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MERACH S26

MERACH S26 Exercise Bike & Bike Saddle User Manual

Model: S26

1. Introduction

Thank you for choosing the MERACH S26 Exercise Bike and Bike Saddle. This manual provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.



Image: The Merach S26 Exercise Bike with the included comfort bike saddle, showcasing its sleek design and integrated tablet holder.

2. Safety Information

WARNING: Before starting any exercise program, consult your physician. This is especially important for individuals over the age of 35 or those with pre-existing health problems.

- Always ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a flat, stable surface. Use a protective mat underneath to prevent damage to flooring.
- Keep children and pets away from the equipment during use.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught in moving parts.
- Do not exceed the maximum user weight capacity of 300 lbs (136 kg).
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.

- Perform regular maintenance as described in this manual to ensure safe operation.

3. Package Contents

Please check the contents of your package against the list below. If any parts are missing or damaged, contact MERACH customer support.

- MERACH S26 Exercise Bike Frame (Main Body)
- Front Stabilizer
- Rear Stabilizer
- Pedals (Left and Right)
- Handlebar Assembly
- Seat Post
- Comfort Bike Saddle
- Hardware Kit (bolts, washers, nuts, tools)
- User Manual (this document)

4. Setup and Assembly

Follow these steps carefully to assemble your MERACH S26 Exercise Bike.

1. **Attach Stabilizers:**
   Secure the front and rear stabilizers to the main frame using the provided bolts and washers. Ensure they are firmly tightened 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. Thread them into the crank arms and tighten securely with a wrench.
3. **Mount Seat Post and Saddle:**
   Insert the seat post into the frame. Attach the comfort bike saddle to the seat post. Adjust the height and horizontal position of the saddle for optimal comfort and ergonomic alignment. Tighten all adjustment knobs.



Image: The MERACH comfort bike saddle, designed for extended use with high-density foam padding.

4. **Attach Handlebar Assembly:**
   Slide the handlebar assembly onto the front post. Adjust the height to your preference and secure it with the locking pin/knob. Ensure the tablet holder is facing forward.
5. **Final Checks:**
   Before first use, double-check all connections, bolts, and adjustment knobs to ensure they are tight and secure. Verify the bike is stable on the floor.

5. Operating Instructions

The MERACH S26 Exercise Bike is designed for a smooth and effective workout. Here's how to operate it:

5.1 Adjusting Seat and Handlebar

- **Seat Height:** Loosen the adjustment knob on the seat post, raise or lower the seat until your leg has a slight bend at the knee when the pedal is at its lowest point. Tighten the knob securely.
- **Seat Forward/Backward:** Some models allow horizontal adjustment of the saddle. Loosen the knob under the saddle, slide it forward or backward, and re-tighten.
- **Handlebar Height:** Loosen the adjustment knob on the handlebar post, raise or lower the handlebars to a comfortable position that allows for a slight forward lean without straining your back. Tighten the knob securely.

5.2 Adjusting Resistance

Turn the resistance knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier ride.

5.3 Emergency Stop

To stop the flywheel quickly in an emergency, press down firmly on the resistance knob. This will engage the brake pad and bring the flywheel to a rapid halt.

5.4 Using the MERACH App

The MERACH S26 is compatible with the MERACH exclusive app, offering fitness courses and tracking. Download the app from your device's app store.

1. Ensure Bluetooth is enabled on your smartphone or tablet.
2. Open the MERACH app and follow the on-screen instructions to pair with your S26 Exercise Bike.
3. Place your device securely in the tablet holder.
4. Explore various training programs, track your progress, and engage in interactive workouts.



Image: A user engaging with the MERACH S26 Exercise Bike, demonstrating the seamless integration with the MERACH fitness

app on a tablet.

6. Maintenance

Regular maintenance ensures the longevity and safe operation of your MERACH S26 Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.
- **Check Connections:** Periodically check all bolts, nuts, and screws to ensure they are tight. Re-tighten if necessary.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. However, if you notice any squeaking from moving parts (e.g., pedal axles), apply a small amount of silicone-based lubricant.
- **Saddle Care:** The comfort saddle is made with wear-resistant leather. Clean with a mild soap solution and a soft cloth.

7. Troubleshooting

If you encounter any issues with your MERACH S26 Exercise Bike, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Bike is unstable/wobbles	Loose stabilizers or uneven floor.	Ensure all stabilizer bolts are tight. Adjust leveling feet on stabilizers if present. Move to a flat surface.
Pedals are loose or squeak	Pedals not tightened correctly or need lubrication.	Re-tighten pedals firmly (remember left is reverse thread). Apply silicone lubricant if squeaking persists.
Resistance not changing	Resistance mechanism issue.	Ensure the resistance knob is properly engaged. If problem persists, contact customer support.
App not connecting to bike	Bluetooth off, app issue, or bike not discoverable.	Ensure Bluetooth is on. Restart app and bike. Check app permissions. Refer to app's help section.

8. Specifications

- **Model:** MERACH S26
- **Product Type:** Exercise Bike & Bike Saddle
- **Resistance System:** Magnetic
- **Weight Capacity:** Up to 300 lbs (136 kg)
- **Design:** Stable Dual-triangle Design
- **Connectivity:** Bluetooth (for MERACH App)
- **Saddle:** High-Density Foam Padded, Wear-Resistant Leather
- **ASIN:** B0DWFLVXTL



Image: The MERACH S26 Exercise Bike highlighting its stable dual-triangle design, supporting up to 300 lbs.



Image: Dimensions of the MERACH extra-large bike saddle, measuring 12.6 inches in length and 4.1 inches in height.

9. Warranty and Support

MERACH products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or visit the official MERACH website. If you require technical assistance, replacement parts, or have any questions, please contact MERACH customer support.

MERACH Customer Support:

- Refer to your purchase documentation for contact information.
- Visit the MERACH official website for FAQs and support resources.

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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.

Submit question

Answered questions about this manual

How do I keep the saddle on my MERACH S26 exercise bike from slipping backwards, especially when changing from a standing to a sitting position?

To prevent the saddle on your MERACH S26 from slipping backwards, you should check two specific adjustment points that control the seat's stability: Horizontal Adjustment Knob: Locate the adjustment knob directly underneath the saddle....

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