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MERACH NovaRow R50

MERACH NovaRow R50 Air Rowing Machine User Manual

ADJUSTABLE AIR RESISTANCE PROFESSIONAL INDOOR ROWING MACHINE

1. Important Safety Information

Please read this entire manual before assembling or using the MERACH NovaRow R50. Keep this manual for future reference. Failure to follow these instructions could result in injury or equipment damage.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not exceed the maximum user weight of 350 lbs (158 kg).
- Wear appropriate exercise attire and footwear.
- Keep hands and feet clear of moving parts.

2. Package Contents

Verify that all components are present and undamaged:

- R50 Air Rowing Machine (90% pre-assembled) x1
- Performance Monitor x1
- User Manual x1
- Assembly Tools (Screws & Kit) x1
- AA Battery x2 (included for monitor)

3. Setup & Assembly

The MERACH NovaRow R50 comes 90% pre-assembled for quick and easy setup. Follow these steps to complete the assembly:

1. Carefully remove all components from the packaging.
2. Attach the rear stabilizer to the main frame using the provided screws and tools.
3. Connect the sliding rail to the main frame. Ensure the connection is secure.
4. Install the Performance Monitor onto its designated holder. Insert the AA batteries.

For a visual guide, please watch the official installation video:

▶ **Watch video online**
R50 installation video

Official MERACH R50 installation video. This video demonstrates the step-by-step assembly process for your rowing machine.



The MERACH NovaRow R50 features a foldable design for easy storage, reducing its footprint when not in use.

4. Product Overview & Features

The MERACH NovaRow R50 provides an effective full-body, low-impact workout, engaging over 86% of your major muscle groups in just 20 minutes. Its durable alloy steel construction and extended track support users up to 350 lbs.



The MERACH NovaRow R50 Air Rowing Machine, showcasing its sleek black design with blue accents.

Air Resistance System

Experience a smooth and natural rowing feel with the 10-level air resistance system, offering up to 110 lbs of peak resistance. The resistance dynamically increases with rowing speed, providing a challenging workout for all fitness levels.



Dynamic air resistance system of the MERACH R50, illustrating how resistance increases with rowing speed.

Ergonomic Design

The ergonomic comfort seat and adjustable footplates ensure proper posture and pelvic alignment, minimizing injury risk and maximizing workout effectiveness.



The MERACH R50 provides a professional rowing experience with immersive feel, higher resistance, and dynamic adjustment.

Performance Monitor & App Connectivity

The professional performance monitor delivers accurate workout data and connects via Bluetooth to the MERACH APP. A device holder is included for your smartphone or tablet, allowing for interactive goal achievement and virtual rowing routes.



The MERACH APP offers a 3D Live Map Training Mode, allowing users to row through virtual environments and track their progress.

Watch a demonstration of the adjustable air resistance and monitor features:

▶ **Watch video online**
R50 Rowing Machine-Adjustable Air Resistance

Official MERACH R50 video demonstrating the adjustable air resistance and monitor functionalities.

5. Operating Instructions

Performance Monitor Usage

The monitor displays key workout metrics such as time, distance, stroke count, calories burned, and watts. Use the 'MODE' button to cycle through different display modes (Manual, Target, Interval) and 'SET' to configure target values. 'RESET' clears current workout data.

Adjusting Resistance

The MERACH NovaRow R50 features a 10-level air resistance system. Adjust the damper lever located on the side of the flywheel housing to increase or decrease the airflow to the flywheel. A higher setting (10) allows more air in, providing greater resistance, while a lower setting (1) allows less air in, reducing resistance.

Proper Rowing Form

For optimal results and to prevent injury, maintain proper rowing form:

- **Catch:** Knees bent, shins vertical, arms extended forward, back straight.
- **Drive:** Push off with legs, then swing back with torso, finally pull handle to chest.
- **Finish:** Legs extended, torso slightly reclined, handle at lower ribs.
- **Recovery:** Extend arms, pivot torso forward, then bend knees to return to catch.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your rowing machine:

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- **Chain Lubrication:** Periodically apply a small amount of chain oil (e.g., 3-in-1 oil) to the chain. Wipe off any excess.
- **Check Connections:** Regularly inspect all bolts, nuts, and connections to ensure they are tight. Tighten if necessary.
- **Rail Cleaning:** Keep the monorail clean and free of debris to ensure smooth seat movement.

7. Troubleshooting

- **Monitor Not Displaying:** Check if batteries are correctly installed or need replacement. Ensure cables are securely connected.
- **Unusual Noises:** Inspect the chain for any obstructions or signs of wear. Ensure all bolts are tight. Lubricate the chain if dry.
- **Seat Not Sliding Smoothly:** Clean the monorail thoroughly. Check for any debris or damage on the seat rollers.
- **Resistance Feels Off:** Verify the damper setting. Ensure the flywheel is free of obstructions.

8. Specifications

Specification	Detail
Brand	MERACH

Model Name	NovaRow R50
Resistance Mechanism	Air (10 levels, Max 110 lbs)
Frame Material	Alloy Steel
Product Dimensions (LxWxH)	95" x 24" x 40"
Folded Dimensions (LxWxH)	32.7" x 28.7" x 54.3"
Item Weight	72 Pounds
Maximum User Weight	350 Pounds
Metrics Measured	Speed, Calories Burned, Time, Stroke Count, Distance
Display Type	LCD
Power Source	Battery Powered (2 AA batteries included)

9. Warranty & Support

The MERACH NovaRow R50 comes with a 12-month warranty. An additional 12-month warranty is available upon product registration. For any questions, technical support, or warranty claims, please contact MERACH Direct customer support.

You can find more information and support by visiting the official MERACH Store on Amazon.

Link to MERACH Store: MERACH Store

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