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› MERACH S26H2-US Magnetic Exercise Bike User Manual

MERACH MR-S26H2-US

MERACH S26H2-US Magnetic Exercise Bike User Manual

Model: MR-S26H2-US

1. INTRODUCTION

This manual provides essential information for the safe and effective use of your MERACH S26H2-US Magnetic Exercise Bike. Please read all instructions carefully before assembly and operation. Retain this manual for future reference.

The MERACH S26H2-US is designed for indoor fitness, featuring a magnetic resistance system for quiet operation and a robust inverted triangle frame for stability. It integrates with the exclusive MERACH app to enhance your workout experience with guided courses and data tracking.

2. SAFETY INFORMATION

- Consult a physician before starting any exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Keep children and pets away from the exercise bike during operation.
- Place the bike on a flat, stable surface. Use a mat to protect flooring.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum weight capacity of 300 lbs (136 kg).
- Use the emergency brake knob to stop the flywheel immediately if needed.

3. ASSEMBLY INSTRUCTIONS

Your MERACH S26H2-US Exercise Bike arrives approximately 80% pre-installed. The remaining assembly typically takes less than 20 minutes and requires basic tools, which are included in the package. Follow the steps below and refer to the installation video for visual guidance.

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Video: S26 Exercise Bike Installation Steps. This video demonstrates the complete assembly process for the MERACH S26H2-US Exercise Bike, guiding you through each step to ensure correct setup.

Key Assembly Steps:

1. Attach the front and rear stabilizers to the main frame.
2. Install the pedals, ensuring the left pedal is tightened counter-clockwise and the right pedal clockwise.
3. Insert and secure the seat post and handlebar post.
4. Connect any necessary sensor wires as indicated in the manual.



Image: Detailed view of the MERACH S26H2-US Exercise Bike's integrated features, including dual water bottle holders, transport wheels for easy relocation, a convenient dumbbell rack, and a secure iPad holder for entertainment or app use during workouts.

4. OPERATING INSTRUCTIONS

4.1 Adjusting Seat and Handlebars

The MERACH S26H2-US offers extensive adjustability to accommodate users from 4'8" to 6'2" with an inseam height of 28"-38".

- **Seat Adjustment:** The ultra-soft seat can be adjusted 4 ways (up/down, forward/backward). Loosen the adjustment knob, slide the seat to your desired position, and tighten the knob securely.
- **Handlebar Adjustment:** The non-slip handlebars are 2-way adjustable (up/down). Loosen the adjustment knob, raise or lower the handlebars to a comfortable height, and tighten the knob firmly.

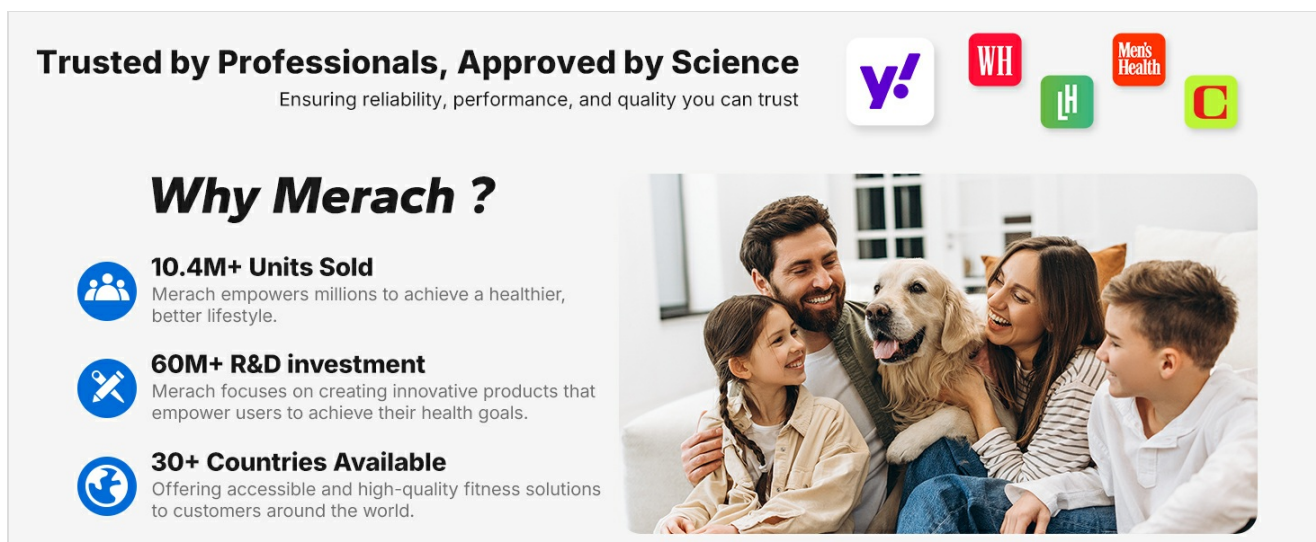


Image: Illustration of the MERACH S26H2-US Exercise Bike's adjustability, demonstrating how the seat and handlebars can be modified to fit various user heights and preferences for a comfortable and effective workout.

4.2 Resistance Adjustment

The bike features a magnetic resistance system for smooth and quiet operation (below 25dB). Rotate the resistance knob located on the frame to increase or decrease the intensity of your workout. Turn clockwise to increase resistance and counter-clockwise to decrease it. Push the knob down to engage the emergency brake.



Witness Every Change

Just ten minutes a pop keeps the fat-burn rolling


10 mins

≈

 15 minutes of jogging

 25 minutes of boating

 40 minutes of yoga

Image: A user enjoying a quiet workout on the MERACH S26H2-US Exercise Bike at night, emphasizing the silent belt drive and magnetic resistance system that keeps noise levels below 25dB.

4.3 Console and LED Display

The integrated LED display tracks essential workout data including time, distance, and calories burned. This allows you to monitor your progress during each session.

4.4 MERACH App Connectivity

Enhance your training with the exclusive MERACH App, available for free. Connect your bike via Bluetooth to access a variety of fitness courses, track detailed metrics, and engage with online trainers. The app offers diverse virtual experiences, such as simulated rides through scenic landscapes.

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Video: Gamified Cycling with Merach S26 Exercise Bike. This video showcases the interactive features of the MERACH app, demonstrating how it integrates with the S26H2-US bike to provide engaging and gamified cycling experiences.



High Performance Higher Value

Let sweat-flying beats carve your lines and own a life of self-discipline

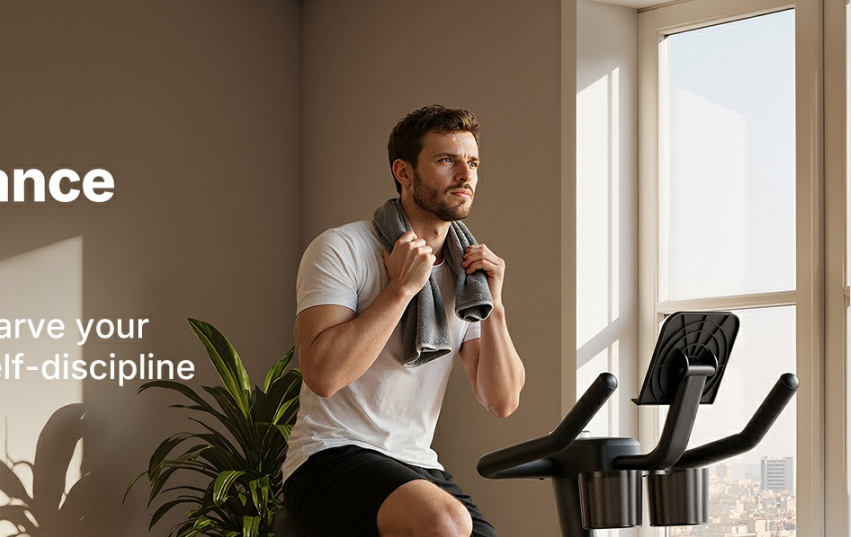




Image: The MERACH app interface, illustrating its capabilities for personalized fitness reports, daily data tracking, and

comprehensive fitness metrics to help users monitor their progress.

4.5 Additional Features

- **Tablet Mount:** Securely holds your tablet or smartphone for entertainment or app use.
- **Dual Water Bottle Holders:** Conveniently located to keep hydration within reach.
- **Dumbbell Rack:** A dedicated space to store small dumbbells for integrated workouts.
- **Cage Pedals:** Provide secure foot placement during intense rides.
- **Transport Wheels:** Bi-directional wheels allow for easy movement and storage of the bike.

5. 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.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components.
- **Belt Drive:** The silent belt drive system is designed for low maintenance. No lubrication is typically required.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

6. TROUBLESHOOTING

If you encounter any issues with your MERACH S26H2-US Exercise Bike, refer to the following common solutions:

Problem	Possible Cause	Solution
Unusual Noise during Operation	Loose components; uneven surface.	Check and tighten all bolts and nuts. Ensure the bike is on a level surface.
Instability during Use	Uneven floor; stabilizers not properly adjusted.	Adjust the leveling feet on the stabilizers to ensure firm contact with the floor.
App Connectivity Issues	Bluetooth not enabled; app not updated; bike not powered on.	Ensure Bluetooth is active on your device. Update the MERACH app to the latest version. Confirm the bike's console is active.
Resistance Not Changing	Resistance mechanism issue.	Ensure the resistance knob is turning freely. If the issue persists, contact customer support.

7. SPECIFICATIONS

Feature	Detail
Brand	MERACH
Model Number	MR-S26H2-US
Color	Magnetic-Grey
Resistance Mechanism	Magnetic

Feature	Detail
Drive System	Belt
Maximum Weight Capacity	300 Pounds (136 kg)
Recommended User Height	4'8" to 6'2"
Product Dimensions (D x W x H)	42.52" x 19.29" x 48.43" (108cm x 49cm x 123cm)
Item Weight	27 Kilograms (59.5 lbs)
Material	Alloy Steel
Special Features	Adjustable Seat, Tablet Mount, Dumbbell Rack, Dual Water Bottle Holders, Transport Wheels
Power Source	Pedal-powered (non-electric)
Noise Level	Less than 25dB

8. WARRANTY AND SUPPORT

MERACH provides a **12-month warranty service** for your exercise bike. If you encounter any problems or have questions during use, please contact MERACH customer support. They are committed to replying within 12 hours and assisting you throughout the process.

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