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MERACH MERACH Under-Desk Treadmill

MERACH 3-in-1 Walking Pad User Manual

Model: MERACH Under-Desk Treadmill

1. Introduction

Thank you for choosing the MERACH 3-in-1 Walking Pad. This versatile fitness equipment is designed for both home and office use, offering a convenient way to stay active. It functions as an under-desk walking pad and a traditional treadmill, supporting various fitness levels. Please read this manual carefully before operation to ensure safe and effective use.

2. Important Safety Information

To reduce the risk of serious injury, read all important precautions and instructions in this manual before using the walking pad. MERACH assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Always place the walking pad on a level, stable surface.
- Keep children and pets away from the walking pad during operation.
- Do not use the walking pad if you weigh more than the maximum user weight capacity (120 kg).
- Wear appropriate athletic footwear. Do not operate barefoot.
- If you feel faint, dizzy, or experience pain, stop exercising immediately.
- Unplug the walking pad from the power outlet when not in use or before cleaning/maintenance.
- Do not use the walking pad outdoors or in damp environments.
- Ensure there is adequate clear space (at least 2 meters behind and 0.6 meters on each side) around the walking pad.

3. Package Contents

Please check the package contents carefully. If any items are missing or damaged, contact customer support.

- MERACH 3-in-1 Walking Pad (Main Unit)
- Magnetic Remote Control
- Power Cord
- User Manual (this document)
- Lubricant (small bottle)
- Hex Wrench (for adjustments)

4. Setup and Assembly

The MERACH Walking Pad requires minimal assembly. Follow these steps for quick setup.

1. **Unpack:** Carefully remove the walking pad and all accessories from the packaging.
2. **Positioning:** Place the walking pad on a flat, stable surface. Ensure there is enough space around it for safe operation.
3. **Unfold (if applicable):** If your model has a foldable handlebar, lift it into the upright position until it locks securely. For under-desk use, the handlebar can remain folded down.
4. **Connect Power:** Plug the power cord into the walking pad's power port, then plug the other end into a grounded electrical outlet.
5. **Remote Control:** Insert batteries (not included, typically AAA) into the magnetic remote control.



Image: User operating the MERACH Walking Pad in treadmill mode with the handlebar raised.

5. Operating Instructions

Learn how to use your MERACH Walking Pad effectively.

5.1 Power On/Off

- **Power On:** Plug in the power cord. The LED display will light up. Press the **Start/Stop** button on the remote control.
- **Power Off:** Press the **Start/Stop** button on the remote control to stop the belt. Unplug the power cord from the wall outlet.

5.2 Using the Remote Control

The magnetic remote control allows you to manage all functions.

- **Start/Stop Button:** Press to start or stop the walking pad.
- **Speed +/- Buttons:** Adjust the speed of the walking belt.
- **Mode Button:** Cycle through display modes (Time, Distance, Calories, Speed).

5.3 Operating Modes

The MERACH Walking Pad supports two main modes:

- **Walking Mode (Handlebar Down):** When the handlebar is folded down, the maximum speed is typically limited (e.g., up to 6 km/h or 3.7 mph), ideal for walking under a desk.
- **Running Mode (Handlebar Up):** When the handlebar is raised and locked, the walking pad can reach higher speeds (e.g., up to 12 km/h or 7.5 mph), suitable for jogging or light running.



Image: User operating the MERACH Walking Pad in walking mode under a desk.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your walking pad.

6.1 Cleaning

- Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents.
- Ensure the walking pad is unplugged before cleaning.

6.2 Lubrication

The walking belt requires periodic lubrication to reduce friction and extend its lifespan. Lubricate every 3-6 months, or after 100 hours of use, whichever comes first.

1. Unplug the walking pad.
2. Slightly lift the edge of the walking belt.
3. Apply a small amount of the provided silicone lubricant (approx. 5-10ml) evenly onto the center of the running deck, underneath the belt.
4. Run the walking pad at a low speed (e.g., 1 km/h) for 5 minutes to distribute the lubricant.

6.3 Belt Adjustment

If the walking belt shifts to one side or slips, it may need adjustment. Use the hex wrench provided.

- **Belt Centering:** If the belt drifts to the left, turn the left rear roller bolt clockwise a quarter turn. If it drifts to the right, turn the right rear roller bolt clockwise a quarter turn. Run the walking pad for 1-2 minutes and re-check. Repeat until centered.
- **Belt Slipping:** If the belt slips during use, turn both rear roller bolts clockwise a quarter turn simultaneously. Run the walking pad for 1-2 minutes and re-check. Repeat until the slipping stops. Do not overtighten.

7. Troubleshooting

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; power outlet issue; safety key not in place (if applicable).	Ensure power cord is securely plugged into both the unit and a working outlet. Check the power switch. Ensure the safety key is correctly inserted.
Remote control not responding.	Batteries are dead or incorrectly inserted; remote not paired.	Replace batteries. Ensure batteries are inserted with correct polarity. Re-pair the remote if necessary (refer to specific pairing instructions in your model's manual, usually by holding a button on the remote near the display).
Belt slips or hesitates.	Belt too loose; insufficient lubrication.	Adjust belt tension (see Section 6.3). Apply silicone lubricant (see Section 6.2).
Unusual noise during operation.	Loose parts; belt friction; motor issue.	Check for any loose screws and tighten them. Lubricate the belt. If noise persists, contact customer support.

8. Specifications

General specifications for the MERACH 3-in-1 Walking Pad.

- **Brand:** MERACH
- **Model:** MERACH Under-Desk Treadmill (3-in-1 Walking Pad)
- **Motor Power:** 2.75 HP (Peak)
- **Speed Range:** Typically 1-6 km/h (walking mode), 1-12 km/h (running mode)
- **Weight Capacity:** 120 kg (265 lbs)
- **Display:** LED (Time, Speed, Distance, Calories)
- **Control:** Magnetic Remote Control
- **Assembly:** No assembly required (minimal setup)
- **ASIN:** B0DK6PWY28

9. Warranty and Customer Support

MERACH is committed to providing high-quality products and excellent customer service.

- **Warranty:** Your MERACH Walking Pad comes with a standard manufacturer's warranty. Please refer to the warranty card included in your package or contact MERACH customer support for specific details regarding

warranty duration and coverage.

- **Technical Support:** MERACH offers lifelong technical support for its products. If you encounter any issues or have questions regarding the operation, maintenance, or troubleshooting of your walking pad, please do not hesitate to contact our dedicated support team.
- **Contact Information:** For support, please visit the official MERACH website or contact us through the Amazon platform where you purchased the product.

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