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MERACH MR-S15B1

MERACH 4-in-1 Foldable Exercise Bike User Manual

Model: MR-S15B1 | Brand: MERACH

1. Introduction

Welcome to the user manual for your new MERACH 4-in-1 Foldable Exercise Bike. This versatile fitness equipment is designed to provide a comprehensive full-body workout in the comfort of your home. Its innovative design allows for vertical cycling, recumbent cycling, and arm/back exercises, making it suitable for various fitness levels and goals. The bike features an enhanced magnetic resistance system for smooth and quiet operation, an interactive LCD monitor to track your progress, and a comfortable, adjustable seat.



Figure 1: MERACH 4-in-1 Foldable Exercise Bike (Model MR-S15B1)

2. Product Features

- **Enhanced Magnetic Resistance System:** Experience smooth and silent operation with 16 levels of magnetic resistance, allowing for effortless intensity adjustment.
- **Improved Seating and Craftsmanship:** Features a significantly more comfortable and wider seat compared to traditional bikes, along with enhanced materials for increased durability and fade resistance.
- **Interactive LCD Monitor:** Track key metrics including time, distance, speed, calories burned, and heart rate. Includes a tablet holder for entertainment or additional workout guides.
- **4-in-1 Full-Body Training:** Offers vertical cycling, recumbent cycling, and exercises for arms and back, providing a versatile workout for major muscle groups.
- **Compact and Portable Design:** Foldable design facilitates easy transport and saves valuable space, equipped with transport wheels.

- **Customized Bottle Holder:** Conveniently located behind the seat for easy access to hydration during workouts.

3. Setup and Assembly

The MERACH 4-in-1 Foldable Exercise Bike is designed for straightforward assembly. All necessary tools are typically included. Please follow the detailed instructions provided in the separate assembly guide that accompanies your product. Ensure all components are securely fastened before first use.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts listed in the assembly guide are present and undamaged.
- Keep packaging materials until assembly is complete in case of returns or missing parts.

3.2 Assembly Steps

Refer to the included assembly manual for step-by-step instructions. Key steps typically include:

1. Attaching the front and rear stabilizers.
2. Installing the pedals (note left and right pedal threading).
3. Assembling the seat and backrest, then attaching them to the main frame.
4. Connecting the handlebars and the LCD monitor.
5. Ensuring all bolts and nuts are tightened securely.



Figure 2: Product dimensions and folded state for space-saving.

4. Operating Instructions

4.1 Adjusting Resistance

The bike features 16 levels of magnetic resistance. To adjust the resistance, turn the resistance knob located on the main frame. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease

resistance for an easier session.



Figure 3: Detail of the 16-level resistance adjustment knob.

4.2 Using the LCD Monitor

The interactive LCD monitor displays your workout data.

- **TIME:** Displays the duration of your current workout.
- **SPEED:** Shows your current cycling speed.

- **DISTANCE:** Tracks the distance covered during your workout.
- **CALORIES:** Estimates the calories burned during your session.
- **ODOMETER:** Records the total accumulated distance.
- **PULSE:** Displays your heart rate when holding the pulse sensors on the handlebars.

Use the "MODE" button to cycle through the display functions and the "SET" button to set target values for time, distance, or calories. The "RESET" button clears all current workout data.



Figure 4: Interactive LCD monitor showing various metrics.

4.3 4-in-1 Training Modes

This exercise bike offers four distinct training modes for a full-body workout:

- **Vertical Cycling:** Standard upright cycling position for cardiovascular exercise.
- **Recumbent Cycling:** Adjust the bike to a reclined position for a more relaxed, back-supported workout.
- **Arm Exercises:** Utilize the integrated resistance bands on the handlebars to perform various arm and upper body exercises.
- **Back Exercises:** Engage your back muscles using the resistance bands while maintaining a stable seated position.



Figure 5: Visual representation of the four training modes.

4.4 Seat Adjustment

The comfortable seat and backrest are adjustable to accommodate users of different heights (132 cm to 180 cm). Loosen the adjustment knob below the seat, slide the seat to the desired height, and then tighten the knob securely. Ensure the seat is stable before beginning your workout.



Figure 6: Close-up of the comfortable and adjustable seat and backrest.

4.5 Using the MERACH App

Enhance your fitness journey by connecting your MERACH exercise bike to the exclusive MERACH app via Bluetooth. The app allows you to track your progress, set goals, and access additional workout guides. Download the app from your device's app store.



Figure 7: MERACH app interface for tracking fitness data.

4.6 Official Product Video

▶ **Watch video online**

Video 1: Overview of the MERACH 4-in-1 Foldable Exercise Bike, demonstrating its features and versatility.

5. Maintenance

Regular maintenance will ensure the longevity and optimal performance of your MERACH exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all bolts, nuts, and moving parts to ensure they are secure and functioning correctly. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from moving parts (e.g., pedal axles), apply a small amount of silicone-based lubricant.
- **Storage:** When not in use, fold the bike and store it in a dry, cool place away from direct sunlight and extreme temperatures.

6. Troubleshooting

If you encounter any issues with your exercise bike, please refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
Bike is unstable or wobbly.	Uneven floor or loose stabilizers.	Adjust the leveling caps on the stabilizers. Ensure all assembly bolts are tightened.
Squeaking or grinding noise during use.	Loose parts, dry moving components, or debris.	Check and tighten all bolts. Apply lubricant to pedal axles if needed. Inspect for any foreign objects.
LCD monitor not displaying data.	Low battery or loose connection.	Replace the batteries in the monitor. Check that all sensor cables are securely connected.
Resistance not changing.	Resistance cable disconnected or damaged.	Inspect the resistance cable connection to the knob and the magnetic mechanism. Contact customer support if damaged.

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

7. Specifications

Feature	Detail
Brand	MERACH
Model Number	MR-S15B1
Product Dimensions (L x W x H)	108.5 x 53 x 115.5 cm
Product Weight	18 kg
Maximum Weight Recommendation	136 kg
Suitable User Height	132 cm to 180 cm
Resistance Mechanism	Magnetic

Feature	Detail
Resistance Levels	16
Material	Alloy Steel
Power Source	Battery Powered (for LCD monitor)
Recommended Use	Indoor
Color	Black

8. Warranty and Support

MERACH is committed to providing high-quality products and excellent customer service.

- **Warranty Information:** Please refer to the warranty card included with your product for specific details regarding coverage and duration. Keep your proof of purchase for warranty claims.
- **Customer Support:** For any questions, technical assistance, or warranty claims, please contact MERACH customer support. Contact information can typically be found on the product packaging, the MERACH official website, or through your purchase platform.
- **Online Resources:** Visit the official MERACH website for FAQs, additional product information, and support resources.

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