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MERACH MR-T19

MERACH MR-T19 Walking Pad User Manual

Model: MR-T19 | Brand: MERACH

1. Introduction

Thank you for choosing the MERACH MR-T19 Walking Pad. This compact and versatile fitness equipment is designed for both home and office use, offering a convenient way to stay active. With its quiet operation, powerful motor, and portable design, the MR-T19 provides an effective and comfortable walking experience. Please read this manual thoroughly before operation to ensure safe and optimal performance.

2. Safety Information

Always follow basic safety precautions when using electrical appliances to reduce the risk of fire, electric shock, and personal injury.

- Ensure the walking pad is placed on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Do not use the walking pad if it has been damaged or submerged in water.
- Wear appropriate athletic footwear during use.
- Do not exceed the maximum weight capacity of 120 kg (265 lbs).
- Always hold onto a stable support if you are new to using a walking pad or have balance concerns.
- Unplug the walking pad from the power outlet when not in use or before cleaning/maintenance.
- The motor is designed to be heat-resistant; however, avoid continuous heavy use for extended periods without breaks.

3. Package Contents

Upon opening the package, verify that all the following components are included:

- MERACH MR-T19 Walking Pad
- Remote Control
- Power Cord

- Lubricating Oil
- Hexagonal Keys (2)
- Wrench (1)
- User Manual (this document)



Image: The MERACH MR-T19 Walking Pad packaging box, indicating the model number and brand.



Image: A close-up of the MERACH MR-T19 packaging, showing the 'MR-T19B1-EU BLACK' option checked.



Image: The side of the MERACH MR-T19 Walking Pad box, displaying handling symbols such as "Heavy", "Lift with Care", "Handle with Care", "Keep Dry", "Please Recycle", and "This Way Up".

4. Setup and Assembly

The MERACH MR-T19 Walking Pad requires minimal setup and is designed to be ready for use right out of the box.

1. **Unpacking:** 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 clear space around the unit for safe operation (at least 0.5 meters on all sides).
3. **Power Connection:** Connect the power cord to the walking pad's power input and then plug it into a standard electrical outlet.
4. **Initial Check:** Before first use, ensure the running belt is centered. If not, refer to the "Maintenance" section for belt adjustment instructions.



Image: A person walking on the MERACH MR-T19 Walking Pad, demonstrating its use in a home or office setting, with a standing desk setup shown in the background.

5. Operating Instructions

5.1 Powering On/Off

- To power on, plug in the walking pad and press the power button on the unit or remote control.
- To power off, press the stop button on the remote control until the belt comes to a complete stop, then unplug the unit.

5.2 Using the Remote Control

The remote control allows you to easily adjust speed and stop the walking pad.

- **Start/Stop Button:** Press the central button to start the walking pad. It will begin with a countdown and then

slowly accelerate to 1 km/h. Press again to stop.

- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the speed in 0.5 km/h increments.



Image: A close-up view of the MERACH MR-T19 Walking Pad's LED display, showing exercise data such as time, and a hand holding the remote control, illustrating intuitive exercise data tracking.

5.3 LED Display

The integrated LED display provides real-time workout data:

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

5.4 MERACH App Integration

Enhance your workout experience by connecting the walking pad to the MERACH App via Bluetooth. The app allows

for activity tracking, customized workout plans, and interactive features.

- Download the MERACH App from your device's app store.
- Enable Bluetooth on your device and open the app.
- Follow the in-app instructions to pair with your MR-T19 Walking Pad.

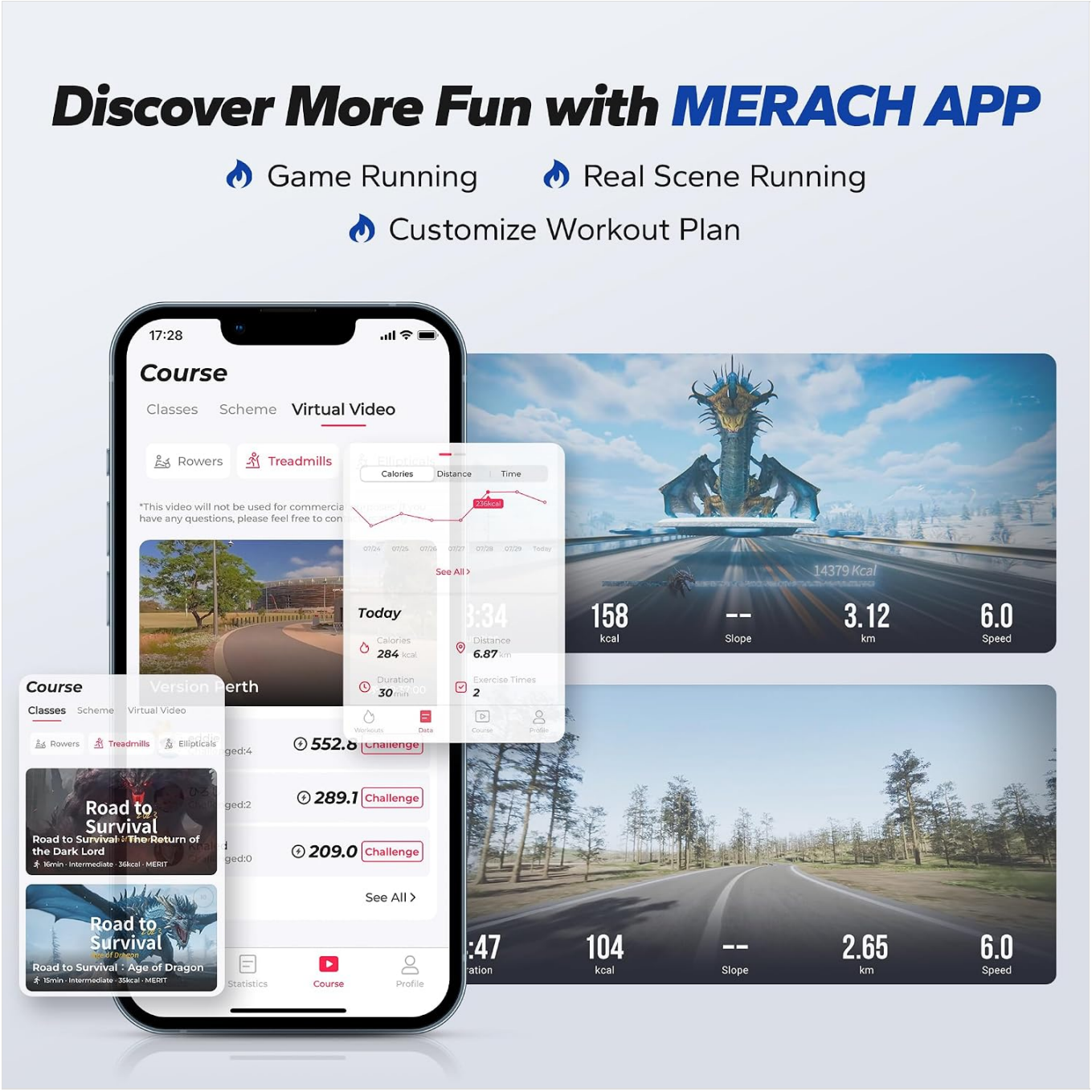

Image: Screenshots of the MERACH mobile application, showcasing features like "Game Running", "Real Scene Running", and "Customize Workout Plan", along with workout data and virtual video options.

6. Features

- **Superior Anti-Slip Diamond Pattern:** The running belt features a diamond pattern for enhanced grip and safety.
- **Advanced Shock Absorption:** Equipped with a 5-layer integrated running belt, 6 silicone shock absorbers, and 2-layer rubber pads to protect your knees and provide a comfortable walking experience.



Image: A diagram illustrating the "Effective Shock Absorption" system of the MERACH MR-T19 Walking Pad, detailing its five layers: Wear Resistance Surface, Sound Insulation Layer, High Strength Support Layer, Shock Absorbing Layer, and Compression Layer, along with 6 silicone shock-absorbers and a 5-layer non-slip running belt.

- **Powerful and Quiet Motor:** Features a 2.5 HP silent motor capable of supporting users up to 120 kg (265 lbs). The motor is designed for heat resistance and operates at less than 40 dB, ensuring a quiet workout environment.



Image: A cutaway diagram highlighting the "Powerful & Quiet Motor" of the MERACH MR-T19 Walking Pad, showing its 2.25 HP motor power, 0.6-3.8 MPH speed range, 220 lbs weight capacity, and <40dB noise reduction.

- **Space-Saving and Portable Design:** With an ultra-low body of 13 cm (5.3 inches) and integrated pulleys, the walking pad is easy to move and store vertically or horizontally in narrow spaces. Weighing only 18 kg (39.7 lbs), it is highly portable.



Image: A person easily moving the MERACH MR-T19 Walking Pad using its transport wheels, demonstrating its "Easy to Move & Save Space" design and its slim thickness of 5.3 inches for convenient storage under furniture.

- **LED Display and Remote Control:** Monitor your workout data (speed, distance, time, calories) in real-time and control the walking pad conveniently with the included remote.

7. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH MR-T19 Walking Pad.

7.1 Cleaning

- Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.

7.2 Lubrication

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

1. Unplug the walking pad.

2. Lift the edge of the running belt.
3. Apply a small amount of lubricating oil evenly along the center of the deck, underneath the belt.
4. Plug in the walking pad and run it at a low speed (e.g., 1 km/h) for 5 minutes to distribute the oil.
5. Lubricate every 3-6 months depending on usage frequency.

7.3 Belt Adjustment

If the running 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 using the hexagonal key. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the walking pad at a low speed and observe. Repeat if necessary until the belt is centered.
- **Tightening the Belt:** If the belt slips during use, turn both left and right rear roller bolts clockwise a quarter turn simultaneously. Do not overtighten.

8. Troubleshooting

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; Power outlet issue; Power switch off.	Ensure power cord is securely plugged in. Check power outlet with another device. Ensure the main power switch on the walking pad is ON.
Belt stops or slips during use.	Belt too loose; Insufficient lubrication.	Tighten the running belt (refer to Section 7.3). Apply lubricating oil (refer to Section 7.2).
Belt is off-center.	Belt requires adjustment.	Adjust the running belt (refer to Section 7.3).
Unusual noise from the motor.	Lack of lubrication; Loose components.	Lubricate the belt. Check for any loose screws or parts and tighten them. If noise persists, contact customer support.
Remote control not responding.	Battery low or dead; Obstruction between remote and sensor.	Replace the remote control battery. Ensure no obstructions are blocking the signal.

9. Specifications

Specification	Detail
Model Number	MR-T19
Color	Black
Dimensions (L x W x H)	118.8 x 49.1 x 13.5 cm (46.8 x 19.3 x 5.3 inches)
Folded Dimensions (L x W x H)	116.8 x 33 x 13 cm (46 x 13 x 5.1 inches)

Specification	Detail
Item Weight	18 kg (39.7 lbs)
Maximum Weight Capacity	120 kg (265 lbs)
Motor Horsepower	2.5 HP (Peak)
Maximum Speed	6 km/h (3.7 mph)
Display Type	LED
Frame Material	Aluminum
Power Source	Corded Electric
Special Features	Portable, Quiet Operation, Shock Absorption
Recommended Uses	Walking, Light Jogging, Home Use, Office Use

10. Warranty and Support

MERACH provides comprehensive support for your MR-T19 Walking Pad:

- **Product Warranty:** 1-year warranty on the walking pad.
- **Frame Warranty:** 3-year warranty on the frame.
- **Customer Service:** If you encounter any issues with your product, please contact MERACH customer support directly. We are committed to providing the best solution within 24 hours.
- **Technical Support:** Lifetime technical support is available to ensure a premium customer experience.

For support, please refer to the contact information provided on the MERACH official website or your purchase platform.

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Details

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