

MERACH MR-S26B1-US

MERACH Exercise Bike User Manual

Model: MR-S26B1-US (Friction-Black)

1. INTRODUCTION

Thank you for choosing the MERACH Exercise Bike. This manual provides essential information for the safe and efficient use of your new stationary bike. Please read it thoroughly before assembly and operation, and keep it for future reference.



Figure 1: MERACH Exercise Bike (Friction-Black Model)

2. SAFETY INFORMATION

Always consult with a healthcare professional before starting any new exercise program. Adhere to the following safety guidelines:

- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the bike during operation.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum weight capacity of 300 lbs (136 kg).
- Use the emergency brake knob to stop the flywheel immediately if needed.
- Regularly inspect the bike for any signs of wear or damage.

3. PACKAGE CONTENTS

Verify that all components are present before beginning assembly:

- Main Frame Assembly
- Front Stabilizer
- Rear Stabilizer
- Pedals (Left and Right)
- Seat Post and Seat
- Handlebar Post and Handlebars
- Monitor
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual (this document)

4. ASSEMBLY INSTRUCTIONS

Follow these steps carefully for proper assembly. It is recommended to have two people for certain steps.

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly attached for stability.
2. **Install Pedals:** Identify the left (L) and right (R) pedals. The left pedal screws counter-clockwise, and the right pedal screws clockwise. Tighten them securely to prevent loosening during use.
3. **Mount Seat Post and Seat:** Insert the seat post into the main frame and adjust to your desired height. Secure with the adjustment knob. Attach the seat to the seat post.
4. **Attach Handlebar Post and Handlebars:** Insert the handlebar post into the main frame. Attach the handlebars to the post and secure them.
5. **Connect Monitor:** Connect the monitor cables to the corresponding ports on the bike. Mount the monitor onto the handlebar assembly. Insert the two AA batteries (included) into the monitor.



Figure 2: Adjusting the seat and handlebars for a comfortable fit.

5. OPERATING INSTRUCTIONS

5.1 Electronic LED Monitor

The upgraded digital display tracks and records your exercise time, speed, distance, and calories in real-time. It also shows BPM (Beats Per Minute) when connected to compatible devices.

Power Up Fast Boost Your Efficiency

6-Type Data Tracking Display



Figure 3: Electronic LED Monitor displaying workout data.

5.2 Resistance Adjustment

The MERACH Exercise Bike offers infinite resistance levels adjustment. Turn the red knob clockwise to increase resistance and counter-clockwise to decrease it. Press the knob down firmly to engage the emergency brake and stop the flywheel.

5.3 MERACH Self-Developed APP & Connectivity

Enhance your workout experience by connecting your bike to the MERACH and FantomFite apps via Bluetooth. These apps allow you to track real-time metrics, access fitness courses, and sync data with Google Fit and Apple Health.

Design Your Personalized Workout Routine

Achieve your goals with training programs from beginner to advanced.

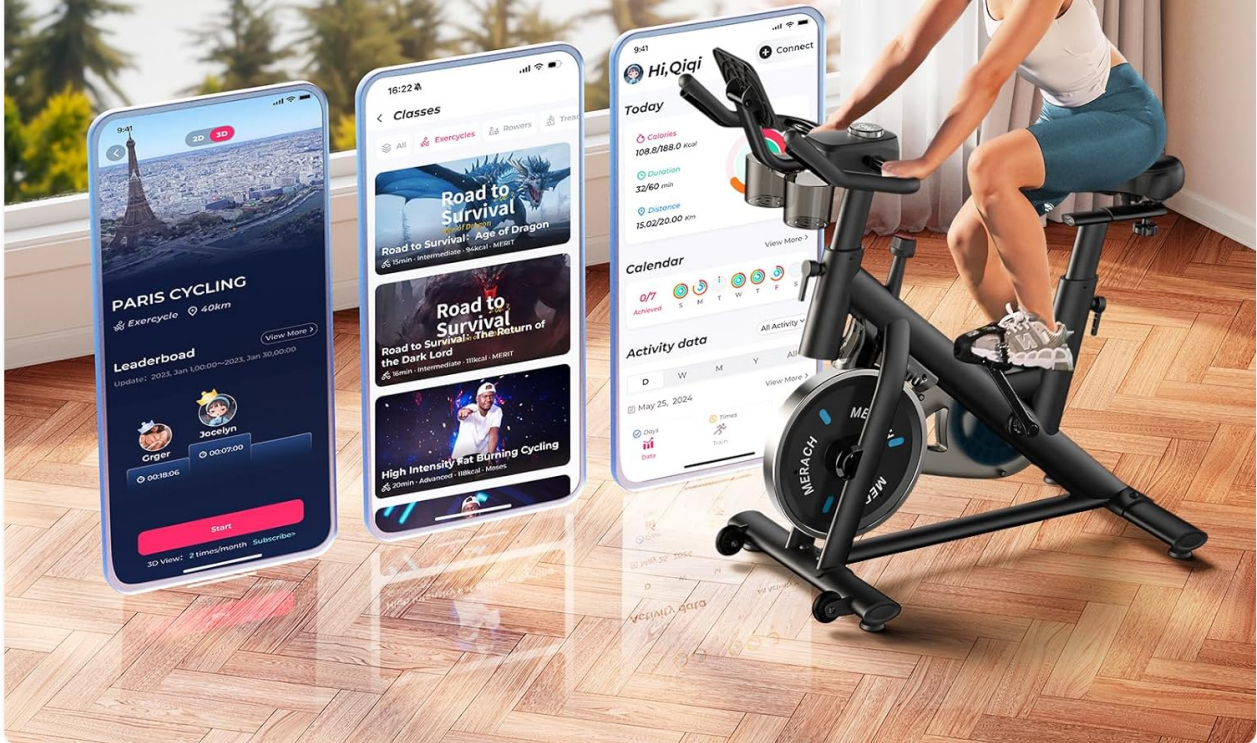


Figure 4: MERACH App for personalized workout routines.



Figure 5: FantomFite App for dynamic cycling adventures.

5.4 Quiet Operation

The multi-slot silent belt drive ensures minimal noise, allowing for a quiet workout environment.



Figure 6: Silent operation of the exercise bike.

5.5 Official Product Video

Watch this official video from the seller for an overview of the S26 Indoor Cycling Bike:

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Video 1: S26 Indoor Cycling Bike Overview by DEKE-US (Seller).

6. ADJUSTMENTS

The MERACH Exercise Bike is designed to accommodate users from 4'8" to 6'2" with adjustable components:

- **Seat Adjustment:** The padded seat can be adjusted 4-ways (up/down, forward/backward) to find your optimal riding position. Height adjustment range: 32.4 - 40.6 inches.
- **Handlebar Adjustment:** The handlebars are 2-ways adjustable (up/down) for comfort. Height adjustment range: 36.1 - 39.9 inches.

Loosen the respective adjustment knobs, move the component to the desired position, and then firmly tighten the knobs to secure.

7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MERACH Exercise Bike:

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** The belt drive system is low-maintenance. Periodically check for any squeaking noises from moving parts and apply a silicone-based lubricant if necessary.
- **Bolt Tightness:** Periodically check and re-tighten all bolts and nuts, especially those on the stabilizers, pedals, seat, and handlebars, to ensure stability and safety.
- **Leveling:** If the bike wobbles, adjust the leveling feet on the stabilizers until the bike is stable on the floor.

8. TROUBLESHOOTING

Refer to the table below for common issues and their solutions. For more detailed troubleshooting, please refer to the official Troubleshooting Guide (PDF) available online.

Problem	Possible Cause	Solution
Bike is unstable/wobbles	Uneven floor; loose stabilizer bolts	Adjust leveling feet on stabilizers; tighten all stabilizer bolts.
Noise during operation	Loose parts; friction from belt/flywheel	Check and tighten all visible bolts; apply silicone lubricant if belt/flywheel friction is suspected.
Monitor not displaying data	Dead batteries; loose cable connection	Replace batteries (AA); ensure monitor cables are securely connected.
Difficulty adjusting seat/handlebars	Adjustment knob too tight; mechanism stiff	Loosen knob completely before adjusting; apply a small amount of lubricant to the adjustment posts if stiff.

9. SPECIFICATIONS

Feature	Detail
Brand	MERACH
Model Number	MR-S26B1-US
Color	Friction-Black
Resistance Mechanism	Friction
Drive System	Belt
Maximum Weight Capacity	300 Pounds (approx. 136 kg)
Item Weight	27 Kilograms (approx. 59.5 lbs)
Product Dimensions (D x W x H)	40"D x 22"W x 45"H (approx. 101.6 x 55.9 x 114.3 cm)

Feature	Detail
Handlebar Adjustment Height	36.1 - 39.9 inches
Seat Adjustment Height	32.4 - 40.6 inches
Power Source	Battery Powered (for monitor)
Special Features	Bluetooth APP Connection, Water Bottle Holder, Adjustable Seat

10. WARRANTY AND SUPPORT

MERACH provides a **12-month warranty** for this exercise bike. If you encounter any problems during use, please do not hesitate to contact our customer support team. We are committed to providing assistance and resolving any issues you may have.

Customer Support: We aim to reply within 12 hours and assist you throughout the process.

For additional resources, you may refer to the official [User Manual \(PDF\)](#) and [Troubleshooting Guide \(PDF\)](#).