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MERACH R26

MERACH R26 Dual-Oar Rowing Machine

User Manual

Model: R26 | Brand: MERACH

1. Introduction

The MERACH R26 Dual-Oar Rowing Machine is designed to provide an effective and intelligent full-body workout experience in the comfort of your home. Featuring an upgraded dual-oar design and magnetic resistance, it simulates real rowing movements, offering a versatile and challenging exercise routine. This manual provides essential information for the safe and efficient use, assembly, operation, and maintenance of your MERACH R26 Rowing Machine.

Key features include:

- **Upgraded Dual-Oar Design:** Simulates authentic rowing motions with multiple modes like single-arm, alternating, and synchronized dual-arm rowing.
- **Full-Body Training:** Engages chest, back, arm, and core muscles, enhancing flexibility, strength, and endurance.
- **Smart Connectivity:** Connects via Bluetooth to the exclusive MERACH App, offering over 1000 interactive courses, games, and personalized training plans.
- **Adjustable Magnetic Resistance:** Features 16 adjustable resistance levels with a maximum resistance of 37 kg (80 lbs), suitable for various fitness levels.
- **Superior Stability & Quiet Operation:** Equipped with a high-quality rail system for smooth, quiet performance (below 25 dB) and a weight capacity of 158 kg (350 lbs).

2. Safety Information

Please read all safety instructions carefully before using the MERACH R26 Rowing Machine. Failure to follow these instructions may result in injury or damage to the equipment.

- Consult a physician before starting any new exercise program.
- Ensure the rowing machine is placed on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the equipment during operation.
- Inspect the machine for any loose parts or damage before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not overexert yourself. Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight capacity: 158 kg (350 lbs).

- Suitable for users up to 193 cm (6 ft 4 in) tall.

3. Package Contents

Verify that all components are present in the package before beginning assembly:

- 1 x MERACH R26 Magnetic Rowing Machine (85% pre-assembled)
- 1 x Performance Monitor
- 1 x User Manual (this document)
- 1 x Set of Screws and Accessories
- 2 x AAA Alkaline Batteries (for performance monitor)

4. Setup & Assembly

The MERACH R26 Rowing Machine comes 85% pre-assembled, allowing for quick setup in approximately 20 minutes. Follow the clear assembly instructions provided in the box for detailed steps. Ensure all connections are secure before use.



Image: The MERACH R26 Dual-Oar Rowing Machine, highlighting its design and the tablet holder for interactive workouts.

Initial Setup Steps:

1. Unpack all components and verify against the package contents list.

2. Attach the main frame components as per the included assembly guide, ensuring all bolts are tightened securely.
3. Install the performance monitor and insert the two AAA batteries.
4. Place the rowing machine on a level surface.
5. Test the seat slide and oar movements to ensure smooth operation.

5. Operating Instructions

The MERACH R26 offers a dynamic and engaging workout experience. Familiarize yourself with its features to maximize your training.

5.1. Understanding the Dual-Oar System

Unlike traditional rowing machines, the R26 features independent dual oars, allowing for a wider range of motion and muscle engagement. This design simulates real rowing more closely and enables various training modes.



Image: Visual representation of the 7+ built-in training modes, including single-arm rowing for chest and core activation, single-arm alternation for arm definition, and alternating arm rowing for full-body fat burn.

Available Rowing Modes:

- **Single-Arm Rowing:** Focuses on individual arm strength and core stability.
- **Alternating Oars:** Engages different muscle groups sequentially, mimicking natural rowing.
- **Synchronized Dual-Arm Rowing:** Traditional rowing motion for comprehensive muscle activation.

5.2. Adjusting Resistance

The MERACH R26 uses a magnetic resistance system with 16 adjustable levels. Locate the resistance adjustment knob on the machine's main body. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. Start with a lower resistance and gradually increase as your fitness improves.

5.3. Using the MERACH App

Enhance your workout experience by connecting your R26 to the exclusive MERACH App via Bluetooth. The app provides access to a vast library of interactive courses, games, and personalized training plans designed by master coaches.

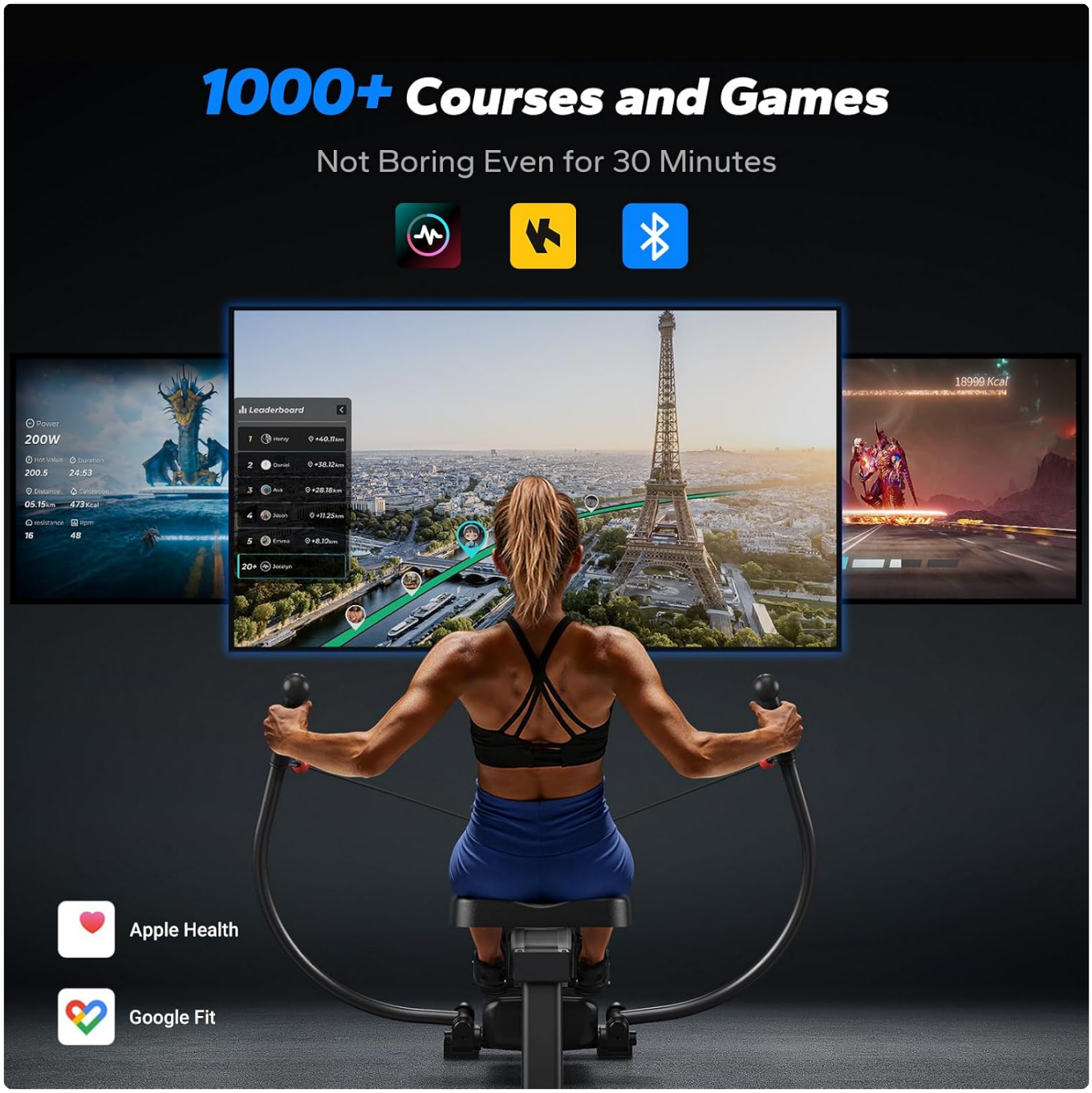

Image: The MERACH App interface, demonstrating the variety of courses and games available to keep workouts engaging and track

progress.

App Features:

- **1000+ Interactive Courses:** Follow guided workouts for various fitness goals.
- **3D Map Games:** Row through virtual landscapes for an immersive experience.
- **Performance Monitoring:** Track calories burned, distance, duration, and other metrics.
- **Personalized Plans:** Access fat-burning plans and exclusive rowing tutorials.
- **Compatibility:** Integrates with Apple Health and Google Fit.

Download the MERACH App from the App Store (iOS) or Google Play Store (Android).



Image: MERACH App logo with App Store and Google Play icons, indicating availability for download.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH R26 Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Rail System:** Periodically check the rail system for any debris and wipe clean to ensure smooth seat movement. The high-quality rail system is designed for durability and smooth operation.
- **Fasteners:** Check all bolts and screws regularly to ensure they are tight. Re-tighten if necessary.
- **Storage:** Store the rowing machine in a dry, cool place away from direct sunlight and extreme temperatures.
- **Batteries:** Replace the AAA batteries in the performance monitor when the display becomes dim or unresponsive.

7. Troubleshooting

This section addresses common issues you might encounter with your MERACH R26 Rowing Machine.

Problem	Possible Cause	Solution
Performance monitor not turning on or displaying data.	Dead batteries; Loose connection; Sensor issue.	Replace AAA batteries. Check cable connections to the monitor. Ensure the sensor is properly aligned.
Resistance feels inconsistent or too weak/strong.	Resistance knob not adjusted correctly; Internal mechanism issue.	Ensure the resistance knob is turned fully to the desired level. If issue persists, contact customer support.
Seat does not slide smoothly.	Debris on the rail; Loose rail components.	Clean the rail thoroughly with a damp cloth. Check and tighten any loose bolts on the rail system.

Problem	Possible Cause	Solution
Oars feel loose or make unusual noises.	Loose connections; Wear and tear on pivot points.	Check and tighten all bolts and connections related to the oars. Apply a small amount of silicone lubricant to pivot points if squeaking occurs.
Cannot connect to MERACH App via Bluetooth.	Bluetooth off on device; App not updated; Interference.	Ensure Bluetooth is enabled on your mobile device. Restart the app and the rowing machine. Try connecting in a different location to avoid interference. Ensure the app is updated to the latest version.

8. Specifications

Detailed technical specifications for the MERACH R26 Dual-Oar Rowing Machine:



Image: Size specifications of the MERACH R26 Rowing Machine, including its length, width, height, maximum weight capacity, and quiet operation level.

Feature	Specification
Model Name	MR-R26 (Mr-r26b1)
Resistance Mechanism	Magnetic
Adjustable Resistance Levels	16
Maximum Resistance	37 kg (80 lbs)
Material	Ash Wood Frame
Product Dimensions (L x W x H)	154 x 72 x 75 cm (60.6 x 28.3 x 29.5 inches)
Product Weight	30 kg (66 lbs)
Maximum User Weight	158 kg (350 lbs)
Maximum User Height	193 cm (6 ft 4 in)
Noise Level	Below 25 dB
Power Source (Monitor)	Battery Powered (2 x AAA)
Connectivity	Bluetooth (MERACH App)

9. Warranty and Support

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

- **Technical Support:** MERACH offers lifelong technical support for its products. For assistance, please contact MERACH customer service through the Amazon platform or visit the official MERACH website.
- **Warranty Information:** Specific warranty details may vary by region. Please refer to your purchase documentation or contact customer support for precise warranty terms.

For further inquiries or support, please visit the MERACH official website or contact their customer service team.

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