Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

Merach MR-E17

MERACH E17 3-in-1 Cardio Climber Stepping Elliptical Machine User Manual

Model: MR-E17

Important Safety Information

Please read this entire manual carefully before assembling or operating your MERACH E17 machine. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the equipment.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the machine on a solid, level surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 300 lbs (136 kg).
- Use the machine only as described in this manual.

Package Contents

Verify that all components are present before beginning assembly. If any parts are missing or damaged, contact customer service.

- MERACH E17 Main Frame Assembly
- Handlebars (Left and Right)
- Foot Pedals (Left and Right)
- Stabilizer Bars (Front and Rear)
- Console/Display Unit
- Hardware Kit (Screws, Washers, Nuts, Tools)
- Water Bottle Holder
- User Manual (this document)
- 2 AAA Batteries (for console)

Assembly Instructions

Assembly typically requires two people. Follow the numbered steps carefully. Refer to the included screw kit for specific hardware.

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and washers. Ensure they are tightened securely to prevent wobbling.
2. **Install Foot Pedals:** Attach the left and right foot pedals to their respective crank arms. Pay attention to the "L" and "R" markings. Tighten firmly.
3. **Connect Handlebars:** Mount the moving handlebars to the main frame. Connect any internal wiring if present, then secure with bolts.
4. **Mount Console:** Attach the console unit to the console post. Connect the sensor wires from the main frame to the console. Insert the 2 AAA batteries into the console.
5. **Attach Water Bottle Holder:** Secure the water bottle holder to the designated spot on the frame.
6. **Final Check:** Review all connections and ensure all bolts are tightened. Test the machine's stability before first use.



Image: Fully assembled MERACH E17 3-in-1 Cardio Climber Stepping Elliptical Machine with a user demonstrating its use. This image provides a visual reference for the completed assembly.

Setup and Initial Use

Placement

Place the MERACH E17 on a flat, stable surface. Ensure there is at least 2 feet (60 cm) of clear space around the

machine for safe operation and movement.

Powering On the Console

The console is powered by 2 AAA batteries (included). It will automatically turn on when you begin exercising or press any button. It will turn off after a period of inactivity.

Connecting to the MERACH App

The MERACH E17 is designed to connect with the MERACH Fitness App for enhanced workout tracking and interactive experiences.

1. Download the "MERACH" app from your device's app store.
2. Enable Bluetooth on your smartphone or tablet.
3. Open the MERACH app and follow the on-screen instructions to pair with your E17 machine.
4. Ensure the machine is active (e.g., by stepping on the pedals) for the app to detect it.



Image: A tablet displaying the MERACH Fitness App interface, showing workout metrics and an immersive game-like environment. This illustrates the app's functionality and visual design.

Operating Instructions

Understanding the 3-in-1 Functionality

The MERACH E17 combines three exercise types:

- **Elliptical Trainer:** Provides a smooth, low-impact full-body workout.
- **Climbing Machine:** Simulates mountain climbing with a 45° slope and 11" vertical stride, targeting lower body muscles.
- **Stair Stepper:** Focuses on stepping motion for glutes and leg muscles.



Image: A graphic illustrating the MERACH E17's 3-in-1 functionality, showing icons for Elliptical Trainer, Climbing Machine, and Stair Stepper combining into the single machine. This visually explains the versatile nature of the equipment.

Climbing or Traditional Elliptical?

Your pick for the perfect workout



Vs



Intense Exercise Up & down vertical mountaineering simulation	MOVEMENT TRACE	**Gentle Exercise** Back & forth circular motion
Sculpted Butt & Legs Targeted lower body exercises for perfect curves	EXERCISE EFFECT	**Full-Body Fusion** Engage arms and legs for total fitness
Rapid Weight Loss Burn fat fast, shape your body fast	SUITABLE CROWD	**Low Impact Exercise** Ideal for knee injury & low impact workouts

Image: A comparison chart highlighting the differences between the MERACH E17's climbing elliptical motion (intense, vertical mountaineering simulation) and a traditional elliptical (gentle, back & forth circular motion). It details movement trace, exercise effect, and suitable users for each mode.

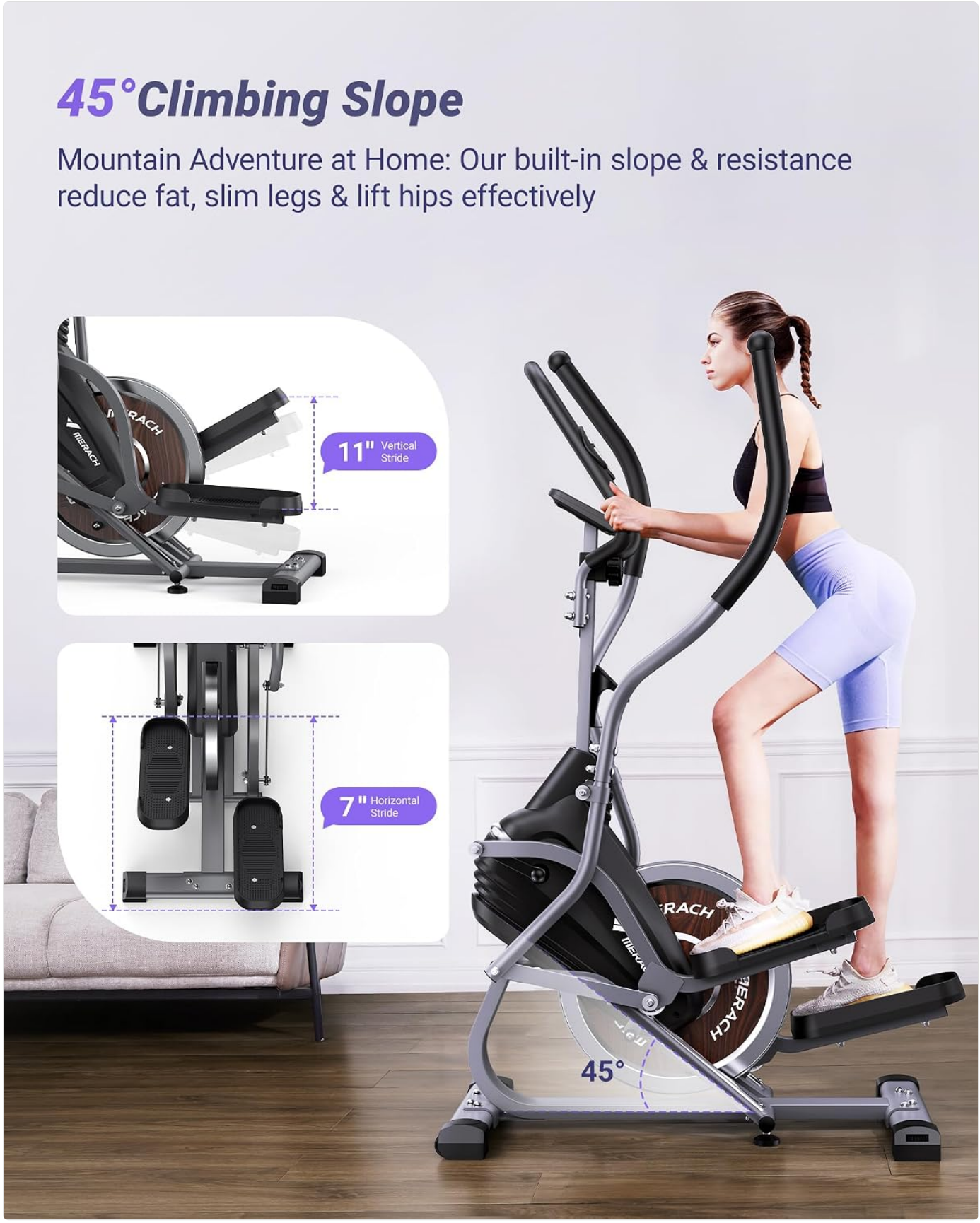


Image: A visual representation of the MERACH E17 demonstrating its 45-degree climbing slope, 11-inch vertical stride, and 7-inch horizontal stride. This highlights the machine's unique climbing simulation feature.

Adjusting Resistance

The MERACH E17 features 16 levels of ultra-quiet magnetic resistance. To adjust the resistance, turn the tension control knob located on the main frame. Turn clockwise for higher resistance, and counter-clockwise for lower resistance.

- **Levels 1-4:** Leisure Sports Mode (Light intensity)

- **Levels 5-8:** Physical Training Mode (Moderate intensity)
- **Levels 9-12:** Shaping Training Mode (Higher intensity)
- **Levels 13-16:** Fitness Mode (Maximum intensity)



Image: A close-up of the 16-level resistance adjustment knob on the MERACH E17, showing the range from "LOW" to "HIGH" and indicating different exercise modes for each level range. This illustrates how to control workout intensity.



Image: An internal view highlighting the MERACH E17's Hyper Silent Magnetic Resistance System, featuring a 16 lbs flywheel. This image emphasizes the quiet operation and robust resistance mechanism.

Using the Console

The console displays key workout metrics such as time, distance, speed, calories burned, and pulse (if applicable). Refer to the console's specific instructions for detailed navigation and mode selection.

Maintenance

Regular maintenance ensures the longevity and safe operation of your MERACH E17 machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not lubricate internal components unless specifically instructed by customer service.
- **Storage:** Store the machine in a dry, cool place away from direct sunlight and extreme temperatures. The built-in transport wheels allow for easy relocation.



Image: The MERACH E17 Elliptical Machine positioned in a living space, demonstrating its compact design and dimensions (37.6L x 26.5W x 62.4H inches). This highlights its space-saving feature and ease of integration into home environments.

TROUBLESHOOTING

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
Console not displaying data	Dead batteries; Loose sensor connection	Replace AAA batteries; Check and secure all console wiring connections.
Machine makes noise during operation	Loose bolts; Worn parts	Inspect and tighten all assembly bolts. If noise persists, contact customer service.
Resistance not changing	Resistance cable disconnected or damaged	Ensure the resistance cable is properly connected. If the issue continues, contact customer service.
App not connecting to machine	Bluetooth off; Machine not active; App issues	Ensure Bluetooth is enabled. Start exercising to activate the machine. Restart the app or your device.

Specifications

Model: MR-E17

Type: 3-in-1 Cardio Climber Stepping Elliptical Machine

Resistance System: Magnetic

Resistance Levels: 16

Flywheel Weight: 16 lbs

Maximum User Weight: 300 lbs (136 kg)

Product Dimensions (L x W x H): 37.6 x 26.5 x 62.4 inches (95.5 x 67.3 x 158.5 cm)

Covering Area: 6.9 Square Feet

Product Weight: 85 lbs (38.56 kg)

Material: High-density Carbon Steel

Power Source (Console): 2 x AAA Batteries (included)

Stride Length (Vertical): 11 inches

Stride Length (Horizontal): 7 inches

Warranty and Customer Support

MERACH products are backed by a **one-year manufacturer's warranty** from the date of purchase. This warranty covers defects in materials and workmanship under normal use.
If you encounter any quality issues or require assistance with your MERACH E17 machine, please contact our dedicated customer support team. Our team is committed to providing prompt and reliable assistance to ensure your satisfaction. Please have your model number (MR-E17) and proof of purchase ready when contacting support.

© 2024 MERACH. All rights reserved.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0CTCYKMZ8

More documents and user manuals: **https://manuals.plus/**