

MERACH E27

MERACH Elliptical Machine User Manual

Model: E27
Brand: MERACH

1. INTRODUCTION

The MERACH Elliptical Exercise Machine is designed to provide an effective and quiet full-body workout in the comfort of your home. Its hyper-quiet magnetic driving system ensures a smooth and silent exercise experience. This machine offers a customizable workout with adjustable resistance levels and a comfortable stride, targeting major muscle groups for users of all fitness levels.



Figure 1: MERACH Elliptical Machine

2. IMPORTANT SAFETY INFORMATION

Before operating the MERACH Elliptical Machine, please read and understand all instructions and warnings in this manual. Keep this manual for future reference. Failure to follow these instructions may result in injury or damage to

the equipment.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the machine during operation.
- Place the machine on a solid, level surface with adequate clearance around it.
- Inspect the machine for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and athletic shoes.
- Do not exceed the maximum user weight capacity of 400 lbs (181 kg).
- Maintain a controlled pace and do not overexert yourself. Stop immediately if you feel faint, dizzy, or experience pain.

3. ASSEMBLY

The MERACH Elliptical Machine comes 90% pre-assembled, allowing for quick and straightforward setup. An included toolkit contains all necessary hardware and tools. Assembly typically takes less than 20 minutes.

Assembly Steps Overview:

1. Unpack all components and verify against the parts list.
2. Lock the handlebar post into its upright position.
3. Install the connecting rod pipes.
4. Attach the front and rear foot tubes.
5. Install the pedals.
6. Mount the monitor and connect the sensor wire.
7. Install the handlebars.
8. Attach the cup holder and handlebar covers.

For a detailed visual guide, please refer to the official assembly video below:

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Video: MERACH Elliptical Machine Assembly Guide (6 minutes 30 seconds)

This video provides step-by-step instructions for assembling your elliptical machine, including identifying parts and proper fastening techniques.

Easy Assembly for Girls

80% Pre-assembled, Installation in 30 Minutes



Figure 2: Components for Easy Assembly

4. KEY FEATURES

- **Low-Impact Full-Body Workout:** The compact elliptical provides a joint-friendly exercise experience, effectively toning legs, glutes, arms, and core muscles while minimizing stress on knees. It is suitable for all fitness levels, including those recovering from injuries or seeking low-impact alternatives.
- **MERACH FREE Workout Course & App Integration:** Access personalized fitness plans and a variety of workout choices via the MERACH App. The machine also supports integration with the KINOMAP app for expanded training options.

FREE MERACH Fitness APP



Professional
Training Course



More Fun
Games



Figure 3: MERACH Fitness App Integration

- **18.5-19 Inch Stride Length:** The generous 18.5-19 inch stride accommodates users up to 6'7", promoting natural movement and reducing discomfort. Advanced steel bearings ensure smooth operation, contributing to a commercial-grade home workout experience.

18.5" Ergonomics Stride

Light-commercial Grade Stride



Figure 4: Ergonomic Stride Length

- **8-Level Magnetic Resistance:** Featuring an 18-pound flywheel, the 8-level electromagnetic resistance system offers precise control with a simple twist. This allows for varied intensity, catering to diverse fitness goals and suitable for multiple family members.

8-Level Resistance for Family

18 LBS Flywheel Greater
Resistance, More Effective
Fat Burning

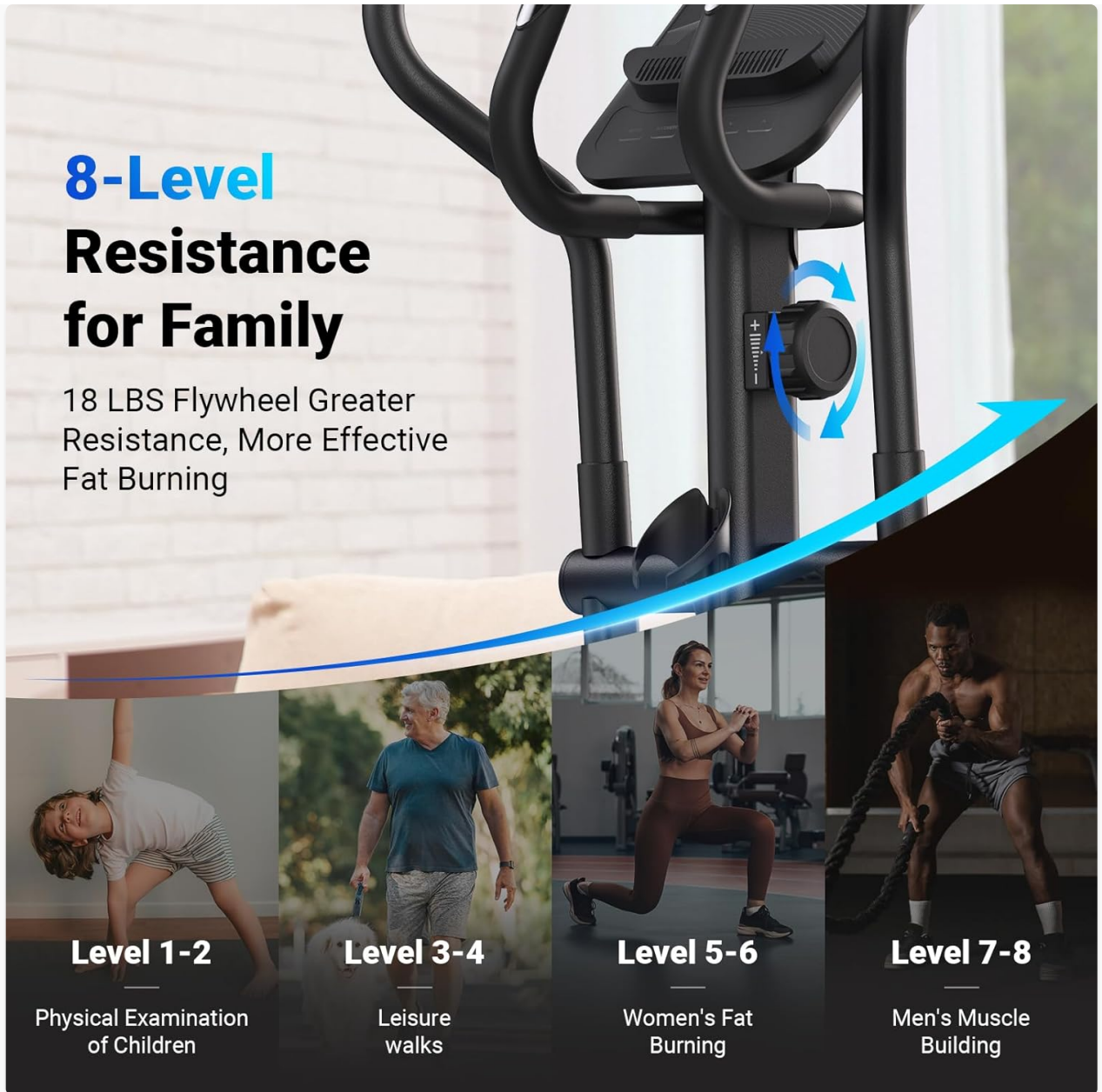


Figure 5: 8-Level Resistance System

- **Hyper-Quiet Operation:** The MERACH elliptical machine incorporates a commercial-grade magnetic control system and smooth bearing technology, ensuring noise levels remain below 15dB. This allows for quiet workouts that will not disturb others in your home.



Silent Use, Don't Disturb Others



Ultra Quiet
and Smooth



<20DB

Figure 6: Quiet Operation

- **Multiple Handles & LCD Screen:** The elliptical training machine provides various handle positions to target different muscle groups, including legs, abs, and glutes. The integrated LCD screen displays essential workout data such as heart rate, time, distance, calories burned, and speed.

Your Own Health Assistant

Follow Your Heart Rate in Real Time to Maintain Healthy Elliptical Exercise



Figure 7: Integrated LCD Screen and Heart Rate Monitoring

- **400 LBS Weight Capacity & Stability:** Constructed with a double-thickness Gcr15 high-carbon steel base, the machine supports users up to 400 lbs. Four adjustable stabilizers enhance stability and safety across various workout environments.

Sturdy & Safe to Use



400LBS



Stable and No Shaking



Enjoy a Smoother Workout



Figure 8: Robust 400 LBS Capacity

- **Compact Design with Transport Wheels:** This sleek, compact elliptical (58.5" L x 22.2" W x 65" H) is ideal for home use, fitting easily into various spaces. Transport wheels ensure effortless mobility and storage.

Leave More Space for Home

Area \approx One Deck Chair



Figure 9: Space-Saving Design

5. OPERATING INSTRUCTIONS

Getting Started:

1. Step onto the pedals, ensuring your feet are centered and secure.
2. Grasp the handlebars firmly. You can choose between fixed handles for lower body focus or moving handles for a full-body workout.
3. Begin pedaling in a smooth, elliptical motion.

Adjusting Resistance:

The MERACH Elliptical features 8 levels of magnetic resistance. To adjust the resistance, simply turn the resistance knob located on the main console. Turn clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier pace.

Using the Monitor:

The integrated LCD monitor automatically tracks your workout data. It displays:

- **Time:** Duration of your workout.
- **Distance:** Total distance covered.
- **Speed:** Current speed.
- **Calories:** Estimated calories burned.
- **Heart Rate:** Your heart rate when holding the pulse sensors on the fixed handlebars.

Observe the elliptical in action and its features:

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Video: MERACH Elliptical Exercise Machine for Home Self-Powered (56 seconds)

This video demonstrates the self-powered feature and smooth operation of the elliptical machine.

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Video: MERACH Self-Powered Elliptical Machine Overview (1 minute 1 second)

This video highlights the key benefits and user experience of the MERACH self-powered elliptical.

6. MAINTENANCE

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

Cleaning:

- Wipe down the machine after each use with a damp cloth to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that may damage the finish.

Inspection:

- Periodically check all bolts and nuts to ensure they are securely tightened.
- Inspect moving parts for any signs of wear or damage.

Lubrication:

- The magnetic drive system is generally maintenance-free and does not require lubrication.
- If any moving joints develop squeaks, apply a small amount of silicone-based lubricant.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your elliptical machine.

| Problem | Possible Cause | Solution |
|--------------------------------------|--|---|
| Machine makes noise during operation | Loose bolts or connections; friction in moving parts. | Check and tighten all assembly bolts. Apply silicone lubricant to any squeaking joints. |
| Resistance is not changing | Resistance cable disconnected or damaged; magnetic system issue. | Ensure the resistance cable is properly connected. If the issue persists, contact customer support. |

| Problem | Possible Cause | Solution |
|-------------------------------------|---|--|
| Monitor display is blank or erratic | Loose sensor wire connection; low battery (if applicable); monitor malfunction. | Check the sensor wire connection to the monitor. Ensure the monitor's power source is adequate. If self-powered, ensure sufficient movement. Contact support if problem continues. |
| Pedals feel unstable or wobbly | Loose pedal screws; uneven floor surface. | Tighten the screws securing the pedals. Adjust the machine's stabilizers to ensure it is level on the floor. |

8. PRODUCT SPECIFICATIONS

| Specification | Value |
|-------------------------------------|------------------------------|
| Model Name | E27 |
| Brand | MERACH |
| Color | Black |
| Product Dimensions (L x W x H) | 58.5"D x 22.2"W x 65"H |
| Material | Alloy Steel |
| Resistance Mechanism | Magnetic |
| Maximum Weight Recommendation | 400 Pounds |
| Maximum Stride Length | 18.5 Inches |
| Number of Resistance Levels | 8 |
| Item Package Dimensions (L x W x H) | 49.41 x 26.57 x 14.96 inches |
| Package Weight | 143.3 Pounds |

9. WARRANTY AND SUPPORT

Warranty Information:

The MERACH Elliptical Machine 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.

Customer Support:

MERACH is committed to providing ongoing customer service and extended after-sales assistance. If you have any questions about your MERACH elliptical machine, require technical support, or need assistance with parts, please contact our support team via email or phone. Our team is available to help with any inquiries you may have.

For the most up-to-date contact information, please refer to the MERACH official website or your purchase documentation.

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