

## MERACH MR-S26B1

# MERACH MR-S26B1 Indoor Cycling Exercise Bike User Manual

Model: MR-S26B1 | Brand: MERACH

## 1. INTRODUCTION

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This manual provides essential information for the safe and effective use of your MERACH MR-S26B1 Indoor Cycling Exercise Bike. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

### 1.1 Safety Information

- Consult a physician before starting any exercise program.
- Ensure all parts are securely fastened before each use.
- Maximum user weight capacity: 270 lbs (122 kg). Do not exceed this limit.
- Keep children and pets away from the equipment during operation.
- Place the bike on a flat, stable surface.
- Wear appropriate exercise attire and footwear.
- Use the emergency brake function to stop the flywheel immediately if needed.

### 1.2 Package Contents

Verify that all components are present before beginning assembly:

- Main Frame
- Handlebar Assembly
- Seat Post and Seat
- Pedals (Left and Right)
- Front and Rear Stabilizers
- Hardware Kit (bolts, washers, nuts)
- Tools (wrenches, Allen keys)
- User Manual

## 2. SETUP AND ASSEMBLY

Follow these steps to assemble your MERACH MR-S26B1 exercise bike. Refer to the provided diagrams for visual guidance.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are tightened firmly.
2. **Install Pedals:** Identify the Left (L) and Right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Thread them into the crank arms and tighten securely with a wrench.
3. **Mount Seat Post:** Insert the seat post into the main frame. Adjust the height and secure it with the adjustment knob. Attach the seat to the seat post.
4. **Attach Handlebar Assembly:** Insert the handlebar post into the main frame. Adjust the height and secure it with the adjustment knob. Attach the handlebars to the post.
5. **Connect Monitor:** Connect the sensor wires from the main frame to the back of the LED monitor. Mount the monitor onto the handlebar assembly.



Figure 2.1: Fully assembled MERACH MR-S26B1 Indoor Cycling Exercise Bike.

## 3. OPERATING INSTRUCTIONS

### 3.1 Adjusting Seat and Handlebars

The MERACH MR-S26B1 offers 4-way seat adjustment (up/down, forward/backward) and 2-way handlebar adjustment (up/down) to accommodate various user heights and preferences.

- **Seat Adjustment:** Loosen the adjustment knobs beneath and behind the seat. Slide the seat to the desired position and tighten the knobs firmly.
- **Handlebar Adjustment:** Loosen the adjustment knob on the handlebar post. Raise or lower the handlebars to a comfortable height and tighten the knob securely.



Figure 3.1: Seat and handlebar adjustment points.

### 3.2 Resistance Adjustment and Emergency Brake

The bike features an infinitely variable resistance system. Rotate the knob clockwise to increase resistance and counter-clockwise to decrease it. To engage the emergency brake, press the resistance knob down firmly.



Figure 3.2: Resistance adjustment knob and emergency brake.

### 3.3 Enhanced LED Electronic Monitor

The integrated LED monitor tracks your workout data in real-time. It displays:

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered.
- **Calories:** Estimated calories burned.
- **Odometer:** Total accumulated distance.
- **Cadence:** Pedaling revolutions per minute.

# Power Up Fast Boost Your Efficiency

6-Type Data Tracking Display



Figure 3.3: LED monitor displaying workout data.

## 3.4 App Connectivity

Enhance your fitness journey by connecting your bike to the MERACH app or other compatible fitness applications like KINOMAP and Zwift via Bluetooth. The app provides personalized training plans, real-time metrics, and interactive riding experiences.

- Download the MERACH app from your device's app store.
- Enable Bluetooth on your smartphone or tablet.
- Open the MERACH app and follow the on-screen instructions to pair with your MR-S26B1 bike.
- For KINOMAP and Zwift, ensure the apps are installed and follow their pairing procedures.

## 3.5 Water Bottle Holder

The bike includes a dual-slot water bottle holder for convenient hydration during your workout and storage of small personal items.

## 4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts, nuts, and screws to ensure they are tight. Re-tighten if necessary.
- **Belt Drive System:** The quiet and smooth belt drive system is designed for low maintenance. No lubrication is typically required.
- **Monitor Batteries:** The LED monitor requires 2 AAA batteries. Replace them when the display becomes dim or unresponsive.



Figure 4.1: The bike features a low-maintenance belt drive system.

## 5. TROUBLESHOOTING

If you encounter issues with your MERACH MR-S26B1, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Monitor not displaying data	Low or dead batteries; Loose sensor connection	Replace AAA batteries; Check and secure sensor wires.
Bike is unstable or wobbles	Uneven surface; Loose stabilizer bolts	Adjust leveling feet on stabilizers; Tighten all stabilizer bolts.
Unusual noise during operation	Loose components; Friction from resistance pad (if applicable)	Check and tighten all assembly bolts; Ensure resistance pad is clean and free of debris.
App not connecting via Bluetooth	Bluetooth off on device; App permissions; Bike not active	Ensure Bluetooth is enabled; Grant necessary app permissions; Start pedaling to activate bike's sensor.

## 6. SPECIFICATIONS

Key specifications for the MERACH MR-S26B1 Indoor Cycling Exercise Bike:

- **Model Number:** MR-S26B1
- **Color:** Black
- **Drive System:** Belt

- **Material:** Alloy Steel
- **Maximum User Weight:** 270 lbs (122 kg)
- **Product Dimensions:** 108.2 x 49.02 x 123.44 cm (42.6 x 19.3 x 48.6 inches)
- **Product Weight:** 27 kg (59.5 lbs)
- **Power Source (Monitor):** 2 AAA Batteries (not included)
- **Special Features:** Adjustable Seat, Bluetooth APP Connectivity, Water Bottle Holder
- **Resistance Mechanism:** Friction



Figure 6.1: Stable dual-triangle frame design for enhanced stability.

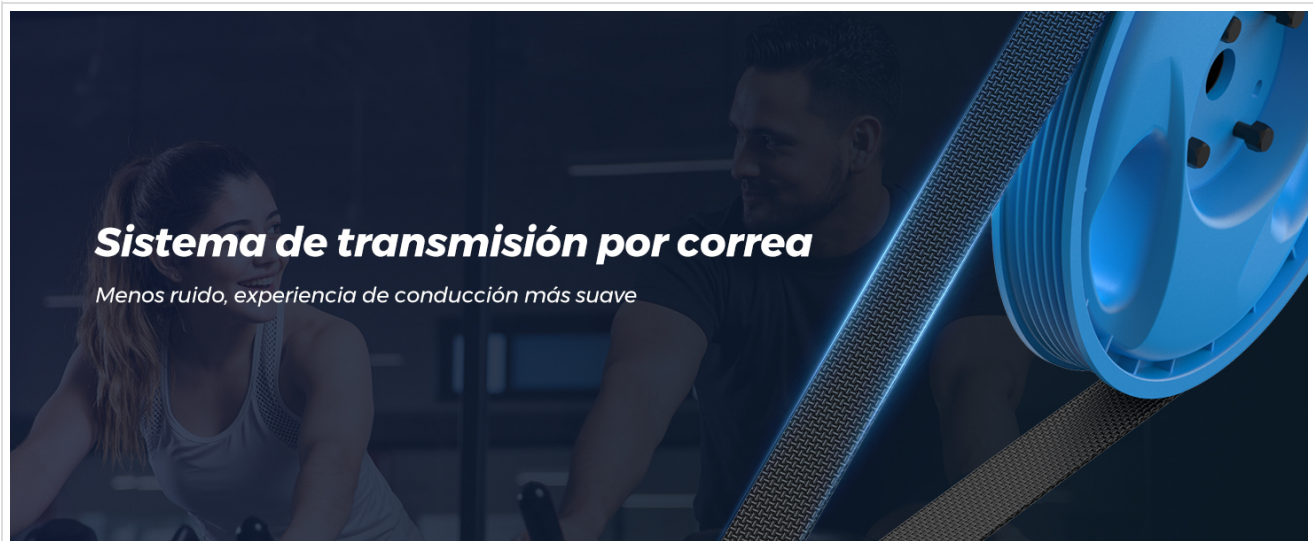


Figure 6.2: Integrated transport wheels for easy movement and storage.

## 7. WARRANTY AND SUPPORT

MERACH provides a 12-month warranty for the MR-S26B1 Indoor Cycling Exercise Bike. If you encounter any issues during use, please contact our customer support team. We are committed to responding within 12 hours and assisting you throughout the resolution process.

For support, please refer to the contact information provided with your purchase or visit the official MERACH website.

