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MERACH S15B

MERACH Folding Exercise Bike User Manual

Model: S15B

1. Introduction

This manual provides essential information for the safe and effective use of your MERACH Folding Exercise Bike, Model S15B. Please read this manual thoroughly before assembly, operation, or maintenance to ensure proper function and longevity of your equipment.



Figure 1: MERACH Folding Exercise Bike (Model S15B) - Graphite Gray

This image displays the MERACH Folding Exercise Bike in its upright configuration, showcasing its compact design and integrated features such as the LCD monitor, handlebars, and seat with backrest. The bike is presented in a graphite gray color with teal accents.

2. Safety Information

- Consult your physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the equipment during operation.
- Place the exercise bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.

- Do not exceed the maximum weight capacity of 300 pounds (136 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

3. Setup and Assembly

The MERACH Folding Exercise Bike is designed for straightforward assembly. Basic tools are included, but a socket set may expedite the process. Assembly typically takes approximately 45 minutes.

3.1 Unpacking and Component Check

Carefully remove all components from the packaging. Verify that all parts listed in the assembly guide (not provided in this manual, refer to included physical guide) are present and undamaged.

3.2 Initial Assembly Steps

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring they are tightened correctly (left pedal is reverse threaded).
3. Mount the seat and backrest onto the seat post.
4. Attach the handlebars and the LCD monitor.
5. Connect the tension bands for arm exercises.

3.3 Battery Installation for LCD Monitor

The LCD monitor requires 2 AAA batteries (included). Locate the battery compartment on the back of the monitor, insert the batteries with correct polarity, and close the cover.



Figure 2: LCD Monitor Display

This image shows a close-up of the MERACH exercise bike's LCD monitor, displaying various metrics such as time, speed, distance, calories, and pulse. It also illustrates different heart rate intensity zones.

4. Operating Instructions

Your MERACH Folding Exercise Bike offers versatile workout options with its 4-in-1 design and adjustable features.

4.1 Adjusting Bike Configuration (4-in-1 Modes)

The bike can be configured for upright cycling, recumbent cycling, arm strength exercises, and back exercises. Adjust the frame and seat position as needed to switch between modes. Refer to the physical assembly guide for specific adjustment points.

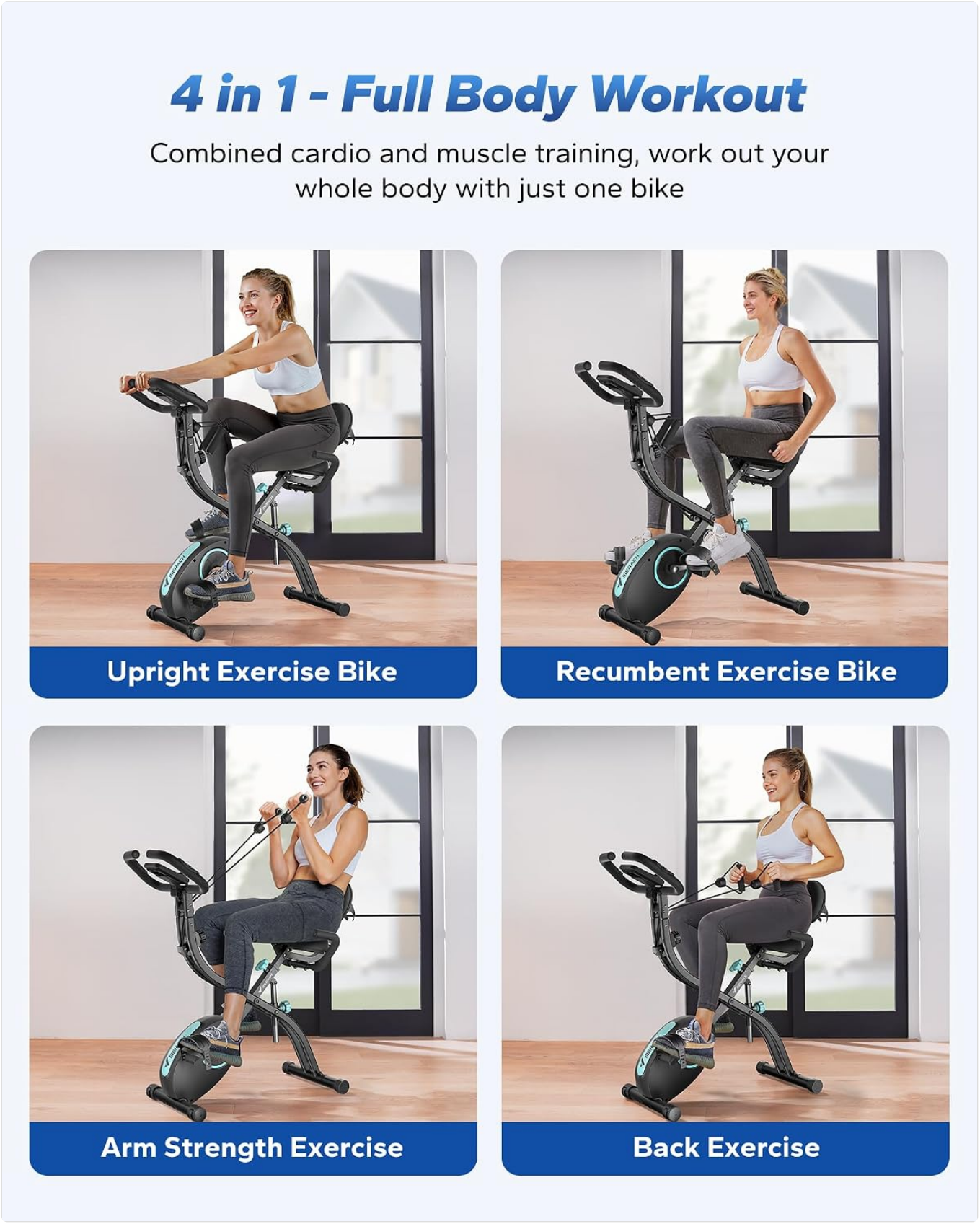

Figure 3: 4-in-1 Full Body Workout Options

This composite image demonstrates the four different workout configurations of the MERACH bike: Upright Exercise Bike, Recumbent

Exercise Bike, Arm Strength Exercise (using resistance bands), and Back Exercise (also using resistance bands).

4.2 Resistance Adjustment

The bike features 16 levels of magnetic resistance. Turn the resistance knob located on the main frame to increase (higher number) or decrease (lower number) the workout intensity. Higher levels provide a more challenging workout, suitable for cardio or muscle shaping, while lower levels are ideal for leisure exercise.



Figure 4: 16 Levels Resistance Adjustment

This image highlights the resistance adjustment knob on the MERACH exercise bike, showing the range from 1 to 16. It also provides

icons indicating recommended resistance levels for different workout types: Leisure Exercise (1-4), Cardio Workout (5-8), Shaping Exercise (9-12), and Stabilizing Muscle (13-16).

4.3 Using the LCD Monitor

The LCD monitor displays key workout metrics:

- **TIME:** Duration of your workout.
- **SPEED:** Current cycling speed.
- **DISTANCE:** Total distance covered during the current workout.
- **CALORIES:** Estimated calories burned.
- **ODOMETER:** Total accumulated distance.
- **PULSE:** Your heart rate, measured via the pulse grips on the handlebars.

Press the "MODE" button to cycle through the display functions. The monitor automatically turns on when activity is detected and turns off after a period of inactivity.

4.4 MERACH APP Connectivity

Enhance your workout experience by connecting the bike to the free MERACH APP via Bluetooth. The app provides real-time data recording, tracks your progress, and offers additional workout options, including compatibility with Kinomap.

1. Download the "MERACH" app from your device's app store (available on App Store and Google Play).
2. Enable Bluetooth on your smartphone or tablet.
3. Open the MERACH app and follow the on-screen instructions to pair with your exercise bike.
4. Once connected, your exercise data will be recorded and displayed within the app.

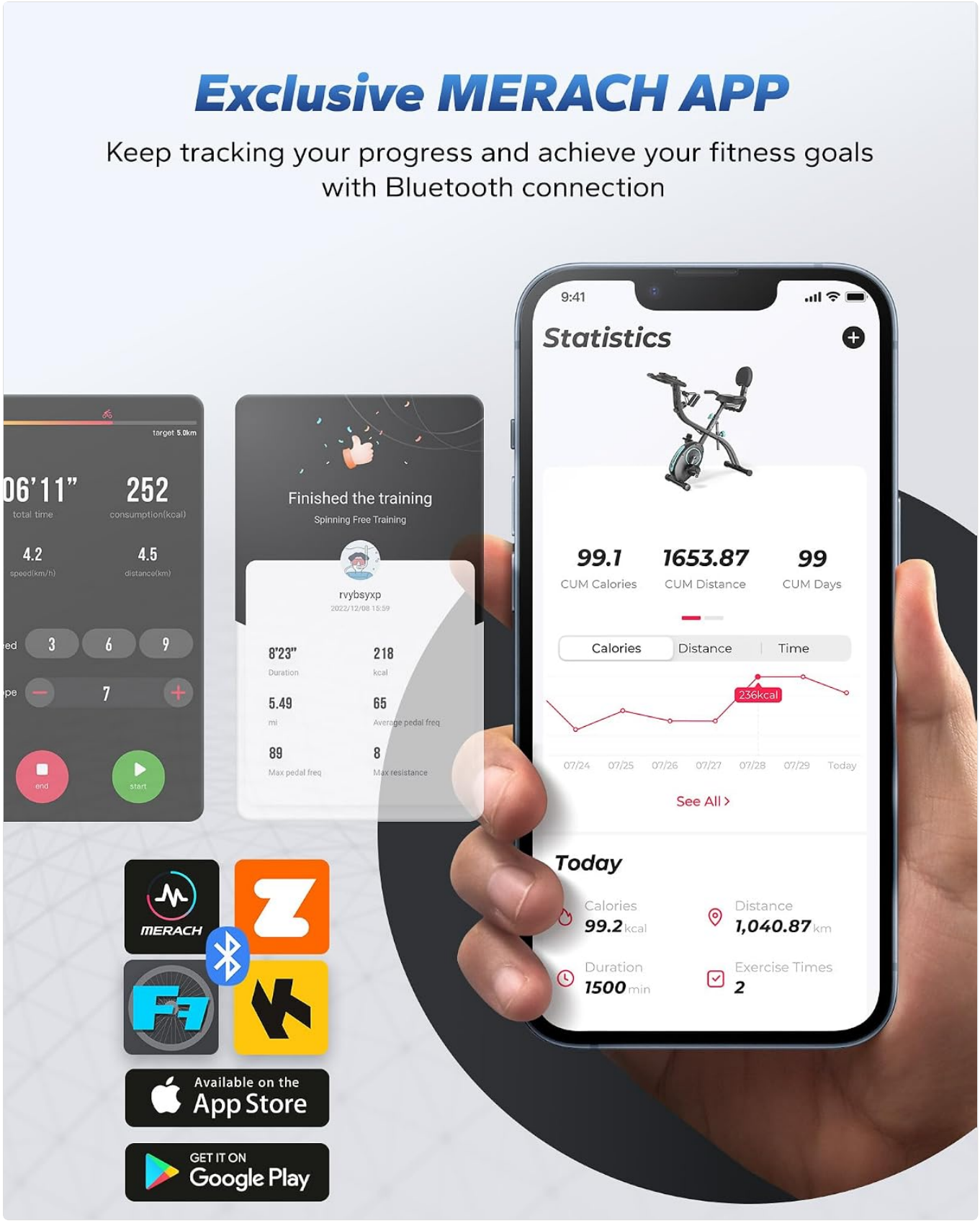

Figure 5: Exclusive MERACH APP Data Recording

This image illustrates the MERACH mobile application interface, showing various screens for tracking exercise data, including statistics, completed training summaries, and available workout classes. It highlights the Bluetooth connectivity feature and compatibility with other fitness apps like Kinomap.

4.5 Seat Adjustment

The seat height is adjustable to accommodate users from 4'4" to 6'6". Loosen the adjustment knob, slide the seat post to the desired height, and securely tighten the knob before use. The oversized cushion and backrest provide comfort during workouts.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH Folding Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **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. If you notice any squeaking from moving parts (e.g., pedals), apply a small amount of silicone-based lubricant.
- **Battery Replacement:** Replace the AAA batteries in the LCD monitor when the display becomes dim or unresponsive.
- **Storage:** When not in use, fold the bike to save space. Ensure it is stored in a dry, cool place away from direct sunlight and extreme temperatures.



Figure 6: Portable and Space-Saving Design

This image illustrates the compact, foldable design of the MERACH exercise bike, showing its dimensions when unfolded (42.72 x 20.87 x 45.47 inches) and when folded (20.47 x 52.76 inches). It highlights the bike's suitability for users between 4'4" and 6'6" and its 300 LBS weight capacity.

6. Troubleshooting

If you encounter issues with your MERACH Folding Exercise Bike, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
LCD Monitor not displaying or dim	Batteries are dead or incorrectly installed. Loose connection to the monitor.	Replace AAA batteries, ensuring correct polarity. Check the cable connection to the monitor.
Bluetooth APP not connecting	Bluetooth is off on your device. Bike is not active. App pairing issue.	Ensure Bluetooth is enabled on your smartphone/tablet. Begin pedaling to activate the bike's Bluetooth signal. Try unpairing and re-pairing the bike within the MERACH app settings. Restarting the app or device may also help.
Unusual noise during operation	Loose bolts or components. Friction in moving parts.	Inspect and tighten all visible bolts and nuts. Apply a small amount of silicone lubricant to pedal axles or other friction points if identified.
Resistance not changing	Internal mechanism issue.	Ensure the resistance knob is turning freely. If the issue persists, contact customer support.

7. Specifications

Model Number	S15B
Brand	MERACH
Colour	Graphite Gray
Material	Alloy Steel
Product Dimensions (Unfolded)	95 x 53 x 116 cm (37.4 x 20.87 x 45.7 inches)
Folded Dimensions	20.47 x 52.76 inches
Item Weight	18.01 kg (39.7 lbs)
Maximum Weight Capacity	300 lbs (136 kg)
Recommended User Height	4'4" to 6'6"
Resistance Mechanism	Magnetic
Resistance Levels	16 Levels

Display Type	LCD
Monitor Metrics	Time, Speed, Distance, Calories, Odometer, Heart Rate
Power Source	Battery Powered (2 AAA batteries included)
Special Features	4-in-1 Design, Foldable, Exclusive MERACH APP, Transport Wheels, Armbands

8. Warranty and Support

For warranty information, technical support, or any inquiries regarding your MERACH Folding Exercise Bike, please contact MERACH customer service directly. Refer to the contact information provided with your product packaging or visit the official MERACH website.

MERACH Customer Service:

Contact details typically found on product packaging or official brand website.

Online support may be available through the MERACH APP or brand website.

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