product packaging. Provide your model number (MR-E32-V01) and purchase details when contacting support for faster service.