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MERACH T21 Walking Pad

MERACH T21 Walking Pad User Manual

Model: T21 Walking Pad

Introduction

Thank you for choosing the MERACH T21 Walking Pad. This under desk treadmill is designed to provide a convenient and effective way to incorporate walking or light jogging into your daily routine, whether at home or in the office. Its compact design, quiet operation, and smart features make it an ideal fitness solution for small spaces. Please read this manual thoroughly before use to ensure proper operation, maintenance, and safety.

Important Safety Information

To reduce the risk of serious injury, read all instructions before using the MERACH T21 Walking Pad. Keep this manual for future reference.

- Always place the walking pad on a flat, stable surface.
- Ensure adequate clear space around the walking pad during operation.
- Do not allow children or pets near the walking pad while it is in use.
- The maximum user weight capacity is 265 lbs (120 kg). Do not exceed this limit.
- Always wear appropriate athletic footwear when using the walking pad.
- If you experience dizziness, nausea, chest pain, or any other abnormal symptoms, stop your workout immediately and consult a physician.
- Unplug the walking pad from the power outlet when not in use or before cleaning and maintenance.
- Do not operate the walking pad if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.

Package Contents

Verify that all components are present in the package:



Image: Contents of the MERACH T21 Walking Pad package, showing the walking pad, four foot pads, a remote control, an inner hexagonal wrench, a bottle of lubricating oil, and the user manual.

1. MERACH T21 Walking Pad
2. Remote Control
3. Power Cord
4. Inner Hexagonal Wrench
5. Lubricating Oil
6. User Manual (this document)
7. Foot Pads (4 pieces)

Setup

The MERACH T21 Walking Pad requires minimal assembly and is designed for quick setup.

1. **Unpack the Walking Pad:** Carefully remove the walking pad and all accessories from the packaging.
2. **Position the Walking Pad:** Place the walking pad on a firm, level surface. Ensure there is at least 20 inches (50 cm) of clear space behind the walking pad and 8 inches (20 cm) on each side.
3. **Install Foot Pads (if separate):** If the foot pads are not pre-installed, attach them to the designated spots on the bottom of the walking pad to ensure stability and protect your floor.
4. **Connect Power:** Plug the power cord into the walking pad's power input port, then plug the other end into a standard grounded electrical outlet.
5. **Insert Remote Batteries:** Open the battery compartment on the remote control and insert the provided batteries, ensuring correct polarity.



Image: The MERACH T21 Walking Pad in use, demonstrating its compact size and suitability for under-desk use.

Operating Instructions

Basic Operation with Remote Control

The MERACH T21 Walking Pad is controlled primarily by the included remote.



Image: The LED display of the walking pad showing real-time data and the remote control for speed adjustment.

- **Power On/Off:** Press the power button on the remote to turn the walking pad on or off. The LED display will illuminate.
- **Start/Stop:** Press the Start/Stop button on the remote to begin or pause the walking belt.
- **Adjust Speed:** Use the '+' and '-' buttons on the remote to increase or decrease the speed. The speed range is 1.0-4.0 MPH.
- **Display Modes:** The LED display automatically cycles through Speed, Time, Distance, and Calories Burned.

Exercise Modes

The T21 Walking Pad supports various exercise intensities:



Image: Visual representation of the three exercise modes: Working, Walking, and Jogging, with their respective speed ranges.

- **Working Mode:** 1.0-1.8 MPH, ideal for light activity while working at a standing desk.
- **Walking Mode:** 1.8-2.8 MPH, suitable for a brisk walk.
- **Jogging Mode:** 2.8-4.0 MPH, for light jogging.

Connecting to the MERACH Fitness APP

Enhance your fitness experience by connecting your walking pad to the MERACH Fitness APP.



Image: The MERACH T21 Walking Pad connected to the MERACH Fitness APP, offering various training courses and real-time data tracking.

1. **Download the App:** Search for "MERACH Fitness" in the Apple App Store or Google Play Store and download the application.
2. **Create Account:** Follow the in-app instructions to create your MERACH account.
3. **Pair Device:** Turn on your walking pad. Open the MERACH Fitness APP and follow the pairing instructions to connect your T21 Walking Pad via Bluetooth.
4. **Explore Features:** Once connected, you can access trainer-designed courses, track your progress (distance, speed, calories), participate in interactive fitness games, and set daily goals.

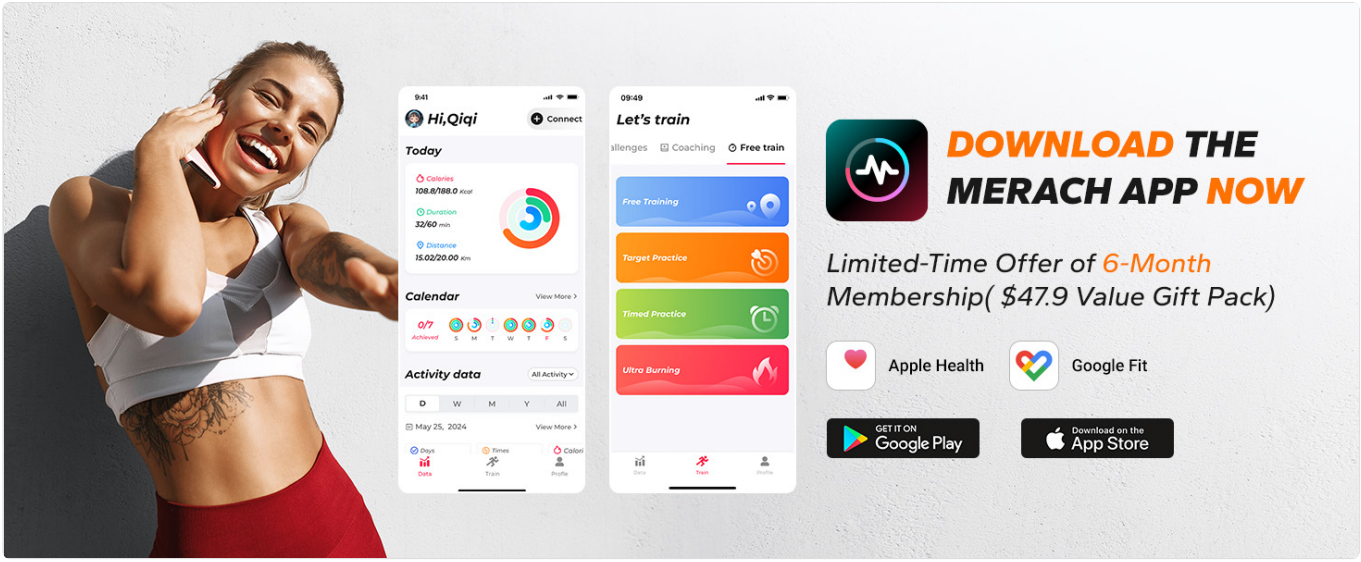

Image: The MERACH App interface, highlighting daily goal setting and integration with health platforms.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH T21 Walking Pad.

Cleaning

- Always unplug the walking pad before cleaning.
- Wipe down the surface of the walking pad with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as they may damage the finish.

Belt Lubrication

The walking belt requires periodic lubrication to reduce friction and extend its lifespan. Lubricate the belt every 3-6 months, or after approximately 100 hours of use, depending on usage frequency.

1. **Power Off and Unplug:** Ensure the walking pad is turned off and unplugged from the power outlet.
2. **Lift the Belt:** Gently lift one side of the walking belt.
3. **Apply Lubricant:** Apply a small amount (approx. 5-10 ml) of the provided silicone lubricant in a Z-pattern directly onto the center of the running deck, underneath the belt. Do not over-lubricate.
4. **Spread Lubricant:** Plug in the walking pad and turn it on. Run the walking pad at a slow speed (e.g., 1.0 MPH) for 3-5 minutes without anyone on it to evenly distribute the lubricant.

Belt Adjustment

If the walking belt shifts to one side or slips during use, it may need adjustment.

- **Centering the Belt:** If the belt drifts to the left, turn the left rear roller adjustment bolt clockwise by a quarter turn using the hexagonal wrench. If it drifts to the right, turn the right rear roller adjustment bolt clockwise by a quarter turn. Run the walking pad for 1-2 minutes and check alignment. Repeat if necessary until the belt is centered.
- **Tightening the Belt:** If the belt slips, turn both the left and right rear roller adjustment bolts clockwise by a quarter turn simultaneously. Run the walking pad for 1-2 minutes and check for slipping. Repeat if necessary. Do not overtighten the belt.

Troubleshooting

Refer to this section for common issues and their solutions.

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not properly connected; Power switch off; Circuit breaker tripped.	Ensure power cord is securely plugged into the walking pad and outlet. Check if the main power switch is ON. Check your household circuit breaker.
Belt stops or slips during use.	Belt too loose; Insufficient lubrication.	Adjust belt tension (see "Belt Adjustment" section). Apply silicone lubricant to the running deck (see "Belt Lubrication" section).
Unusual noise from the walking pad.	Loose components; Lack of lubrication; Belt rubbing.	Check for any loose screws or parts and tighten them. Lubricate the belt. Adjust belt alignment if it is rubbing against the frame.
Remote control not working.	Dead batteries; Remote not paired.	Replace batteries in the remote control. Ensure the remote is pointed directly at the walking pad's receiver. Re-pair if necessary (refer to app instructions if applicable).
App connection issues.	Bluetooth off; App not updated; Device not discoverable.	Ensure Bluetooth is enabled on your mobile device. Update the MERACH Fitness APP to the latest version. Restart both the walking pad and your mobile device.

If the problem persists after attempting these solutions, please contact MERACH customer service for assistance.

Specifications

Model: T21 Walking Pad

Motor: 2.5 HP Commercial-Grade

Speed Range: 1.0 - 4.0 MPH (1.6 - 6.4 km/h)

Maximum User Weight: 265 lbs (120 kg)

Noise Level: Under 50 dB

Product Dimensions (L x W x H): 43.1" x 18.5" x 4.5" (109.4 x 46.8 x 11.2 cm)

Item Weight: 28 lbs (12.7 kg)

Material: Alloy Steel, ABS+PC Shell

Special Features: Portable, Shock Absorbent, Heavy Duty, Seamless One-Piece Molding Design

Control: Remote Control, MERACH Fitness APP



Image: Illustration of the powerful 2.5 HP motor and the 265 LBS maximum load capacity of the walking pad.



Image: The MERACH T21 Walking Pad's lightweight design (28 lbs) compared to heavier alternatives.



Image: Detailed view of the 5-layer anti-slip running belt and 6 silicone shock-absorbers for enhanced comfort and joint protection.

Warranty and Support

MERACH provides comprehensive support for your T21 Walking Pad.

- **Warranty:** The MERACH T21 Walking Pad comes with a 1-year warranty from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.
- **Customer Service:** For any questions, technical assistance, or warranty claims, please contact MERACH customer service.
- **Contact Information:** Refer to the contact details provided on the MERACH official website or the product packaging for the most up-to-date support channels. MERACH offers 24/7 customer service.

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