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MERACH MR-S26B2

MERACH S26 Magnetic Resistance Exercise Bike User Manual

Model: MR-S26B2

1. Introduction

Thank you for choosing the MERACH S26 Magnetic Resistance Exercise Bike. This manual provides important information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and keep it for future reference.

Important Safety Information

- Consult your physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the exercise bike on a stable, level surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 122 kg (270 lbs).
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.

2. Product Features

The MERACH S26 Exercise Bike is designed to provide a professional and stable fitness experience with advanced features:

- **Magnetic Resistance System:** Offers smooth, quiet, and infinitely adjustable resistance from 0 to 100 levels.
- **Robust Construction:** Features an exclusive inverted triangular double-triangle structure and one-piece punching technology for exceptional stability, supporting up to 122 kg (270 lbs).
- **Quiet Operation:** Utilizes a belt drive system and industrial ball bearings with ABS pulleys, ensuring noise levels do not exceed 30 dB.
- **MERACH App Connectivity:** Connects to the exclusive MERACH fitness application for personalized training plans, online coaching, and simulated real-life cycling experiences.
- **Adjustable Design:** 2-way adjustable non-slip handlebar and 4-way adjustable ultra-soft seat accommodate users from 1.5m to 1.95m (60 inches recommended max height).

- **LCD Display:** Tracks essential workout data including time, distance, and calories.
- **Convenient Storage:** Features a special handlebar holder for various handlebars, bottle holders, and cage pedals.
- **Portability:** Equipped with two-way transport wheels for easy relocation.



Image: The MERACH S26 Exercise Bike, showcasing its sleek black design, magnetic resistance system, and connectivity to the MERACH fitness application displayed on a smartphone.

3. Package Contents

Your MERACH S26 Exercise Bike comes 80% pre-assembled. Please check the package for the following components:

- MERACH S26 Exercise Bike (main body, pre-assembled)
- Handlebar assembly

- Seat assembly
- Pedals (Left and Right)
- Front and Rear Stabilizer Bars
- LCD Display Console
- Tablet/Phone Holder
- Water Bottle Holder
- Assembly Tool Kit (wrenches, screws, etc.)
- User Manual (this document)

4. Setup and Assembly

The MERACH S26 is 80% pre-installed, making assembly quick and easy. The entire process should take no more than 20 minutes.

Assembly Steps:

1. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are firmly tightened for stability.
2. **Install Pedals:** Identify the Left (L) and Right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten them securely to prevent loosening during use.
3. **Mount Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure it with the locking knob. Attach the seat to the seat post.
4. **Attach Handlebar:** Insert the handlebar post into the main frame and secure it. Attach the handlebar assembly to the post.
5. **Connect LCD Display:** Connect the sensor cables from the main frame to the back of the LCD display. Mount the display onto the handlebar.
6. **Install Accessories:** Attach the tablet/phone holder and water bottle holder to their designated spots on the handlebar.
7. **Final Check:** Before first use, double-check all connections, bolts, and nuts to ensure they are tight and secure.

An installation video is included in the package for visual guidance.

5. Operating Instructions

Adjusting for Comfort:

- **Seat Adjustment:** The seat can be adjusted 4 ways (up/down, forward/backward). Loosen the adjustment knob, move the seat to the desired position, and tighten the knob firmly.
- **Handlebar Adjustment:** The handlebar can be adjusted 2 ways (up/down). Loosen the adjustment knob, move the handlebar to a comfortable height, and tighten the knob.

Using the LCD Display:

The LED display shows your workout data. It typically cycles through Time, Distance, and Calories. Some models may also show speed or other metrics. Refer to the display's specific instructions for detailed operation.

Adjusting Resistance:

The MERACH S26 features an infinitely adjustable magnetic resistance system. Turn the resistance knob clockwise to

increase resistance and counter-clockwise to decrease it. The resistance range is from 0 to 100, allowing for precise control over your workout intensity.

Connecting to the MERACH App:

1. Download the "MERACH" application from your device's app store.
2. Ensure Bluetooth is enabled on your smartphone or tablet.
3. Open the MERACH app and follow the on-screen instructions to pair with your S26 Exercise Bike.
4. Once connected, you can access personalized training plans, online coaching, and various simulated cycling experiences to enhance your workout.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH S26 Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Re-tighten if necessary.
- **Lubrication:** The magnetic resistance system and belt drive are designed to be low maintenance and generally do not require lubrication.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Use the transport wheels to move it easily.

7. Troubleshooting

If you encounter any issues with your MERACH S26 Exercise Bike, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bike makes rattling noise during use.	Loose bolts or components, especially near the front or base.	Inspect all visible bolts and nuts, particularly those on the stabilizer bars, pedals, and main frame connections. Tighten any loose fasteners. Refer to the assembly video for specific locations.
Resistance not changing or inconsistent.	Resistance knob not fully engaged or internal mechanism issue.	Ensure the resistance knob is turning smoothly and fully. If the issue persists, contact customer support.
LCD display not working.	Loose cable connection or dead batteries.	Check the cable connection at the back of the display. Replace the batteries in the display if applicable.
Cannot connect to MERACH App.	Bluetooth off, app not updated, or bike not in pairing mode.	Ensure Bluetooth is on. Restart the app and the bike. Check for app updates. Follow in-app pairing instructions carefully.

8. Specifications

Attribute	Detail
Model Number	MR-S26B2
Brand	MERACH
Color	Black
Material	Alloy Steel
Resistance Mechanism	Magnetic
Drive System	Belt
Maximum Weight Capacity	122 Kilograms (270 Pounds)
Recommended Maximum Height	60 Inches (approx. 1.5m to 1.95m user height range)
Product Dimensions (L x W x H)	98 x 74 x 18 cm
Item Weight	31.7 Kilograms
Power Source	Combined (pedal with battery assistance)
Special Features	Speed Monitoring, Dual Function, Speedometer, App Connectivity, Adjustable Resistance Level, Padded Seat

9. Warranty and Support

MERACH offers a **12-month warranty service** for your S26 Exercise Bike.
If you encounter any problems or have questions during use, please do not hesitate to contact MERACH customer support. We are committed to responding within 12 hours and assisting you with a comprehensive solution.
For support, please refer to the contact information provided with your purchase or visit the official MERACH website.

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