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MERACH MR-T12B1

MERACH Foldable Treadmill User Manual

Model: MR-T12B1

1. Introduction

This user manual provides essential information for the safe and effective operation, maintenance, and troubleshooting of your MERACH Foldable Treadmill. Please read this manual thoroughly before using the product and retain it for future reference.
The MERACH walking pad is a compact and practical treadmill designed for home or office use. This motorized treadmill offers an extra-wide walking area, allowing you to walk, jog, or run comfortably without feeling confined. Its sleek, minimalist design blends seamlessly into any living space or workplace, making it an ideal choice for those looking to integrate fitness into their daily routine. With its quiet operation and user-friendly controls, the MERACH walking pad provides a smooth and enjoyable workout experience.

2. Important Safety Instructions

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the treadmill.

- Always consult with a physician before starting any exercise program.
- Keep children and pets away from the treadmill at all times.
- Place the treadmill on a level surface with at least 2 meters (6.5 feet) of clear space behind it and 0.6 meters (2 feet) on each side.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Always wear appropriate athletic footwear while using the treadmill.
- Use the safety key clip at all times. In case of emergency, the safety key will stop the treadmill.
- Do not exceed the maximum user weight capacity of 120 kg (265 lbs).
- Unplug the treadmill from the power outlet when not in use and before cleaning or maintenance.

3. Product Overview and Components

The MERACH Foldable Treadmill is designed for efficient and comfortable indoor exercise. Key components include:

- **Running Belt:** Extra-wide, multi-layered belt for comfortable walking or jogging.
- **Control Panel:** Features an LED display for real-time data, speed controls, and program selection.
- **Safety Key:** Magnetic key that must be in place for operation and acts as an emergency stop.
- **Incline Adjustment:** Manual three-level incline (0%, 3%, 6%) for varied workout intensity.
- **Folding Mechanism:** Hydraulic assist for easy folding and unfolding, saving space.
- **Transport Wheels:** Integrated wheels for effortless movement of the folded treadmill.
- **Heart Rate Sensors:** Integrated into handrails for monitoring pulse during exercise.



Figure 3.1: The MERACH Foldable Treadmill in its operational state, demonstrating its compact design and user-friendly interface. A user is shown actively running on the treadmill, highlighting its suitability for various fitness levels.



Figure 3.2: Detailed view of the treadmill's control panel, featuring the LED display that shows real-time data such as time, calories, speed, mileage, and heart rate. The panel also includes quick speed adjustment buttons and program selection options.



Figure 3.3: An illustration highlighting the powerful and quiet 2.5 HP motor of the MERACH treadmill, along with its maximum load capacity of 300 lbs (120 kg). The image also indicates a noise level of less than 40dB, ensuring quiet operation.

4. Setup and Assembly

The MERACH Foldable Treadmill requires minimal assembly. Follow these steps to set up your treadmill:

1. **Unpacking:** Carefully remove all components from the packaging. Ensure all parts listed in the packing list are present.
2. **Placement:** Choose a flat, stable surface for the treadmill. Ensure there is adequate clearance around the unit (at least 2 meters behind and 0.6 meters on each side).
3. **Unfolding:**



Figure 4.1: A user demonstrating the effortless unfolding of the MERACH treadmill. The design allows for easy setup with a simple kick, making it convenient to transition from storage to use. The image also shows the compact folded dimensions.

With the treadmill in its folded position, gently release the hydraulic assist mechanism. The running deck will slowly lower into the operational position. Ensure it locks securely into place.

4. **Handlebar Assembly (if applicable):** Attach the handlebars to the main frame using the provided screws and tools. Ensure they are tightened securely.
5. **Power Connection:** Plug the power cord into a grounded electrical outlet.
6. **Safety Key:** Place the safety key into its designated slot on the control panel. The treadmill will not operate without the safety key in place.

5. Operating Instructions

Familiarize yourself with the control panel and remote control before starting your workout.

5.1 Control Panel and Display



Figure 5.1: The LED display on the MERACH treadmill provides real-time tracking of various workout data, including time, calories burned, distance covered, current speed, and pulse. The control panel allows for easy adjustment of settings.

- **LED Display:** Shows Time, Calories, Speed, Mileage, and Heart Rate.
- **Start/Stop Button:** Initiates and halts the treadmill belt.
- **Speed +/- Buttons:** Adjust the running speed (0.8 to 12 km/h).
- **Program Button:** Cycles through the 12 pre-set workout programs.
- **Mode Button:** Changes display modes or workout targets.
- **Quick Speed Buttons:** Allows for instant speed changes to pre-defined levels.

5.2 Starting a Workout

1. Ensure the safety key is properly attached to the control panel and clipped to your clothing.
2. Step onto the treadmill belt, holding onto the handrails for balance.
3. Press the **Start** button on the control panel or remote control. The belt will begin to move at a low speed.
4. Adjust the speed using the **Speed +/-** buttons or quick speed buttons to your desired pace.

5. To stop, press the **Stop** button or pull the safety key.

5.3 Adjusting Incline



Figure 5.2: The MERACH treadmill offers three levels of manual incline: 0%, 3%, and 6%. Adjusting the incline allows users to increase calorie burn and enhance the effectiveness of their fat-burning workouts.

The MERACH treadmill features a manual three-level incline system (0%, 3%, 6%). To adjust the incline:

1. Stop the treadmill and unplug it from the power source.
2. Locate the incline adjustment mechanism at the rear of the treadmill.
3. Manually lift or lower the running deck to the desired incline level and secure it in place.
4. Ensure the incline is securely set before resuming operation.

5.4 Using the MERACH App



Figure 5.3: The MERACH treadmill can connect to the MERACH fitness application, allowing users to access exclusive training courses, participate in virtual runs, and track their progress. The image shows the treadmill display mirroring app content.

Download the official MERACH App from your device's app store. Connect your treadmill via Bluetooth to unlock additional features:

- Access guided fitness courses.
- Participate in virtual scenic runs.
- Track and analyze your workout data over time.
- Engage with a global community of users.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH treadmill.

- **Cleaning:** Wipe down the treadmill after each use with a damp cloth to remove sweat and dust. Do not use abrasive cleaners.

- **Belt Lubrication:** Lubricate the running belt every 3-6 months, or after 100 hours of use, using the provided silicone lubricant. Lift the belt and apply a thin line of lubricant to the center of the deck. Run the treadmill at a low speed for 5 minutes to distribute the lubricant.
- **Belt Tension and Alignment:** Check the belt tension and alignment periodically. If the belt slips or drifts to one side, adjust it according to the instructions in the full user manual (refer to the included manual for detailed steps).
- **Motor Cover Cleaning:** Periodically remove the motor cover and vacuum any dust or debris from the motor area. Ensure the treadmill is unplugged before doing this.

7. Troubleshooting

If you encounter issues with your treadmill, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not start.	Power cord not plugged in; Safety key not in place; Circuit breaker tripped.	Ensure power cord is securely plugged in; Insert safety key fully; Reset circuit breaker.
Running belt slips.	Belt too loose; Belt needs lubrication.	Adjust belt tension (refer to manual); Lubricate the running deck.
Unusual noise during operation.	Loose parts; Belt friction; Motor issue.	Check and tighten all bolts and screws; Lubricate belt; Contact customer support if noise persists.
Display not working.	Loose connection; Power issue.	Check all cable connections; Ensure stable power supply.

For issues not listed here, or if solutions do not resolve the problem, please contact MERACH customer support.

8. Product Specifications

Feature	Specification
Model Number	MR-T12B1
Brand	MERACH
Color	Black
Material	Alloy Steel
Motor Horsepower	2.5 HP
Speed Range	0.8 - 12 km/h (0.5 - 7.5 mph)
Max User Weight	120 kg (265 lbs)
Running Belt Dimensions	1080 x 420 mm (42.5 x 16.5 inches)
Incline Levels	3 Manual Levels (0%, 3%, 6%)

Feature	Specification
Number of Programs	12
Unfolded Dimensions (L x W x H)	133 x 70 x 125 cm (52.4 x 27.6 x 49.2 inches)
Folded Dimensions (L x W x H)	65 x 70 x 125 cm (25.6 x 27.6 x 49.2 inches)
Item Weight	43 kg (94.8 lbs)
Noise Level	< 40 dB
Included Components	Power cord, Lubricant, User manual, Tool kit, Remote control

9. Warranty and Customer Support

The MERACH Foldable Treadmill comes with a comprehensive warranty to ensure your peace of mind:

- **Frame Warranty:** 3 Years
- **Parts Warranty:** 1 Year

If you have any questions regarding the product, assembly, operation, or require technical assistance, please contact MERACH customer support. Provide your model number (MR-T12B1) and purchase details for faster service. Contact information for MERACH customer support can typically be found on the product packaging, the official MERACH website, or within the included user manual.

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