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MERACH T21

MERACH T21 Under Desk Treadmill User Manual

Model: T21

Introduction

Welcome to the MERACH T21 Under Desk Treadmill user manual. This guide provides essential information for the safe and effective operation, maintenance, and troubleshooting of your new walking pad. Please read this manual thoroughly before first use and retain it for future reference. The MERACH T21 is designed for convenient exercise in home and office environments, offering a quiet and compact solution for daily activity.

Important Safety Information

WARNING: To reduce the risk of serious injury, read all instructions before using this product.

- Always place the treadmill on a flat, stable surface.
- Ensure there is adequate clear space around the treadmill (at least 2 feet behind and 1 foot on each side).
- Do not allow children or pets near the treadmill while it is in operation.
- Keep hands and feet clear of all moving parts.
- Do not use the treadmill if you weigh more than the maximum recommended weight of 265 lbs.
- Unplug the treadmill from the power outlet when not in use or before cleaning and maintenance.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Use only the provided power cord and ensure it is not damaged.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Package Contents

Please check the package contents to ensure all items are present and undamaged:

- MERACH T21 Under Desk Treadmill
- Remote Control
- Power Cord
- User Manual (this document)

Setup Guide

The MERACH T21 Under Desk Treadmill requires no assembly and is ready to use right out of the box. Follow these simple steps to begin your workout:

1. **Unpack the Treadmill:** Carefully remove the treadmill and all accessories from the packaging.
2. **Position the Treadmill:** Place the treadmill on a firm, level surface. Ensure there is sufficient space around it for safe operation. The compact design allows it to fit under most standing desks or be stored easily.
3. **Connect Power:** Plug the power cord into the treadmill's power input port, then plug the other end into a standard electrical outlet.
4. **Power On:** Locate the power switch (usually near the power cord input) and turn it to the 'ON' position. The LED display should illuminate.



Image: The MERACH T21 Under Desk Treadmill in operation, demonstrating its compact design and ease of use for active individuals.

Operating Instructions

The MERACH T21 offers intuitive controls via its remote and a dedicated mobile application.

Using the Remote Control

- **Start/Stop:** Press the 'Start' button to begin the treadmill. Press 'Stop' to pause or end your workout.
- **Speed Adjustment:** Use the '+' button to increase speed and '-' button to decrease speed. The speed range is 0.6 to 3.8 MPH.
- **Mode Selection:** The remote may have buttons to switch between different display modes (e.g., time, distance, calories).

Using the MERACH APP

For enhanced control and personalized workout plans, download the MERACH APP from your device's app store. The app allows you to:

- Control treadmill functions (start, stop, speed).
- Monitor real-time workout data on your smartphone.
- Access personalized diet and exercise plans.

Follow the in-app instructions for pairing your treadmill with the MERACH APP.

Workout Modes and Speed Recommendations



Image: Visual guide illustrating recommended speed ranges for different activities on the MERACH T21: Working (1.0-1.8MPH), Walking (1.8-2.8MPH), and Jogging (2.8-4.0MPH).

- **Working:** Ideal for light activity while working at a standing desk. Speed range: 1.0-1.8 MPH.
- **Walking:** Suitable for a steady pace to get your steps in. Speed range: 1.8-2.8 MPH.
- **Jogging:** For a more intense cardio workout. Speed range: 2.8-3.8 MPH (Max speed is 3.8 MPH).

The 2.25HP silent motor ensures operation below 40dB, making it suitable for quiet environments.

Maintenance

Regular maintenance helps prolong the life of your MERACH T21 Under Desk Treadmill.

- **Cleaning:** Wipe down the treadmill surface with a damp cloth after each use. Do not use abrasive cleaners or solvents.
- **Belt Lubrication:** The running belt may require lubrication periodically. Refer to the MERACH APP or contact customer support for specific lubrication instructions and recommended lubricants.

- **Belt Adjustment:** If the running belt feels loose or off-center, it may need adjustment. Consult the MERACH APP or customer support for guidance.
- **Storage:** When not in use, store the treadmill in a dry, cool place. Its slim profile and wheels make it easy to move and store under furniture.

Troubleshooting

If you encounter any issues with your MERACH T21, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; Power switch off; No power from outlet.	Ensure power cord is securely plugged in. Turn power switch to 'ON'. Check outlet with another device.
Running belt slips or stops.	Belt too loose; Insufficient lubrication; Overload.	Adjust belt tension (refer to manual/APP). Lubricate the belt. Ensure user weight is within limits (max 265 lbs).
Unusual noise during operation.	Loose parts; Belt friction; Motor issue.	Check for any loose screws. Lubricate the belt if needed. If noise persists, contact customer support.
Remote control not responding.	Low battery; Obstruction; Not paired.	Replace remote battery. Ensure no obstructions between remote and treadmill. Re-pair remote if necessary (refer to manual/APP).

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

Product Specifications

Brand	MERACH
Model Name	T21 (also referred to as T19 in some specifications)
Product Dimensions	46.8"D x 19.3"W x 5.3"H
Item Weight	42 Pounds
Material	Alloy Steel
Maximum Speed	3.8 Miles per Hour
Minimum Speed	0.6 Miles per Hour
Maximum Horsepower	2.25 Horsepower
Maximum Weight Recommendation	265 Pounds
Display Type	LCD
Power Source	Corded Electric
Input Power	300 Watts
Special Feature	Wheeled for easy movement

Assembly Required	No (Ready to use out of box)

Warranty and Support

MERACH stands behind the quality of its products. The MERACH T21 Under Desk Treadmill comes with the following warranty:

- **1-Year Limited Warranty** on parts and labor.
- **3-Year Frame Warranty** covering the structural integrity of the treadmill frame.

For warranty claims, technical support, or any questions regarding your MERACH T21, please contact MERACH customer service. Problem resolution is typically available within 24 hours.
Please visit the official MERACH website or refer to your purchase documentation for the most up-to-date contact information.

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