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MERACH R17

MERACH Water Rowing Machine R17 User Manual

Model: R17 | Bring the Outdoors Home with Realistic Water Resistance

1. Product Overview

The MERACH Water Rowing Machine R17 is designed to provide an authentic and effective full-body workout experience. Featuring a unique 45-degree angled 15L large-capacity polycarbonate water tank, it offers 30% enhanced resistance compared to traditional flat tanks, ensuring a stable, leak-proof, and impact-resistant rowing session. Its robust design accommodates users up to 350 lbs and heights from 1.2 to 2 meters. The machine boasts a 90% pre-assembled frame for quick setup and a smart backlit LCD monitor that connects via Bluetooth to the MERACH APP for comprehensive data tracking, virtual rowing experiences, and interactive games.



Image: The MERACH Water Rowing Machine R17, showcasing its sleek design and integrated monitor.

2. Safety Information

Before operating the MERACH Water Rowing Machine R17, please read and understand all safety precautions. Failure to do so may result in injury or damage to the equipment.

- Consult a physician before beginning any exercise program.
- Ensure the machine is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight capacity of 350 lbs.
- Inspect the machine for loose parts or damage before each use.
- Wear appropriate athletic footwear and clothing.

3. Setup & Assembly

The MERACH R17 Water Rowing Machine is designed for quick and easy assembly, with approximately 90% of the frame pre-assembled. Please follow the steps below, referring to the official installation video for visual guidance.

▶ **Watch video online**
R17 Installation Guide

Video: Official MERACH R17 Installation Guide. This video provides a step-by-step visual walkthrough of the assembly process.

Assembly Steps:

1. **Prepare Your Work Space:** Ensure you have enough clear space for assembly. (Refer to video timestamp 0:04)
2. **Assemble the Seat Cushion and Rear Foot Tube:** Install the seat cushion onto the slide rail, then attach the rear foot tube to the slide rail using the provided hardware. (Refer to video timestamp 0:06)
3. **Assemble the Main Frame and Front Foot Tube:** Connect the main frame to the front foot tube. (Refer to video timestamp 0:09)
4. **Connect the Slide Rail to the Main Frame:** Align and secure the assembled slide rail section to the main frame. (Refer to video timestamp 0:12)
5. **Assemble the Monitor:** Attach the monitor to its designated position on the main frame. Ensure the tension belt is flat on the track before installing the monitor. (Refer to video timestamp 0:15)
6. **Install Batteries:** Insert the 2PCS AA batteries (included) into the monitor. (Refer to video timestamp 0:18)



Image: Components of the MERACH R17 laid out for assembly, highlighting the ease of setup.

4. Operating Instructions

Getting Started:

Once assembled, ensure all connections are secure. The machine is ready for use. The water tank provides natural, dynamic resistance that increases with the intensity of your stroke.

Adjusting Resistance:

The 45-degree angled 15L water tank inherently provides enhanced resistance. To adjust the resistance level, you can vary the amount of water in the tank. More water generally means higher resistance. Use the included electric water pump for easy filling and draining.



Image: The electric water pump for convenient water tank management.

Using the Smart Backlit Monitor & MERACH APP:

The upgraded backlit display accurately captures workout data. Connect your monitor via Bluetooth to the MERACH APP for an enhanced experience:

- **Data Tracking:** View real-time metrics such as time, distance, calories, and strokes.
- **Virtual Rowing:** Experience rowing on lakes around the world.
- **Gamified Workouts:** Engage in interactive games to make your workouts more exciting.
- **Dynamic Footrests:** Adjust the footrests to maintain optimal rowing dynamics and prevent improper movement.



Image: The MERACH R17 monitor with a smartphone connected, demonstrating app integration.

5. Maintenance

Water Tank Care:

- **Water Quality:** Use distilled water to prevent mineral buildup and algae growth. Add a purification tablet (not included) every 6-12 months or as needed.
- **Filling/Draining:** Use the provided electric pump for convenient water management. Do not overfill the tank.

General Cleaning:

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

Checking Connections:

Periodically check all bolts, screws, and connections to ensure they are tight and secure. Tighten any loose components immediately.

Storage:

The MERACH R17 is designed for easy vertical storage, occupying only 2.75 sq. ft. This leak-proof design ensures no water spillage when stored upright.



Image: The MERACH R17 stored vertically, demonstrating its space-saving design.

6. Troubleshooting

If you encounter any issues with your MERACH Water Rowing Machine R17, please refer to the common problems and solutions below:

Problem	Possible Cause	Solution
Monitor not turning on or dim display	Low or dead batteries; incorrect battery installation.	Replace batteries (2 AA). Ensure correct polarity.
Bluetooth connectivity issues	Monitor not active; app not updated; device too far.	Ensure monitor is on. Update MERACH APP. Keep device close to monitor.
Unusual noise during rowing	Loose bolts; debris on rail; worn parts.	Check and tighten all bolts. Clean the seat rail. Contact support if noise persists.

Problem	Possible Cause	Solution
Resistance feels inconsistent	Insufficient water in tank; air bubbles in tank.	Check water level and add water if necessary. Gently rock the machine to release air bubbles.

7. Specifications

Feature	Description
Brand	MERACH
Model Name	R17FU (R17)
Resistance Mechanism	Water (45° Incline Tank)
Water Tank Capacity	15 Liters
Maximum Weight Capacity	350 Pounds
Product Dimensions (LxWxH)	68"D x 17"W x 22"H
Item Weight	53 Pounds
Frame Material	Alloy Steel
Display Type	Backlit LCD Monitor
Power Source	Battery Powered (2 AA batteries required)
Special Feature	Adjustable Resistance, Bluetooth Connectivity, MERACH APP Integration

8. Warranty and Support

Warranty Information:

The MERACH Water Rowing Machine R17 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 technical assistance, troubleshooting not covered in this manual, or warranty inquiries, please contact MERACH customer support. MERACH is committed to providing lifetime technical support for a superior customer experience.

Online Support: Visit the official MERACH store on Amazon for FAQs and support resources.MERACH Amazon Store

Email Support: Refer to your product packaging or the MERACH Amazon store page for the most current contact email.



Image: MERACH's commitment to rapid response times, expert technical assistance, and high service quality.

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