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MERACH MR-T14

MERACH Walking Pad Treadmill User Manual

Model: MR-T14

1. Product Overview

The MERACH Walking Pad Treadmill is a compact and powerful fitness device designed for home and office use. Featuring a quiet 2.5HP motor and a 9% automatic incline, it offers an efficient and comfortable workout experience. Its portable design allows for easy storage, and integrated app connectivity enhances your fitness tracking and training options.



Image: A woman walking on the MERACH Walking Pad Treadmill, demonstrating its compact design and ease of use.

Key Features:

- **2.5HP Quiet Motor:** Designed for minimal noise (under 45dB) and efficient performance, suitable for home and under-desk use.
- **9% Electric Auto Incline:** Automatically adjusts incline to increase workout intensity and calorie burn.
- **Bluetooth APP Integration:** Connects to the MERACH APP for tracking progress, virtual workouts, and personalized fitness data.
- **Advanced Shock Absorption:** Features a 5-layer running belt and 2 silicone shock absorbers to reduce knee impact.
- **Magnetic Remote Control:** Provides convenient speed and incline adjustments.
- **Portable and Space-Saving:** Compact dimensions (48.8"D x 20.9"W x 6.5"H) and handle design for easy movement and storage.
- **High Weight Capacity:** Supports users up to 265 lbs.



Image: Visual representation of the treadmill's professional shock absorption system, highlighting knee protection.



Image: An exploded view of the 2.5HP powerful and quiet motor, with key specifications like low noise (45dB) and 265 lbs weight capacity.

2. Setup Guide

2.1 Unboxing and Components

Carefully remove all components from the packaging. Ensure all parts are present and undamaged before proceeding with assembly or setup.

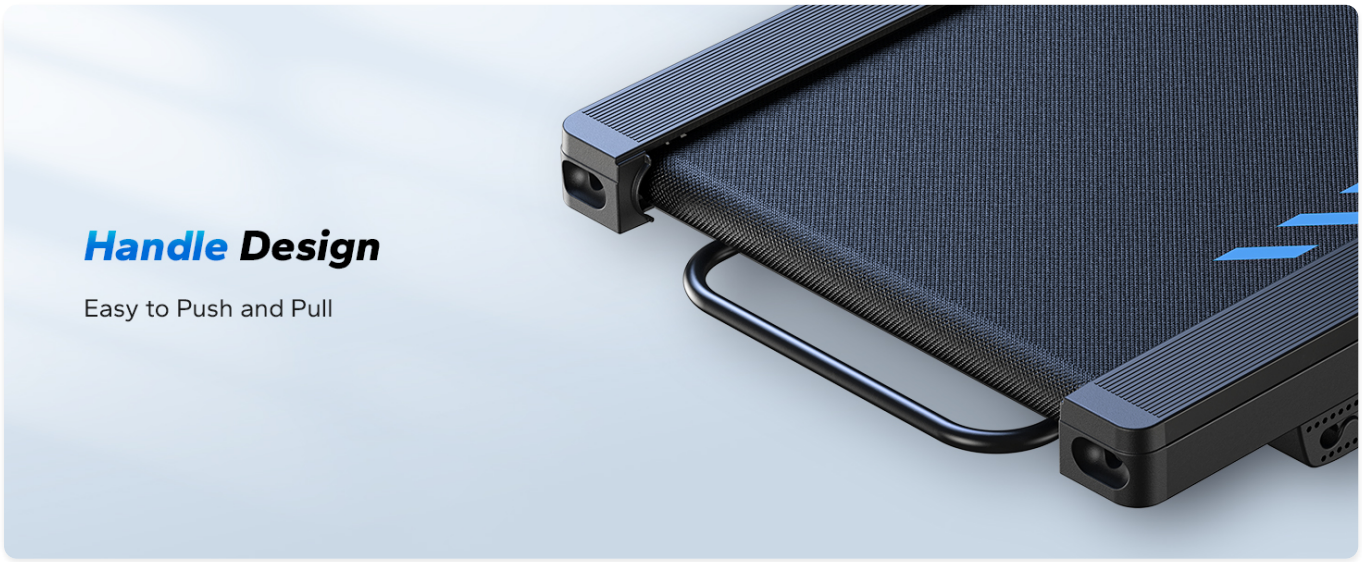

Image: Diagram showing all items included in the package: User Manual, Remote Control, Inner Hexagonal Wrench, Lubricating Oil, and Power Cord.

Included Components:

- MERACH Walking Pad Treadmill (x1)
- User Manual (x1)
- Remote Control (x1)
- Inner Hexagonal Wrench (x1)
- Lubricating Oil (x1)
- Power Cord (x1)

2.2 Placement

Place the treadmill on a flat, stable surface. Ensure there is adequate clear space around the treadmill for safe operation, at least 2 feet (60 cm) on each side and 6 feet (180 cm) behind the unit.



Image: A woman easily sliding the MERACH Walking Pad Treadmill under a bed, illustrating its compact dimensions (48.8"D x 20.9"W x 6.5"H) and ease of storage.

2.3 Initial Power-On

1. Connect the power cord to the treadmill and then to a grounded electrical outlet.
2. Locate the power switch, usually at the front or side of the treadmill, and turn it to the 'ON' position.
3. The display panel should illuminate, indicating the treadmill is ready for use.

3. Operating Instructions

3.1 Control Panel and Display

The integrated display panel shows real-time exercise data such as speed, time, distance, and calories burned. The

treadmill can be controlled via the display or the magnetic remote control.



Image: A close-up view of the treadmill's intuitive exercise data display, showing metrics like speed, time, distance, and calories, alongside the magnetic remote control.

3.2 Speed Adjustment

The treadmill offers a speed range of 0.6 to 4.0 MPH. Use the '+' and '-' buttons on the remote control or the control panel to adjust the speed incrementally. Press the 'Start' button to begin and 'Stop' to pause or end your workout.

3.3 Incline Adjustment

This model features a 9% electric auto incline. Use the incline buttons on the remote control or control panel to adjust the incline level. Increasing the incline can significantly boost calorie expenditure and engage different muscle groups.



Image: A visual comparison demonstrating the increased workout efficiency (60% more calories burned) with 9% incline versus 0% incline.

3.4 Using the Remote Control

The magnetic remote control allows for convenient adjustments without needing to reach the main display. It can be magnetically attached to the side of the walking pad for easy access and to prevent loss.

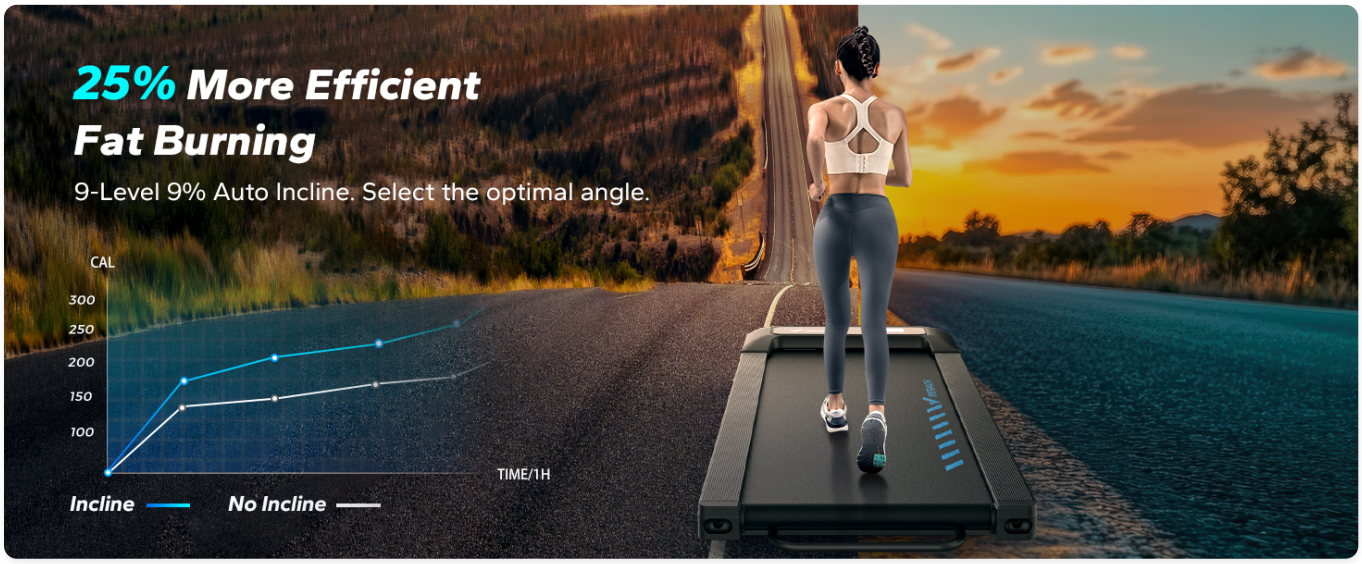

Image: A close-up showing the magnetic remote control being attached to the side of the treadmill for convenient storage.

3.5 APP Integration

Enhance your workout experience by connecting your treadmill to the MERACH APP via Bluetooth. The app allows you to track detailed sports data, access professional coaching, experience real-life virtual courses, and even play VR sports games.



Image: A woman exercising on the treadmill while viewing the MERACH app interface on a large screen, demonstrating smart and personalized workout options.



Image: Multiple screenshots showcasing the intelligent running experience with the MERACH APP, including sports data, professional coaching, real-life experiences, and VR sports games.

4. Maintenance

4.1 Lubrication

Regular lubrication of the running belt is crucial for the treadmill's longevity and smooth operation. Use the provided lubricating oil every 3-6 months, or after approximately 100 hours of use, depending on usage frequency.

1. Turn off and unplug the treadmill.
2. Carefully lift the edge of the running belt.
3. Apply a small amount of lubricating oil evenly along the center of the deck, underneath the belt.
4. Plug in the treadmill and run it at a low speed (e.g., 1 MPH) for 5 minutes to distribute the lubricant.

4.2 Cleaning

Keep the treadmill clean to prevent dust and debris buildup, which can affect performance.

- Wipe down the display and exterior surfaces with a soft, damp cloth after each use.
- Do not use abrasive cleaners or solvents.
- Periodically vacuum underneath the treadmill to remove dust and lint.

5. Troubleshooting

If you encounter any issues with your MERACH Walking Pad Treadmill, please refer to the table below for common problems and their solutions. If the problem persists, contact customer support.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Power switch off; Circuit breaker tripped.	Ensure power cord is securely plugged in; Turn power switch to 'ON'; Check household circuit breaker.
Running belt slips or hesitates.	Belt too loose; Insufficient lubrication.	Adjust belt tension (refer to specific instructions in full manual); Apply lubricating oil as per maintenance section.
Unusual noise during operation.	Loose parts; Motor issue; Belt misalignment.	Check for loose screws and tighten; Ensure treadmill is on a level surface; If noise persists, contact support.
Remote control not responding.	Battery low or dead; Remote out of range; Interference.	Replace remote control battery; Ensure remote is within operating range; Remove any potential sources of interference.

Problem	Possible Cause	Solution
APP connection issues.	Bluetooth off; App not updated; Treadmill not in pairing mode.	Ensure Bluetooth is enabled on your device; Update MERACH APP to the latest version; Follow app instructions for pairing.

6. Technical Specifications

Specification	Value
Brand	MERACH
Model Name	MR-T14
Color	Classic Black
Product Dimensions (LxWxH)	48.8"D x 20.9"W x 6.5"H
Item Weight	55 Pounds
Material	Alloy Steel
Maximum Speed	4 Miles per Hour
Special Feature	Auto Incline (9%)
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	265 Pounds
Noise Level	Under 45dB

7. Warranty and Support

7.1 Warranty Information

The MERACH Walking Pad Treadmill comes with a**1-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and issues arising from normal use. Please retain your proof of purchase for warranty claims.

7.2 Customer Support

MERACH provides lifetime technical support for its products. If you have any questions, require assistance with setup, operation, maintenance, or troubleshooting, please contact MERACH customer service. For the most up-to-date contact information, please refer to the MERACH official website or your purchase platform's support section.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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