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MERACH MR-E32

MERACH Under Desk Elliptical Machine MR-E32 User Manual

Brand: MERACH | Model: MR-E32

1. Introduction

This manual provides essential information for the safe and effective use of your MERACH Under Desk Elliptical Machine. Please read this manual thoroughly before operating the device and retain it for future reference. The MERACH Under Desk Elliptical is designed to provide low-impact leg exercise, promoting blood circulation and muscle engagement while seated, making it suitable for various users including seniors and office workers.

2. Important Safety Information

- **Do Not Stand:** This device is designed for seated use only. Standing on the pedals may cause injury or damage to the machine.
- **Stable Surface:** Always place the elliptical on a flat, stable surface. The eco-friendly rubber base helps prevent movement during use.
- **Power Source:** Use only the provided power adapter and connect to a compatible electrical outlet.
- **Clear Area:** Ensure the area around the elliptical is clear of obstructions to prevent accidents.
- **Children and Pets:** Keep children and pets away from the device during operation.
- **Medical Conditions:** Consult a physician before using this device if you have any pre-existing medical conditions or are recovering from an injury.
- **Maintenance:** Do not attempt to disassemble or repair the device yourself. Refer to the maintenance section or contact customer support.

3. Package Contents

Upon unpacking, please ensure all items are present and in good condition:

- MERACH Under Desk Elliptical Machine (Fully Assembled)

- Remote Control
- Foot Straps (pre-installed or included separately)
- Power Adapter
- User Manual (this document)

4. Product Overview

The MERACH Under Desk Elliptical Machine is a compact and user-friendly device designed for seated leg exercise. It features an intuitive control panel and a remote for convenient operation.



Figure 1: MERACH Under Desk Elliptical Machine with remote control and foot straps.

Key Components:

- **Main Unit:** Houses the motor and control panel.
- **Pedals:** Textured, non-slip surfaces for foot placement, often with adjustable straps.
- **LCD Display:** Shows real-time exercise data.
- **Control Buttons:** Located on the main unit for manual adjustments.

- **Remote Control:** Allows for convenient adjustment of settings without bending down.



Figure 2: Close-up view of the LCD screen and control buttons on the elliptical machine.



Figure 3: The remote control for the MERACH elliptical, showing various function buttons.

5. Setup

The MERACH Under Desk Elliptical Machine comes fully assembled, requiring minimal setup before first use.

1. **Placement:** Place the elliptical on a stable, level surface under your desk or in front of your chair. Ensure there is enough space for your legs to move freely without obstruction.
2. **Power Connection:** Connect the power adapter to the elliptical's power port and then plug it into a standard electrical outlet.
3. **Remote Battery:** Insert batteries into the remote control if not already installed.
4. **Foot Straps:** Adjust the foot straps on the pedals to comfortably secure your feet.

Setup Demonstration Video:

▶ **Watch video online**

Video 1: Demonstration of setting up and using an electric under desk elliptical machine.

6. Operating Instructions

The elliptical machine can be operated using the control panel on the main unit or the included remote control.

6.1 Power On/Off

- Press the **POWER** button on the remote or the main unit to turn the device on or off.

6.2 Using the Remote Control

The remote control allows for convenient adjustment of all functions from your seated position.

- **START/STOP:** Begins or pauses the elliptical movement.
- **MODE:** Cycles through the 12 automatic programs (P1-P12) and manual mode.
- **SPEED (+/-):** Increases or decreases the speed in manual mode or adjusts intensity within automatic programs. There are 12 adjustable speed levels.
- **DIRECTION:** Changes the direction of pedal movement (forward or backward).
- **FUNCTION/DATA:** Toggles through displayed data on the LCD screen (Time, Speed, Calories, Distance).

6.3 LCD Display

The high-definition LCD screen provides real-time feedback on your exercise:

- **TIME:** Duration of your exercise session.
- **SPEED:** Current speed level.
- **CALORIES:** Estimated calories burned.
- **DISTANCE:** Estimated distance covered.
- **SCAN:** Automatically cycles through all data metrics.

6.4 Exercise Modes

The elliptical offers both automatic and manual modes to suit your preference:

- **Automatic Modes (P1-P12):** Pre-programmed routines with varying speeds and directions. Select using the MODE button.
- **Manual Mode:** Allows you to manually control the speed and direction. Adjust speed using the SPEED buttons and direction using the DIRECTION button.



Figure 4: The elliptical supports both forward and backward pedal movements for comprehensive leg exercise.

6.5 Quiet Operation

Equipped with an E4 silent motor, the elliptical operates quietly, allowing you to use it without disturbing others or interrupting your activities like working or watching TV.



Figure 5: Internal view highlighting the E4 silent motor for quiet operation.



Figure 6: The elliptical is suitable for use while seated at a desk or in a wheelchair, providing easy fitness.

Operation Demonstration Video:

▶ **Watch video online**

Demo of Merach Under Desk Elliptical Sitting Leg Exercise

Video 2: Demonstration of seated leg exercise using the MERACH Under Desk Elliptical.

7. Maintenance

- **Cleaning:** Wipe the device with a soft, damp cloth after each use. Do not use abrasive cleaners or solvents. Ensure the device is unplugged before cleaning.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under a bed or in a closet.
- **Inspection:** Periodically check the power cord and pedals for any signs of wear or damage. If any damage is

found, discontinue use and contact customer support.

8. Troubleshooting

Problem	Possible Cause	Solution
Device does not power on.	Power cord not properly connected or no power from outlet.	Ensure the power cord is securely plugged into both the device and a working electrical outlet. Test the outlet with another device.
Remote control is not working.	Remote batteries are dead or incorrectly inserted.	Replace the remote control batteries, ensuring correct polarity. Point the remote directly at the elliptical's sensor.
Pedals are not moving smoothly.	Obstruction or device placed on an uneven surface.	Check for any objects obstructing the pedal movement. Ensure the device is on a flat, stable surface.
Unusual noise during operation.	Loose component or internal issue.	Discontinue use immediately. Contact customer support for assistance.

9. Specifications

Feature	Detail
Model Name	MR-E32
Brand	MERACH
Product Dimensions (D x W x H)	17.9" x 9.46" x 15.43"
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	250 Pounds
Number of Resistance Levels	12
Item Weight	11.1 Pounds
Included Components	Foot straps, Remote Control, User Manual

10. Warranty and Support

This MERACH Under Desk Elliptical Machine comes with a**1-Year Manufacturer Warranty**.
For warranty claims, technical support, or any questions regarding your product, please contact MERACH Customer Support through the retailer's platform or the official MERACH website. Please have your purchase receipt and product model number (MR-E32) available when contacting support.
For more information, visit the official MERACH Store:MERACH Store on Amazon

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