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› MERACH Under Desk Elliptical User Manual

## MERACH

# MERACH Under Desk Elliptical User Manual

Model: MR-E32

## INTRODUCTION

The MERACH Under Desk Elliptical is designed to provide a convenient and effective low-impact exercise solution for use in various settings, such as under a desk, while watching TV, or during relaxation. This electric leg exerciser features adjustable speeds and modes, a remote control for ease of use, and a quiet operation, making it suitable for a wide range of users, including seniors and individuals undergoing leg rehabilitation. It aims to promote blood circulation, relieve muscle tension, and support overall leg health without significant joint pressure.



Figure 1: The MERACH Under Desk Elliptical, showcasing its compact design, remote control, and included accessories like resistance bands and foot straps.

## SAFETY INFORMATION

- Ensure the elliptical is placed on a stable, flat surface. Use the provided anti-slip mat to prevent movement during operation.
- Keep hands, feet, and clothing clear of moving parts during operation.
- Do not stand on the elliptical. It is designed for seated use only.
- Consult a physician before starting any new exercise program, especially if you have pre-existing medical conditions or are undergoing rehabilitation.
- Keep the device away from water and moisture.
- Unplug the elliptical from the power outlet when not in use or before cleaning.
- This appliance is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

## PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x Elliptical Machine
- 1 x Lubricant
- 2 x Resistance Bands
- 1 x Power Cord
- 2 x Foot Straps
- 2 x AAA Batteries (for remote)
- 1 x Remote Controller
- 1 x PVC Pad (Anti-slip mat)
- 1 x User Manual

## *Easy to Read LCD Screen*

The LCD Screen Faces the User, Providing a Wider Field of View



Figure 2: Key accessories including resistance bands, foot straps, and the anti-slip PVC pad.

## SETUP

The MERACH Under Desk Elliptical comes 100% pre-assembled, requiring minimal setup before first use.

1. Carefully remove the elliptical and all accessories from the packaging.
2. Place the provided PVC anti-slip pad on a flat, stable surface where you intend to use the elliptical.
3. Position the elliptical machine on top of the anti-slip pad.
4. Insert the two AAA batteries into the remote control, observing polarity.
5. Connect the power cord to the elliptical's power input port and then plug it into a standard electrical outlet.
6. (Optional) Attach the foot straps to the pedals if desired for added foot security during exercise.



Figure 3: The elliptical is ready to use directly out of the box, requiring no assembly.

## OPERATING INSTRUCTIONS

### Control Panel and Remote Control

The elliptical can be operated using either the integrated control panel or the included remote control. The remote control allows for convenient adjustments without needing to bend down.



## Remote Control

- Switch Speed & Mode
- No Need to Bend Down Adjust
- Aim at the Display When Using

Figure 4: The remote control allows for easy adjustment of speed and mode. Ensure it is aimed at the elliptical's display for proper function.

- **Power Button:** Turns the elliptical on/off.
- **Start/Stop Button:** Initiates or pauses the exercise.
- **Mode Button:** Toggles between Auto Mode (P1-P12) and Manual Mode (HR).
- **Speed Buttons (+/-):** Adjusts the speed level in Manual Mode.
- **Direction Button:** Changes the pedaling direction (forward or backward).

### Digital Monitor Display

The LCD monitor displays key exercise data to help you track your progress:



## Resistance Bands

Stretching While  
Elliptical Workout

## PVC Pad

Anti-slip Assistant

## Foot Straps

Prevent Feet  
from Slipping

Figure 5: The clear LCD screen provides real-time feedback on your workout.

- **Time:** Duration of your exercise session.
- **Distance:** Distance covered (in meters).
- **Speed:** Current pedaling speed.
- **Counter:** Total number of pedal rotations.
- **Calories:** Estimated calories burned.
- **Scan:** Cycles through all display metrics automatically.

### Exercise Modes

The MERACH E32 offers both automatic and manual exercise modes:

- **Auto Mode (P1-P12):** In this mode, the elliptical automatically adjusts speed and direction through pre-programmed intervals. Each auto program runs for 15 minutes.
- **Manual Mode (HR):** Allows you to manually control the speed (12 levels) and direction (forward/backward) according to your preference.



Figure 6: Visual representation of the Auto Mode and Manual Mode displays.

The 12 speed levels cater to various intensity needs:

- **1-4 Speed Level:** Suitable for walking pace.
- **5-8 Speed Level:** Suitable for jogging pace.
- **9-12 Speed Level:** Suitable for running pace.

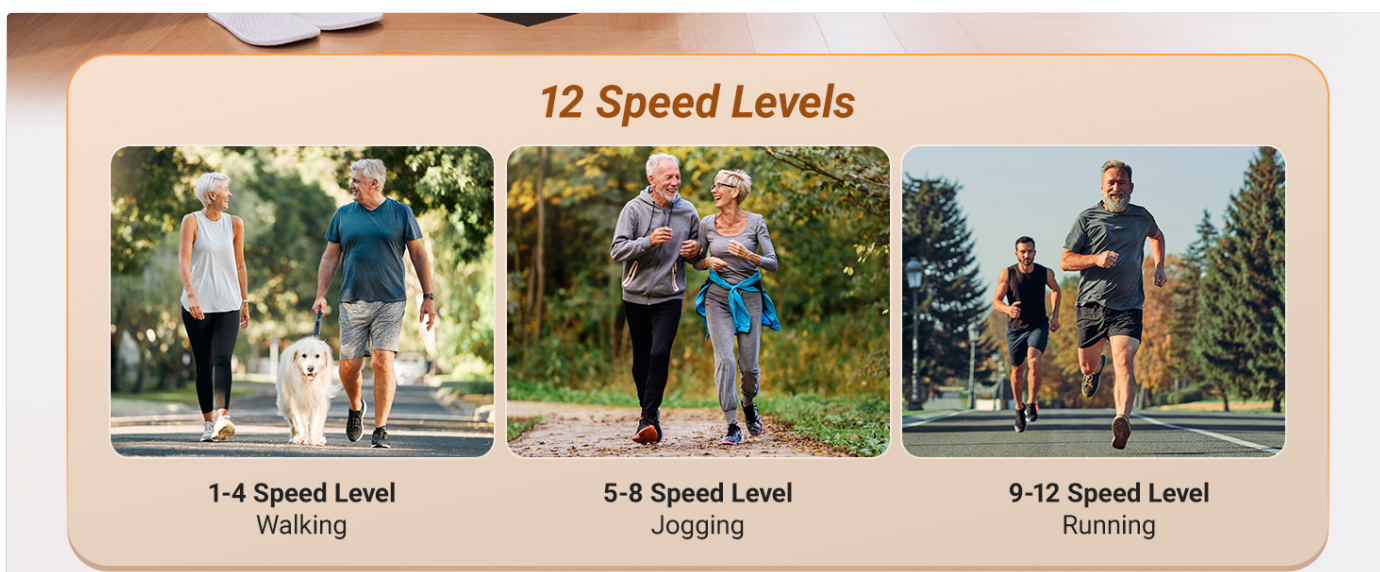


Figure 7: Recommended speed levels for different exercise intensities.

### Using Resistance Bands

The included resistance bands can be attached to the elliptical to incorporate upper body exercises, providing a more comprehensive workout. Simply attach the bands to the designated points on the elliptical and use them for arm, shoulder, and chest exercises while pedaling.



Figure 8: Integrating resistance bands for a full-body workout.

### Quiet Operation

The MERACH Under Desk Elliptical operates with a whisper-quiet motor (below 15dB), ensuring that your exercise does not disturb others, making it ideal for office or home environments.

# Ultra Quiet & Smooth

Whisper-Quite Wheel

< 15dB

Barely Sound



Figure 9: The elliptical's quiet operation allows for undisturbed use in any setting.

## Product Videos

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Video 1: Demonstrates the MERACH E32 Under Desk Elliptical in a home setting, highlighting its ease of use and quiet operation. This video provides a visual guide to the product's functionality.

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Video 2: An overview of the Merach E32 Under Desk Elliptical, showcasing its features and benefits for daily exercise. This video helps users understand the product's practical application.

## MAINTENANCE

- **Cleaning:** Wipe down the elliptical regularly with a soft, damp cloth. Avoid using abrasive cleaners or solvents that could damage the finish.
- **Lubrication:** The elliptical comes with a lubricant. Apply a small amount to the moving parts (e.g., pedal joints,

internal mechanisms if accessible and specified in the full manual) if you notice any creaking noises or resistance in the pedal movement. Refer to the detailed user manual for specific lubrication points and frequency.

- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures.

## TROUBLESHOOTING

If you encounter issues with your MERACH Under Desk Elliptical, refer to the following common troubleshooting steps:

Problem	Possible Cause	Solution
Elliptical does not power on.	Power cord not properly connected; no power from outlet; remote batteries dead.	Ensure power cord is securely plugged into both the elliptical and a working outlet. Check remote batteries and replace if necessary.
Pedals are not moving smoothly or making noise.	Lack of lubrication; debris in mechanism.	Apply lubricant to moving parts as instructed in the full user manual. Check for and remove any obstructions.
Remote control is unresponsive.	Batteries are low or incorrectly inserted; remote not aimed at display.	Replace remote batteries, ensuring correct polarity. Aim the remote directly at the elliptical's display panel.
Elliptical moves or slides during use.	Not placed on anti-slip mat; mat not effective on surface.	Ensure the elliptical is positioned on the provided PVC anti-slip pad. If sliding persists, try placing it on a carpeted surface or use an additional non-slip mat.

For issues not covered here, please contact MERACH customer support.

## SPECIFICATIONS

Feature	Detail
Model Name	MR-E32
Brand	MERACH
Color	Black
Product Dimensions (D x W x H)	17.9" x 9.64" x 15.43"
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	250 Pounds
Maximum Stride Length	15 Inches
Item Weight	8.8 Kilograms
Number of Resistance Levels	12

## WARRANTY AND SUPPORT

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The MERACH Under Desk Elliptical comes with a **1-year warranty** from the date of purchase.

MERACH provides professional customer service and 24-hour after-sales support. For any questions or concerns regarding your elliptical, please contact the dedicated customer service team via email or phone. Have your order number and product model (MR-E32) ready when contacting support for efficient assistance.

For further assistance, please visit the official MERACH store or contact their support channels as provided in your purchase documentation.