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MERACH E34B1

MERACH E34 Under Desk Elliptical Machine

User Instruction Manual

Model: E34B1

1. Important Safety Information

Please read this manual carefully before using the MERACH E34 Under Desk Elliptical Machine. Keep this manual for future reference.

- Ensure the machine is placed on a stable, flat surface during use.
- Do not exceed the maximum recommended user weight of **400 pounds (181 kg)**.
- Keep children and pets away from the machine during operation.
- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions or are undergoing rehabilitation.
- Stop exercising immediately if you feel pain, dizziness, or nausea.
- Use only the provided power adapter.

2. Product Overview and Components

The MERACH E34 Under Desk Elliptical Machine is designed for low-impact leg exercise, promoting blood circulation and strengthening lower body muscles. It features a quiet motor and multiple exercise modes.



Image: The MERACH E34 Under Desk Elliptical Machine, showcasing its compact design, integrated display, and accompanying remote control.

Package Contents:

- 1 x MERACH E34 Under Desk Elliptical Machine
- 1 x Remote Control
- 1 x User Manual
- 2 x AAA Batteries (for remote control)

3. Setup and First Use

The MERACH E34 Under Desk Elliptical Machine comes fully assembled and is ready for immediate use after unpacking.

1. **Unpacking:** Carefully remove the elliptical machine from its packaging.
2. **Placement:** Place the machine on a flat, stable surface, such as under a desk or in front of a chair. Ensure there is enough space for your legs to move freely.
3. **Power Connection:** Connect the power adapter to the machine's power port and then plug it into a standard electrical outlet.
4. **Remote Control Batteries:** Open the battery compartment on the back of the remote control and insert the two included AAA batteries, observing the correct polarity.



Image: A user demonstrating the placement of the MERACH E34 under a desk for convenient exercise during work.

4. Operating Instructions

The MERACH E34 offers both manual and automatic modes with adjustable speeds and directions.

4.1. Power On/Off

- Press the **POWER** button on the remote control or the machine's console to turn the unit on or off.

4.2. Using the Remote Control and Display



Image: Detailed view of the MERACH E34's LCD display and the remote control, highlighting the various function buttons.

The high-definition LCD display shows real-time exercise data. Use the remote control to adjust settings without bending down.

- **MODE:** Cycles through display metrics (Time, Distance, Speed, Counter, Calories, Scan).
- **START/STOP:** Begins or pauses the exercise.
- **+/-:** Adjusts speed in Manual Mode or selects programs in Auto Mode.
- **DIRECTION:** Changes the pedaling direction (forward or backward).
- **AUTO/MANUAL:** Switches between automatic and manual exercise modes.

4.3. Exercise Modes



Image: A visual comparison of the display interfaces for Manual Mode (showing speed adjustment) and Auto Mode (showing program selection).

- **Manual Mode (1-12 Speed Levels):**
  Allows you to freely adjust the rotation direction and speed using the **+/-** and **DIRECTION** buttons. This mode provides full control over your workout intensity.
- **Automatic Mode (P1-P12 Programs):**
  The system automatically changes direction and speed according to pre-set programs (P1 through P12). This offers a structured and scientific workout experience. Select your desired program using the **+/-** buttons.

4.4. Pedaling Direction

The pedals support both forward and backward movement. Changing direction allows for a comprehensive workout targeting different leg muscles. Use the **DIRECTION** button on the remote to switch.

5. Maintenance and Care

Proper maintenance ensures the longevity and optimal performance of your MERACH E34 Elliptical Machine.

- **Cleaning:** Wipe down the machine regularly with a soft, damp cloth. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.
- **Storage:** When not in use, store the machine in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under a desk or in a closet.
- **Motor:** The MERACH E34 is equipped with a durable, low-noise E4 motor designed for long-term, high-frequency use. No user maintenance is required for the internal motor components.
- **Stability:** Periodically check the rubber feet on the bottom of the machine to ensure they are clean and provide stable contact with the floor, preventing movement during exercise.



Image: An illustrative diagram showing the internal components of the MERACH E34, highlighting the silent motor and whisper-quiet wheel for smooth operation.

6. Troubleshooting

If you encounter any issues with your MERACH E34, please refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Machine does not power on.	Not plugged in; power outlet issue; power adapter fault.	Ensure power adapter is securely plugged into both the machine and a working electrical outlet. Try a different outlet.
Remote control not working.	Dead or incorrectly inserted batteries; remote out of range.	Replace AAA batteries, ensuring correct polarity. Point remote directly at the machine's sensor.
Display not showing correct data (e.g., distance not staying).	Incorrect mode selected; temporary software glitch.	Press the **MODE** button to cycle through display metrics. Power cycle the machine (turn off, unplug, wait 30 seconds, plug back in, turn on).
Unusual noise during operation.	Machine not on a flat surface; foreign object caught.	Ensure the machine is on a stable, level surface. Check for any obstructions around the pedals or internal mechanism. If noise persists, contact customer support.

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

7. Product Specifications

Feature	Specification
Model Number	E34B1
Brand	MERACH
Color	Black
Material	Alloy Steel
Dimensions (L x W x H)	44.45 x 39.12 x 24.64 cm (17.5 x 15.4 x 9.7 inches)
Weight	6.3 kg (13.9 lbs)
Maximum User Weight	400 lbs (181 kg)
Resistance Mechanism	Magnetic
Number of Resistance Levels	12
Number of Programs	12 (Automatic Modes P1-P12)
Batteries (Remote)	2 x AAA (Included)

8. Warranty and Customer 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 or visit the official MERACH website for detailed warranty terms and

conditions. Keep your purchase receipt as proof of purchase for warranty claims.

Customer Support:

If you have any questions, concerns, or require technical assistance, please contact MERACH customer support through the following channels:

- **Website:** Visit the official MERACH website for FAQs, support resources, and contact forms.
- **Email:** Refer to your product packaging or the official website for customer service email addresses.
- **Phone:** Check the official MERACH website for available customer service phone numbers in your region.

When contacting support, please have your product model number (E34B1) and purchase date ready.

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