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MERACH E32

MERACH E32 Under Desk Elliptical Machine User Manual

Model: E32 | Brand: MERACH

1. Important Safety Information

Please read all instructions carefully before using the MERACH E32 Under Desk Elliptical Machine. Retain this manual for future reference.

- Consult your physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Use the machine on a flat, stable surface. Ensure adequate space around the unit.
- The maximum user weight for this machine is **330 pounds (150 kg)**. Do not exceed this limit.
- Keep children and pets away from the machine during operation.
- Do not insert any objects into the machine's openings.
- Unplug the machine from the power outlet when not in use or before cleaning.
- If you experience pain, dizziness, or discomfort during exercise, stop immediately and consult your physician.
- Use only the provided power adapter.

2. Package Contents

Carefully unpack the box and ensure all items are present:

- MERACH E32 Under Desk Elliptical Machine
- Remote Control
- Resistance Bands (optional accessory)
- Foot Straps (pre-installed or separate)
- Anti-slip PVC Pad
- Power Adapter

- User Manual (this document)



Image 2.1: All components included in the MERACH E32 package. This includes the elliptical machine, a remote control, a pair of resistance bands, foot straps, and an anti-slip mat.

3. Product Overview

Familiarize yourself with the main parts of your MERACH E32 elliptical machine.



Image 3.1: The MERACH E32 Under Desk Elliptical Machine, shown in both black and white color options. The machine features a compact design with large foot pedals and a central display screen.

3.1 Main Components

- **Foot Pedals:** Textured, anti-slip surface for secure foot placement.
- **LCD Display:** Shows exercise data such as time, distance, speed, count, and calories.
- **Control Panel:** Buttons for manual operation (if not using remote).
- **Power Port:** For connecting the power adapter.
- **Remote Sensor:** Receives signals from the remote control.
- **Anti-slip Pads:** Located on the base for stability during use.



Image 3.2: A detailed view of the MERACH E32's LCD screen, highlighting the various metrics displayed: Time, Distance, Speed, Counter, Calorie, and Scan.

4. Setup Instructions

Follow these steps to set up your elliptical machine for first use.

1. **Placement:** Place the elliptical machine on a firm, level surface. Ensure there is enough space around it for comfortable use, especially if using it under a desk.
2. **Anti-slip Pad:** Position the provided anti-slip PVC pad underneath the machine to enhance stability and protect your floor.
3. **Foot Straps:** If the foot straps are not pre-installed, attach them securely to the pedals. Ensure they are adjustable to fit your foot size.
4. **Power Connection:** Connect the power adapter to the machine's power port and then plug it into a standard electrical outlet. The display should illuminate.

5. Operating Instructions

5.1 Getting Started

Once plugged in, the machine is ready for use. You can operate it using the remote control or the buttons on the machine itself.



Image 5.1: A user operating the MERACH E32 Under Desk Elliptical Machine discreetly while seated at an office desk, demonstrating its suitability for office fitness.

5.2 Remote Control Functions

The remote control allows for convenient adjustment without bending over.



Image 5.2: The remote control for the MERACH E32, showing clearly labeled buttons for various functions including Start/Stop, Mode, Direction, Speed adjustment, Function selection, and Power.

- **POWER:** Turns the machine on or off.
- **START/STOP:** Begins or pauses the elliptical motion.
- **MODE:** Switches between Manual and Auto modes.
- **SPEED (+/-):** Adjusts the speed in Manual mode (12 levels).
- **DIRECTION:** Changes the pedaling direction (forward or backward).
- **FUNCTION:** Cycles through display metrics (Time, Distance, Speed, Counter, Calorie, Scan).



Image 5.3: A user comfortably operating the MERACH E32 with the remote control, demonstrating the ease of adjusting settings without needing to bend down.

5.3 Exercise Modes

- **Manual Mode:** Allows you to manually select from 12 speed levels using the SPEED buttons on the remote or machine.
- **Auto Mode:** Offers pre-programmed exercise routines (P1-P12) with varying speeds and intensities. Select an auto program using the MODE button.

5.4 LCD Display Functions

The LCD screen provides real-time feedback on your workout:

- **TIME:** Duration of your current exercise session.
- **DISTANCE:** Estimated distance covered.
- **SPEED:** Current pedaling speed.

- **COUNTER:** Total number of strides/revolutions.
- **CALORIE:** Estimated calories burned.
- **SCAN:** Automatically cycles through all the above metrics every few seconds.



Image 5.4: A user enjoying a quiet exercise session with the MERACH E32, emphasizing its ultra-quiet operation, indicated by a graphic showing noise levels below 15dB.



Image 5.5: An elderly individual comfortably using the MERACH E32 while seated on a couch, illustrating its suitability for seniors and low-impact exercise.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your elliptical machine.

- **Cleaning:** Wipe down the machine regularly with a soft, damp cloth. Do not use abrasive cleaners or solvents, as they may damage the finish or electronic components.
- **Storage:** Store the machine in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all screws and bolts to ensure they are tight. Inspect the pedals and straps for any signs of wear or damage.
- **Power Cord:** Ensure the power cord is not kinked or damaged.

7. Troubleshooting

If you encounter any issues, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Power adapter not connected; Power outlet not working.	Ensure power adapter is securely plugged into both the machine and a working outlet.
Remote control not working.	Remote batteries are dead; Remote not aimed at sensor.	Replace remote batteries. Ensure remote is aimed directly at the machine's sensor.
Pedals are stiff or making unusual noise.	Lack of lubrication; Loose components.	Contact customer support for guidance. Do not attempt to lubricate internal components yourself. Check for loose screws and tighten if necessary.
Display is not showing correct data.	Sensor issue; Machine malfunction.	Try restarting the machine. If the problem persists, contact customer support.

If you cannot resolve the issue using the above table, please contact MERACH customer support.

8. Specifications

Key technical specifications for the MERACH E32 Under Desk Elliptical Machine:

Feature	Detail
Model Name	E32
Brand	MERACH
Resistance Mechanism	Manual (Motorized)
Number of Resistance Levels	12 (Manual Speed)
Maximum Weight Recommendation	330 Pounds (150 kg)
Maximum Stride Length	18 Inches (45.7 cm)
Noise Level	< 15dB (Ultra Quiet)

9. Warranty and Support

MERACH products are manufactured to high-quality standards. For specific warranty details regarding your MERACH E32 Under Desk Elliptical Machine, please refer to the warranty card included with your purchase or visit the official MERACH website.

For technical support, troubleshooting assistance, or replacement parts, please contact MERACH customer service through their official website or the retailer from whom you purchased the product. Please have your model number

(E32) and purchase date available when contacting support.

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