**MERACH MR-T19**

# MERACH Walking Pad Under Desk Treadmill MR-T19 User Manual

Model: MR-T19

## 1. Important Safety Instructions

Before using the MERACH Walking Pad, please read and understand all safety instructions. Keep this manual for future reference.

- **Placement:** Place the walking pad on a flat, stable surface with at least 0.6 meters (2 feet) of clear space around it.
- **Power Supply:** Connect the walking pad to a properly grounded outlet. Do not use extension cords or adapters.
- **User Weight:** Do not exceed the maximum user weight of 265 lbs (99.79 kg).
- **Footwear:** Always wear appropriate athletic footwear when using the walking pad.
- **Children and Pets:** Keep children and pets away from the walking pad during operation.
- **Emergency Stop:** Familiarize yourself with the emergency stop procedure.
- **Medical Conditions:** Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions.
- **Unplug When Not in Use:** Always unplug the walking pad from the power outlet when not in use or before cleaning/maintenance.

## 2. Product Overview

The MERACH Walking Pad MR-T19 is a versatile 2-in-1 under-desk treadmill designed for home and office use. It offers multiple exercise modes and features for a comfortable and effective workout.

## Key Features:

- **3-in-1 Modes:** Supports Walk, Work, and Jog modes for varied exercise intensities.
- **Premium Running Belt:** Features a diamond-patterned anti-slip surface and a 5-layer cushioning structure for comfort and safety.
- **Shock Absorption:** Equipped with 6 silicone shock absorbers and 2-layer rubber pads to protect knees and joints.
- **Quiet Operation:** Powered by a 2.5HP motor, operating at less than 40 dB for minimal disturbance.
- **Smart LED Display:** Tracks speed, distance, time, and calories burned in real-time.
- **Remote Control:** Allows easy adjustment of speed settings (0.6 to 3.8 MPH).
- **MERACH APP Connectivity:** Access personal trainer-led courses and track progress.
- **Compact and Portable:** No assembly required, slim profile for easy storage, and built-in transport wheels.

## Package Contents:

- User Manual x 1
- Remote Controller x 1
- Inner Hexagonal Wrench x 2
- Lubricating Oil x 1
- Power Cord x 1

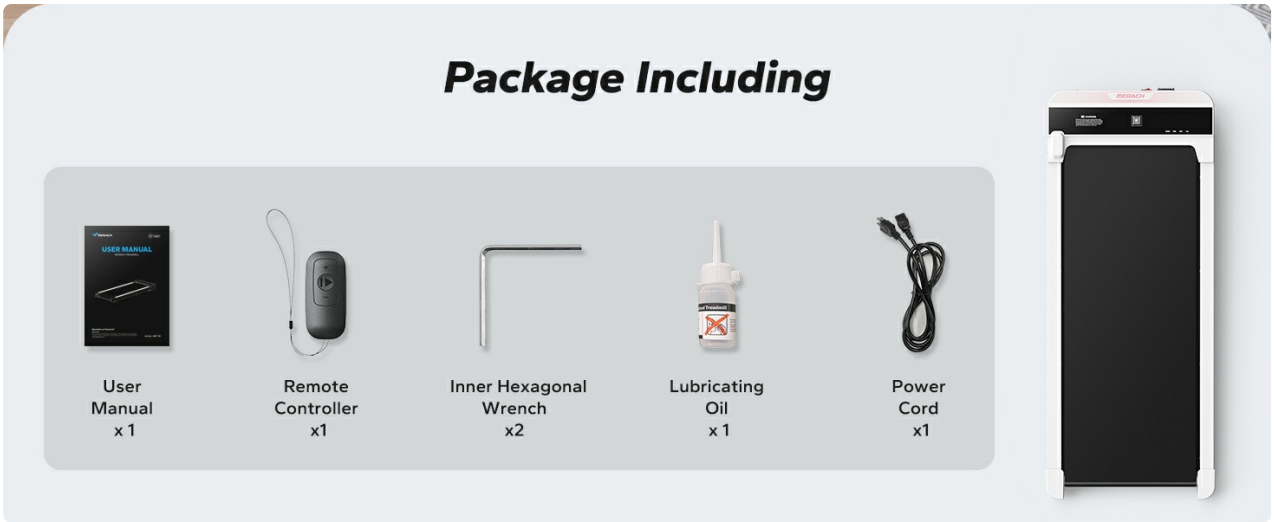



*Image: Contents of the MERACH Walking Pad package.*

# 3. Setup

The MERACH Walking Pad MR-T19 comes fully assembled, requiring minimal setup before first use.

1. **Unboxing:** Carefully remove the walking pad from its 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 input and then plug it into a standard grounded electrical outlet.

4. **Remote Control:** Ensure the remote control has batteries installed and is ready for use.




*Image: The MERACH Walking Pad set up in a home environment.*

## 4. Operating Instructions

The MERACH Walking Pad offers intuitive controls via its remote and the dedicated MERACH APP.

### 4.1 Powering On/Off

- **To Power On:** Plug in the walking pad and press the power button on the unit or the remote control. The LED display will illuminate.
- **To Power Off:** Press the power button on the remote control or the unit. Unplug the unit from the wall outlet for complete power disconnection.

### 4.2 Using the Remote Control

The remote control allows you to start, stop, and adjust the speed of the walking pad.

- **Start/Stop:** Press the central button to start or stop the walking belt.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed. The speed range is 0.6 to 3.8 MPH.




*Image: The remote control for the MERACH Walking Pad.*

## 4.3 Exercise Modes

The walking pad supports three primary modes:

- **Walk Mode (0.6-2.0 MPH):** Ideal for low-impact exercise, suitable for seniors or light activity while working.
- **Work Mode (0.6-2.0 MPH):** Designed for professionals to stay active while at a standing desk.
- **Jog Mode (2.0-3.8 MPH):** For users seeking a low-intensity running or brisk walking workout.




*Image: Demonstrating the walking and jogging modes of the treadmill.*

## 4.4 MERACH APP Connectivity

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

1. **Download:** Download the 'MERACH' APP from your device's app store (available on Google Play and Apple App Store).
2. **Pairing:** Follow the in-app instructions to pair your device with the walking pad via Bluetooth.
3. **Features:** The APP provides real-time tracking of speed, distance, time, and calories. It also offers exclusive personal trainer-led courses and gamified workouts to keep you motivated.




*Image: User interacting with the MERACH APP while exercising.*

### 4.5 Video Demonstration

Watch this video for a quick overview of the MERACH Walking Pad's features and usage.

*Video: A brief demonstration of the MERACH Walking Pad's features, including its compact design, quiet operation, remote control, and shock absorption.*

## 5. Maintenance

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

### 5.1 Cleaning

- **General Cleaning:** Wipe down the walking pad with a damp cloth after each use. Avoid abrasive cleaners or solvents.

- **Dust Removal:** Regularly vacuum or wipe away dust from around the motor cover and under the belt.

### 5.2 Belt Lubrication

The walking belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricating oil.

1. **Frequency:** Lubricate the belt every 3-6 months, or after approximately 100 hours of use, depending on usage.
2. **Procedure:**
    - Unplug the walking pad.
    - Loosen the belt tension by turning the rear rollers counter-clockwise using the hexagonal wrench.
    - Lift the edge of the walking belt and apply a small amount of lubricating oil in a Z-pattern across the center of the deck.
    - Tighten the belt tension evenly.
    - Plug in the walking pad and run it at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant.

### 5.3 Belt Adjustment

If the walking belt shifts to one side or slips, it may need adjustment.

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the walking pad for a few minutes and re-adjust if necessary until the belt is centered.
- **Belt Tension:** If the belt slips during use, it may be too loose. Turn both rear roller bolts clockwise a quarter turn simultaneously to increase tension. Do not overtighten.

## 6. Troubleshooting

Refer to the following table for common issues and their solutions.

| Problem | Possible Cause | Solution |
|---|---|---|
| Walking pad does not power on. | Power cord not plugged in; power switch off; circuit breaker tripped. | Check power cord connection; ensure power switch is on; reset circuit breaker. |
| Belt stops abruptly during use. | Overload protection activated; loose power connection. | Reduce load; check power cord for secure connection. If issue persists, contact support. |
| Belt slips or hesitates. | Belt too loose; insufficient lubrication. | Adjust belt tension (see 5.3); lubricate belt (see 5.2). |
| Belt drifts to one side. | Belt out of alignment. | Adjust belt alignment (see 5.3). |

| Problem | Possible Cause | Solution |
|---|---|---|
| Unusual noise from the motor. | Loose components; motor issue. | Check for loose screws; if noise persists, discontinue use and contact support. |
| Remote control not working. | Dead batteries; remote not paired. | Replace batteries; refer to pairing instructions in the quick start guide. |

## 7. Specifications

| Feature | Detail |
|---|---|
| Model Number | MR-T19 |
| Product Dimensions (L x W x H) | 125D x 56.5W x 15.5H Centimetres (49.2 x 22.2 x 6.1 inches) |
| Item Weight | 21.68 kg (47.8 lbs) |
| Maximum Weight Recommendation | 99.79 kg (265 lbs) |
| Motor Horsepower | 2.5 HP (Peak 2.25 HP) |
| Speed Range | 0.6 - 3.8 MPH (1 - 6.1 KPH) |
| Noise Level | < 40 dB |
| Running Surface (Deck Width) | 47 Centimeters (18.5 inches) |
| Material | Alloy Steel |
| Display Type | LED |
| Metrics Measured | Calories Burned, Distance, Speed, Time |
| Connectivity | Bluetooth (Wireless) |
| Assembly Required | No |
| Special Features | Compact Design, Portable, Shock Absorbent, Wheeled |

## 8. Warranty and Support

MERACH provides comprehensive support for its products.

- **Warranty:** This product comes with a 12-month warranty from the date of purchase. Please retain your proof of purchase for warranty claims.

- **Technical Support:** For any technical assistance, troubleshooting, or warranty inquiries, please contact MERACH customer service.
- **Manufacturer:** MERACH

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