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› MERACH 2-in-1 Home Stepper User Manual

## MERACH Mr-2354b2

# MERACH 2-in-1 Home Stepper User Manual

Model: Mr-2354b2

## INTRODUCTION

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Thank you for choosing the MERACH 2-in-1 Home Stepper. This compact and silent fitness machine is designed to provide an effective full-body workout, targeting your legs, arms, and buttocks. Featuring an integrated LCD screen and power ropes, it offers a versatile exercise experience for home or office use. Please read this manual thoroughly before operation to ensure safe and optimal performance of your stepper.

## SAFETY INSTRUCTIONS

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Always prioritize your safety when using any fitness equipment. Adhere to the following guidelines:

- Consult a physician before starting any new exercise program.
- Place the stepper on a flat, stable, non-slip surface.
- Ensure adequate space around the stepper for safe movement.
- Check all components for wear or damage before each use. Do not use if damaged.
- Maintain proper balance during exercise. If you experience dizziness or pain, stop immediately.
- The maximum user weight capacity for this stepper is 149.69 kg (approximately 330 lbs). Do not exceed this limit.
- Keep children and pets away from the stepper during operation.
- Wear appropriate athletic footwear during use.
- Do not place hands or feet near moving parts.

## PACKAGE CONTENTS

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Please verify that all items are present in your package:

- 1 x MERACH 2-in-1 Home Stepper (Model: Mr-2354b2)
- 2 x Power Ropes with handles

- 1 x User Manual
- 1 x Battery (pre-installed or separate for LCD screen)



Image: The MERACH 2-in-1 Home Stepper, showing its compact design, foot pedals, central LCD display, and the two detachable power ropes with handles.

## SETUP

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The MERACH Stepper comes largely pre-assembled. Follow these steps to prepare it for use:

1. **Unpacking:** Carefully remove the stepper and all components from the packaging.
2. **Placement:** Place the stepper on a firm, level surface. Ensure there is enough clear space around it for safe operation.
3. **Attaching Power Ropes (Optional):** If you wish to use the power ropes for upper body exercises, locate the attachment points on the front of the stepper (usually small hooks or rings). Clip the carabiners of the power ropes

onto these points.

4. **LCD Display:** The LCD display typically comes with a battery pre-installed or requires a single battery (often AAA). If the display is not active, check the battery compartment, usually located on the underside or back of the display unit, and insert or replace the battery as needed.



Image: A closer view of the stepper's foot pedals and the hydraulic cylinders that provide resistance, illustrating the robust construction.

## OPERATING INSTRUCTIONS

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### Using the Stepper

1. **Step On:** Carefully step onto the pedals one foot at a time, ensuring your feet are centered and stable.
2. **Start Stepping:** Begin a stepping motion, pushing down alternately with each foot. The hydraulic cylinders will provide resistance.
3. **Adjusting Resistance:** The resistance level can typically be adjusted by turning a knob located near the base of the

stepper, usually in the center. Turn clockwise for increased resistance and counter-clockwise for decreased resistance.

4. **Using Power Ropes:** While stepping, hold the handles of the power ropes. Perform arm exercises such as bicep curls, tricep extensions, or shoulder raises to engage your upper body simultaneously.
5. **Maintain Posture:** Keep your back straight, core engaged, and gaze forward. Avoid leaning excessively.

## LCD Display Functions

The LCD display tracks your workout progress. It usually has a single button for operation.

- **SCAN Mode:** Press the button repeatedly until "SCAN" appears. In this mode, the display will automatically cycle through different metrics every few seconds.
- **TIME:** Displays the duration of your current workout session.
- **COUNT:** Shows the total number of steps taken during the current session.
- **CALORIES:** Estimates the calories burned during your workout. This is an approximation.
- **STRIDES/MIN (or RPM):** Displays the average steps per minute.
- **RESET:** To reset all values to zero, press and hold the button for a few seconds until the display clears.



Image: A detailed view of the central console of the MERACH Stepper, highlighting the LCD display and the blue resistance adjustment knob.

## MAINTENANCE

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Regular maintenance will extend the life of your MERACH Stepper:

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Lubrication:** Periodically check the hydraulic cylinders and pivot points. If they become noisy or stiff, apply a small amount of silicone-based lubricant. Refer to the manufacturer's recommendations for specific lubrication points.
- **Inspection:** Regularly inspect all bolts, nuts, and moving parts to ensure they are secure. Tighten any loose fasteners. Check the power ropes for fraying or damage.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

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Problem	Possible Cause	Solution
LCD display not working	Dead battery; battery inserted incorrectly.	Replace battery; ensure correct polarity.
Stepper is noisy or squeaks	Lack of lubrication; loose parts.	Apply silicone lubricant to hydraulic cylinders and pivot points; tighten all bolts and nuts.
Resistance feels too easy/hard	Resistance knob setting.	Adjust the resistance knob (clockwise for harder, counter-clockwise for easier).
Pedals are not moving smoothly	Hydraulic cylinders need lubrication or are worn.	Lubricate cylinders; if issue persists, contact customer support for replacement parts.

## SPECIFICATIONS

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**Model:** Mr-2354b2

**Brand:** MERACH

**Color:** Black

**Material:** Metal

**Dimensions (L x W x H):** 37 x 34 x 18.5 cm (14.6 x 13.4 x 7.3 inches)

**Product Weight:** 6.5 Kilograms (14.3 lbs)

**Maximum Weight Capacity:** 149.69 Kilograms (330 lbs)

**Included Components:** Mini Stepper, 2 Power Ropes, User Manual

**Battery:** Yes (for LCD display)

## WARRANTY AND SUPPORT

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MERACH products are manufactured to high-quality standards. For warranty information, technical support, or to order replacement parts, please refer to the contact information provided on the product packaging or the official MERACH website. Please have your model number (Mr-2354b2) and purchase date ready when contacting support. For further assistance, you may visit the MERACH official website or contact their customer service department.