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MERACH MR-E32

MERACH Under Desk Elliptical MR-E32 Instruction Manual

Model: MR-E32

1. Introduction

This manual provides essential instructions for the safe and effective use of your MERACH Under Desk Elliptical MR-E32. Please read this manual thoroughly before operating the device and retain it for future reference.



Image 1.1: MERACH Under Desk Elliptical MR-E32 and included accessories.

2. Product Components

The MERACH Under Desk Elliptical MR-E32 package includes the following items:

- Elliptical Machine x1
- Lubricant x1
- User Manual x1
- PVC Pad x1
- Power Cord x1
- Remote Controller x1
- AAA Batteries x2 (for remote controller)
- Resistance Bands x2
- Foot Straps x2



Image 2.1: All components included in the MERACH Under Desk Elliptical package.

3. Setup

The MERACH Under Desk Elliptical MR-E32 is designed for immediate use upon unboxing, requiring no assembly.

1. **Unpacking:** Carefully remove the elliptical machine and all accessories from the packaging.
2. **Battery Installation:** Insert the two AAA batteries into the remote control, ensuring correct polarity.
3. **Placement:** Place the included PVC pad on a flat, stable surface where you intend to use the elliptical. Position the elliptical machine on top of the PVC pad to prevent slipping during use.
4. **Power Connection:** Connect the power cord to the elliptical machine and then plug it into a standard electrical outlet.
5. **Optional Foot Straps:** If desired, attach the foot straps to the pedals for added foot security during exercise.
6. **Optional Resistance Bands:** If you plan to use the resistance bands for upper body exercise, attach them to the designated points on the elliptical.



Image 3.1: The MERACH Under Desk Elliptical is pre-assembled and ready for use.

4. Operating Instructions

The MERACH Under Desk Elliptical MR-E32 offers both manual and automatic operation modes, controlled via the integrated panel or the remote control.

4.1 Control Panel and Remote Control

The elliptical can be operated using the buttons on the main unit or the provided remote control. Ensure the remote control is pointed towards the elliptical's display for optimal response.



Image 4.1: Remote control for convenient operation.

4.2 Modes of Operation

- **Manual Mode (HR Mode):** Press the 'Mode' button until 'HR' is displayed. In this mode, you can manually adjust the speed (1-12 levels) and direction (forward/backward) using the 'Speed' and 'Direction' buttons. The elliptical will operate for 15 minutes before automatically powering off.
- **Auto Mode (P1-P12):** Press the 'Mode' button until 'P1' (or another program number) is displayed. This mode offers 12 pre-programmed routines (P1-P12) that automatically adjust speed and direction. Each program runs for 15 minutes.



Image 4.2: Auto Mode and Manual (HR) Mode display.

4.3 LCD Display Functions

The integrated LCD display provides real-time feedback on your exercise session:

- **Time:** Duration of your current exercise session.
- **Distance:** Estimated distance covered.
- **Speed:** Current operating speed.
- **Counter:** Shows the current exercise cycle or revolutions.
- **Calorie:** Estimated calories burned.
- **Scan:** Cycles through all display functions automatically.



Image 4.3: Easy-to-read LCD screen displaying exercise data.

5. Usage Guidelines

5.1 Recommended Use

This under-desk elliptical is suitable for low-intensity exercise, ideal for seniors, individuals in leg rehabilitation, or those seeking to incorporate physical activity into their sedentary routines. It promotes blood circulation, helps prevent fascia adhesion, and can relieve muscle tension in the knees, hips, feet, and legs.



Image 5.1: The elliptical is designed for comfortable use by seniors.

5.2 Anti-Slip Features

The elliptical is equipped with non-slip pedals, foot straps, and anti-slip pads to ensure stability during use. Always use the device on a stable surface, preferably with the provided PVC pad.



Image 5.2: Foot straps and PVC pad for enhanced stability.

5.3 Resistance Bands

The included resistance bands allow for simultaneous upper body exercise, targeting arms, shoulders, and chest. Attach them to the designated points on the elliptical and use them while pedaling for a more comprehensive workout.

5.4 Quiet Operation

The MERACH Under Desk Elliptical features a silent system, ensuring quiet and smooth operation. This allows for use in various environments without causing disturbance, such as offices or shared living spaces.



Image 5.3: The elliptical operates quietly, below 15dB.

6. Maintenance

- **Cleaning:** Wipe the elliptical machine with a soft, damp cloth after each use. Avoid abrasive cleaners or solvents.
- **Lubrication:** The elliptical is designed for low maintenance. If any squeaking or friction is noticed over time, apply a small amount of the provided lubricant to the moving parts as directed in the specific lubricant instructions.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures.

7. Troubleshooting

If you encounter any issues with your MERACH Under Desk Elliptical, please refer to the following common solutions:

- **Device Not Powering On:**
  - Ensure the power cord is securely plugged into both the elliptical and a working electrical outlet.

- Check if the power button on the elliptical is pressed.

- **Remote Control Not Responding:**
  - Verify that the AAA batteries in the remote control are correctly installed and not depleted. Replace if necessary.
  - Ensure the remote control is pointed directly at the elliptical's display.

- **Feet Slipping Off Pedals:**
  - Utilize the included foot straps to secure your feet to the pedals.
  - Ensure you are wearing appropriate footwear.

- **Unusual Noise During Operation:**
  - Ensure the elliptical is placed on a flat, stable surface.
  - Apply the provided lubricant to moving parts if a persistent squeaking sound occurs.

- **Knees Hitting Desk (when used under a desk):**
  - Adjust your chair height or desk height if possible.
  - Position the elliptical further away from your chair to allow for full leg extension.

If problems persist, please contact MERACH customer support.

8. Specifications

Feature	Specification
Model Number	MR-E32
Product Dimensions	19.09 x 16.54 x 11.42 cm (7.5 x 6.5 x 4.5 inches)
Item Weight	8.74 kg (19.27 lbs)
Colour	Classic Black
Material	Alloy Steel
Display Type	LCD
Power Source	Battery Powered (for remote), Electric (for unit)
Resistance Mechanism	Magnetic
Number of Resistance Levels	12
Maximum Weight Recommendation	113.4 kg (250 lbs)

9. Safety Information

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Keep children and pets away from the elliptical machine during operation.

- Ensure the elliptical is placed on a stable, level surface to prevent tipping.
- Do not stand on the elliptical machine. It is designed for seated use only.
- Stop exercising immediately if you feel dizzy, faint, or experience any pain.
- Do not attempt to modify or repair the elliptical machine yourself. Contact customer support for assistance.

10. Warranty and Support

Specific warranty details for the MERACH Under Desk Elliptical MR-E32 are not provided within this document. For warranty information, product support, or to inquire about replacement parts, please refer to the contact information provided with your purchase or visit the official MERACH website.

Manufacturer: MERACH

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