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MERACH MR-T19

MERACH Walking Pad User Manual

Model: MR-T19

Brand: MERACH

1. Product Overview

The MERACH Walking Pad (Model MR-T19) is a versatile and compact under-desk treadmill designed to integrate fitness into your daily routine, whether at home or in the office. It offers a quiet and comfortable walking experience with advanced features for user convenience and safety.

Key Features:

- **3-in-1 Functionality:** Supports Walk (low-impact), Work (active while working), and Jog (low-intensity running) modes.
- **Advanced Shock Absorption:** Features a 5-layer running belt, 6 silicone shock absorbers, and 2-layer rubber pads to protect knees and joints.
- **Smart Control:** Equipped with an LED display for real-time data, a wireless remote control for speed adjustment, and an exclusive MERACH APP for personalized training.
- **Powerful & Quiet Motor:** A 2.5HP motor ensures smooth operation with noise levels below 40dB, supporting users up to 265 lbs.
- **Space-Saving Design:** Arrives fully assembled and can be easily stored under furniture thanks to its slim profile and built-in transport wheels.



Image: The MERACH Walking Pad, showcasing its compact design and versatility for both walking and under-desk use.

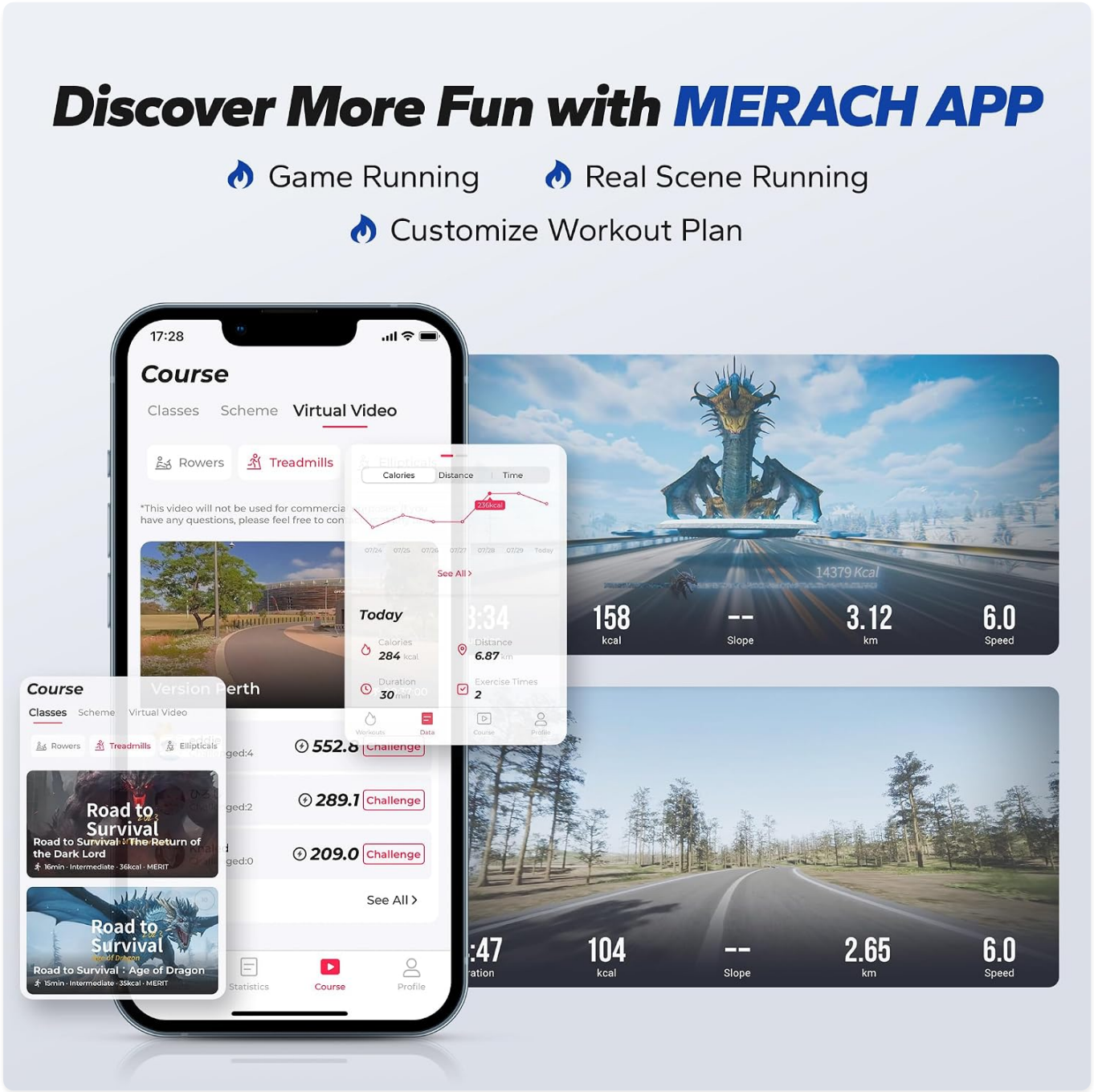

Image: Detailed view of the walking pad's effective shock absorption system, highlighting its five layers and silicone shock absorbers for knee protection.

2. Important Safety Instructions

Please read all instructions carefully before using the MERACH Walking Pad. Keep this manual for future reference.

- Ensure the walking pad is placed on a flat, stable surface.
- Maintain a clear area of at least 2 feet (0.6 meters) behind and on each side of the walking pad.
- Do not allow children or pets near the walking pad while it is in operation.
- Wear appropriate athletic footwear during use.
- If you feel dizzy, nauseous, or experience any pain, stop exercising immediately.
- Always unplug the walking pad from the power outlet when not in use or before cleaning/maintenance.
- Do not operate the walking pad if it has a damaged cord or plug, or if it has been dropped or damaged.

- This product is intended for home and office use only.

3. What's Included

Upon unboxing, please verify that all components are present:

- MERACH Walking Pad (MR-T19)
- Remote Control
- Power Cord
- User Manual
- Wrench (for adjustments)
- Lubricant (for maintenance)
- 2 x AA Batteries (for remote control)

4. Setup and Initial Use

The MERACH Walking Pad comes fully assembled, requiring minimal setup before first use.

1. **Unpack:** Carefully remove the walking pad and all accessories from the packaging.
2. **Placement:** Place the walking pad on a firm, level surface. Ensure there is adequate space around the unit for safe operation.
3. **Power Connection:** Connect the power cord to the walking pad's power port and then plug it into a standard electrical outlet.
4. **Remote Control Batteries:** Insert the two AA batteries into the remote control, ensuring correct polarity.
5. **Power On:** Locate the main power switch on the walking pad (usually near the power cord connection) and switch it to the 'ON' position. The LED display should illuminate.



Image: The MERACH Walking Pad being easily moved and stored, demonstrating its portability and space-saving design with transport wheels.

5. Operating Instructions

5.1 Modes of Operation

The MERACH Walking Pad supports three distinct modes to suit various fitness needs:

- **Walk Mode (0.6 - 2 MPH):** Ideal for low-impact exercise, suitable for seniors or light activity.
- **Work Mode (0.6 - 2 MPH):** Designed for professionals to stay active while working at a standing desk.
- **Jog Mode (2 - 3.8 MPH):** For heavier users or those seeking low-intensity running.



Image: Visual representation of the MERACH Walking Pad's three modes: Walk, Work, and Jog, illustrating its versatility.

5.2 Using the Remote Control

The wireless remote control allows for easy adjustment of speed and control of the walking pad.

- **Start/Stop:** Press the power button on the remote to start or stop the walking pad.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed in increments. The speed range is 0.6 to 3.8 MPH.

5.3 LED Display

The integrated LED display provides real-time workout data:

- **Speed:** Current walking/jogging speed.
- **Distance:** Total distance covered during the session.
- **Time:** Duration of the workout.
- **Calories:** Estimated calories burned.



Image: Close-up of the MERACH Walking Pad's intuitive LED display, showing real-time exercise data including speed, time, distance, and calories burned.

5.4 MERACH APP Connectivity

Enhance your workout experience by connecting the walking pad to the exclusive MERACH fitness APP.

1. Download the MERACH APP from your device's app store.
2. Enable Bluetooth on your mobile device.
3. Open the MERACH APP and follow the on-screen instructions to pair with your walking pad.
4. Access personal trainer-led courses, track detailed progress, and set fitness goals within the app.



Image: The MERACH APP interface, demonstrating its features for game running, real scene running, and customized workout plans.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH Walking Pad.

6.1 Cleaning

- Always unplug the walking pad before cleaning.
- Wipe down the surface of the walking pad with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the finish.
- Periodically vacuum underneath the walking pad to prevent dust buildup.

6.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the detailed maintenance schedule in the included instruction booklet, which is based on usage frequency and user weight.

- Unplug the walking pad.
- Carefully lift the edge of the running belt.
- Apply a small amount of the provided lubricant evenly onto the center of the deck, underneath the belt.
- Plug in the walking pad and run it at a low speed (e.g., 1 MPH) for 2-3 minutes to distribute the lubricant.

6.3 Storage

When not in use, store the walking pad in a dry, cool place away from direct sunlight and moisture. Its slim design allows for easy storage under a bed, sofa, or in a corner.

7. Troubleshooting

If you encounter issues with your MERACH Walking Pad, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; Main power switch off; Outlet issue.	Check power cord connection; Ensure main power switch is ON; Test outlet with another device.
Belt stops or slips during use.	Belt requires lubrication; Belt tension is too loose.	Lubricate the running belt (refer to Section 6.2); Adjust belt tension as per manual instructions (use provided wrench).
Unusual noise from the walking pad.	Loose components; Lack of lubrication; Foreign object under belt.	Check for and tighten any loose screws; Lubricate the belt; Carefully inspect under the belt for obstructions.
Remote control not responding.	Batteries are dead or incorrectly inserted; Remote not paired.	Replace batteries, ensuring correct polarity; Refer to pairing instructions in the full manual if applicable.

If the problem persists after attempting these solutions, please contact MERACH customer support.

8. Product Specifications

Specification	Detail
Model Number	MR-T19
Product Dimensions (L x W x H)	125 x 56.5 x 15.5 cm (49.21 x 22.24 x 6.1 inches)
Item Weight	22.3 kg (49.16 lbs)
Maximum Weight Capacity	265 lbs (120 kg)
Motor Horsepower	2.5 HP

Specification	Detail
Speed Range	0.6 - 3.8 MPH
Noise Level	<40 dB
Frame Material	Alloy Steel
Display Type	LCD
Power Source	Corded Electric

9. Warranty and Support

9.1 Limited Warranty

The MERACH Walking Pad (Model MR-T19) comes with a 1-year limited warranty from the date of purchase. This warranty covers manufacturing defects and workmanship under normal use. It does not cover damage caused by misuse, accident, unauthorized modification, or improper maintenance.

Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For technical assistance, troubleshooting, or warranty inquiries, please contact MERACH customer support. We provide 24/7 technical service to ensure a superior customer experience.

Contact Information:

Website: Visit the MERACH Store on Amazon

Email: Refer to your product packaging or the official MERACH website for the most current support email address.

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