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› [MERACH](#) /

› [MERACH Home Exercise Bike User Manual](#)

MERACH MR-S26

MERACH Home Exercise Bike User Manual

Model: MR-S26

1. IMPORTANT SAFETY INFORMATION

Before operating the MERACH Home Exercise Bike, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the exercise bike during operation.
- Place the bike on a flat, stable surface. Use a mat to protect flooring.
- Do not exceed the maximum weight capacity of 136 kg (300 lbs).
- Wear appropriate athletic footwear and clothing during exercise.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. SETUP AND ASSEMBLY

The MERACH Home Exercise Bike arrives approximately 80% pre-assembled, significantly simplifying the setup process. The package includes all necessary tools and an installation video to guide you.

2.1 Unpacking

- Carefully remove all components from the packaging.
- Verify that all parts listed in the packing list are present.

2.2 Assembly Steps

The main body of the exercise bike is largely pre-assembled. You will primarily need to attach the stabilizers, pedals, seat, and handlebars.

1. Attach the front and rear stabilizers to the main frame using the provided bolts and tools. Ensure they are tightened securely for stability.
2. Install the pedals. Note that pedals are typically marked 'L' for left and 'R' for right. Thread them carefully to avoid cross-threading.
3. Insert the seat post into the frame and secure it at your desired height. Attach the seat to the post.
4. Insert the handlebar post into the frame and secure it. Attach the handlebars to the post.
5. Connect any necessary cables for the LED display, if applicable.

Porte-bouteilles à double fente
Compatible avec la plupart des
bouteilles d'eau – rechargez
vosre énergie à tout moment.



(Bouteille non incluse.)

Image: Detailed view of the assembly steps for the MERACH Home Exercise Bike, showing how to attach the main components.



Image: The MERACH Home Exercise Bike fully assembled, ready for use.

The entire installation process should take no more than 20 minutes.

3. OPERATING INSTRUCTIONS

The MERACH Home Exercise Bike is designed for a comfortable and effective indoor cycling experience, featuring adjustable settings and smart connectivity.

3.1 Adjusting the Bike

The bike offers personalized adjustments to accommodate users between 1.5 m and 1.95 m in height.

- **Handlebar Adjustment:** The anti-slip handlebar can be adjusted in 2 directions (up/down). Loosen the adjustment knob, move the handlebar to the desired position, and tighten the knob securely.
- **Seat Adjustment:** The ultra-soft seat can be adjusted in 4 directions (up/down, forward/backward). Loosen the adjustment knob, position the seat for optimal comfort and pedaling efficiency, and tighten the knob.

Affichage **LED** ergonomique

Rechargez l'énergie à tout moment



Image: Illustration of the adjustable handlebars and seat, highlighting the range of motion for user customization.

3.2 Resistance System

The MERACH bike utilizes a new magnetic resistance system with industrial bearings and ABS pulleys, ensuring a smooth and quiet ride with noise levels not exceeding 30 dB. This system avoids issues like loud noises or damaged

pulleys found in bikes with iron sand flywheels.

- **Adjusting Resistance:** The easy-to-use adjustment knob allows for resistance settings from 0 to 8. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it.
- **Emergency Stop:** Push the resistance knob down firmly to engage the emergency brake and stop the flywheel immediately.

Systeme *magnétique* ultra-silencieux

✔ Faible bruit ✔ Résistance douce ✔ Durable



Résistance par frottement

- ✘ Bruyant
- ✘ Résistance non lisse
- ✘ Usure par frottement



Image: Close-up view of the ultra-silent magnetic resistance system, illustrating its smooth and durable operation.

Conduite silencieuse et douce



Magnétique



Doux



Silencieux



Image: Diagram showing the quiet belt drive system, which contributes to the bike's silent operation.

3.3 LED Display and App Connectivity

The integrated LED display tracks essential workout data, and the bike connects to the exclusive MERACH app for enhanced training experiences.

- **LED Display:** The LED screen records time, distance, calories burned, and other training data. It is powered by 2 AA batteries (included).
- **MERACH App:** Download the free MERACH app to connect with the bike. The app offers online personal trainers, real-world simulations (e.g., Swiss snowy landscapes, alpine challenges, coastal rides), and various

training programs to make workouts more engaging and effective.

Guidon et siège réglables

Convient aux utilisateurs mesurant
entre 1,5 mètre et 1,95 mètre



Image: Close-up of the ergonomic LED display, showing various workout metrics like time, distance, and calories.

3.4 Additional Features

- **Bottle Holder:** The bike includes a double-slot bottle holder compatible with most water bottles, allowing you to stay hydrated during your workout.
- **Dumbbell Holder:** A special design allows for storing various dumbbells, including common safety bars.
- **Transport Wheels:** Two-way transport wheels make it easy to move the bike for storage or repositioning.

Conception de détail intime



Conduite plus confortable

Coussin de siège absorbant les chocs

Écran électronique LED amélioré

Lecture claire des données d'exercice



Conception unique de support d'haltères

Facile à ranger tous types d'haltères



Image: View of the double-slot bottle holder and integrated phone/tablet stand on the handlebars.

4. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MERACH Home Exercise Bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive

cleaners or solvents.

- **Inspecting Bolts and Connections:** Periodically check all bolts and connections to ensure they are tight. Retighten as necessary.
- **Lubrication:** The magnetic resistance system and belt drive are designed for low maintenance. No regular lubrication is required for these components.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

5. TROUBLESHOOTING

This section addresses common issues you might encounter with your exercise bike.

Problem	Possible Cause	Solution
Bike is noisy during operation	Loose components; bike not on a level surface.	Check and tighten all bolts and connections. Ensure the bike is on a flat, stable surface. The magnetic resistance system is designed to be quiet.
LED display not working	Batteries are dead or incorrectly installed; loose cable connection.	Check and replace the 2 AA batteries. Ensure all display cables are securely connected.
Resistance not changing	Resistance knob issue; internal mechanism problem.	Ensure the resistance knob is turning freely. If the issue persists, contact customer support.

If you encounter any problems not listed here, or if the suggested solutions do not resolve the issue, please refer to the Warranty and Support section for assistance.

6. SPECIFICATIONS

Feature	Specification
Model Number	MR-S26
Color	Blue-Black
Drive System	Belt
Material Type	Alloy Steel
Max Weight Capacity	136 Kilograms (300 lbs)
Recommended User Height	1.5 m to 1.95 m (4 ft 11 in to 6 ft 5 in)

Feature	Specification
Power Source	Battery Powered (2 AA batteries included)
Resistance Mechanism	Magnetic
Product Dimensions (L x W x H)	49 x 123 x 108 cm (19.3 x 48.4 x 42.5 inches)
Product Weight	31 Kilograms (68.3 lbs)
Special Features	Interactive App, Stability, Silent Operation, LED Screen

7. WARRANTY AND SUPPORT

MERACH offers comprehensive support for your exercise bike.

- **Warranty:** The MERACH Home Exercise Bike comes with a 12-month warranty from the date of purchase.
- **Customer Service:** If you encounter any issues or have questions during use, please contact MERACH customer service. We commit to responding within 12 hours and assisting you throughout the resolution process.
- **Contact Information:** Please refer to your purchase documentation or the MERACH official website for specific contact details.