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MERACH E34B1

MERACH Under Desk Elliptical Machine User Manual

Model: E34B1

Product Overview

The MERACH Under Desk Elliptical Machine is the perfect seated pedal exerciser for seniors and individuals with limited mobility, providing an effective solution for low-impact leg exercise. Designed for convenience, this compact under-desk elliptical machine easily fits under any desk or table, making it ideal for portable elliptical exercise at home or in the office. This electric pedal exerciser arrives fully assembled and offers 12 adjustable speed settings to accommodate your preferred workout intensity, enhancing circulation, mobility, and overall wellness. Its whisper-quiet motor ensures a smooth, quiet workout, so you can exercise without disturbing others—perfect for shared spaces like offices or family rooms. Equipped with a remote control, this elliptical allows for easy adjustments to speed, direction, and tracking of progress on the digital display, making it especially convenient for those with limited mobility. Whether at home or work, the ellipse leg exerciser as seen on tv keeps you moving and helps prevent stiffness, promoting healthy circulation throughout the day. With its portable and lightweight design, this elliptical is easy to store and transport, making it an essential choice for anyone looking for a compact, low-impact leg exerciser for circulation and wellness.

Key Features:

- **Zero Pressure, Low Strength:** The MERACH under desk ellipse exercise machine features a low-intensity, zero-pressure design that promotes blood circulation, burns calories, strengthens lower body muscles, and helps prevent leg diseases. It is the perfect elliptical leg exerciser while sitting for seniors, sedentary office workers, and those in leg rehabilitation. Get an effective workout in comfort and improve your overall health.
- **12 Scientific Automatic Modes:** The ellipse leg exerciser offers 12 automatic modes (P1-P12) and 12 manual speed levels, allowing you to enjoy professional-level exercise guidance. Equipped with a remote control, you don’t need to bend down to make adjustments. The pedals allow for both forward and backward movement, engaging every muscle group to ensure a more effective workout.
- **Superior Quiet Motor:** The MERACH under desk elliptical machine comes with the latest E4 silent motor, designed for low noise and long-term, high-frequency use. Switching between low and high speeds happens without lag, offering a smooth, quiet exercise experience. The eco-friendly rubber base prevents the mini elliptical from shifting, ensuring a stable workout whether you are working or watching TV.
- **Portable Design:** This elliptical training machine features a portable handle and is lightweight, making it easy to move anywhere. Its compact size doesn’t take up extra space, so you can easily place it under a desk or in other

tight spots. Portable exercise equipment enables you to work out anytime, anywhere! This flexibility lets you work out anytime, anywhere, making it easy to keep up with your routine, even in your busy life.

- **One-Click Control:** Whether you're focusing on work or taking a break, simply touch the remote control buttons to adjust the intensity and mode of your exercise. The high-definition LCD screen clearly displays real-time data to help you stay in rhythm with your workout. Its user-friendly design makes it easy for anyone to start and enjoy a healthy lifestyle.

Setup Guide

Unpacking and Initial Setup

The MERACH Under Desk Elliptical Machine comes fully assembled, ready for immediate use. Carefully remove the unit from its packaging.

Power Connection

Locate the power cord and plug it into a standard 110V electrical outlet. Ensure the connection is secure.

Remote Control Setup

The remote control requires batteries (usually included). Open the battery compartment on the back of the remote and insert the batteries, observing the correct polarity. The remote allows for convenient control of the elliptical without needing to bend down.

Placement

Place the elliptical on a flat, stable surface. Its compact design allows it to fit comfortably under most desks or tables. Ensure there is enough space for your legs to move freely during operation.



The MERACH Under Desk Elliptical Machine, fully assembled and ready for use.

Operating Instructions

Powering On/Off

To power on the elliptical, press the 'Power' button on the remote control or the 'Start/Stop' button on the main unit's display. To power off, press and hold the 'Power' button on the remote or the 'Start/Stop' button on the unit.

Understanding the Display

The high-definition LCD screen displays various workout metrics:

- **SCAN:** Cycles through all metrics automatically.
- **TIME:** Displays the duration of your workout.
- **DISTANCE:** Shows the virtual distance covered.
- **SPEED:** Indicates the current pedaling speed.

- **COUNTER:** Tracks the total number of pedal cycles.
- **CALORIE:** Estimates calories burned during the session.



The elliptical's display panel and remote control for easy adjustments.

Automatic Modes (P1-P12)

The elliptical offers 12 scientific automatic modes (P1-P12) that provide professional-level exercise guidance. These modes automatically adjust speed and direction for a varied workout.

To select an automatic mode, press the 'MODE' button on the unit or the remote until 'P' appears, then use the '+' or '-' buttons to cycle through P1 to P12.

Official MERACH video demonstrating the automatic modes and quiet operation of the elliptical.



The display showing an active automatic mode (P1-P12).

Manual Mode

For customized workouts, select the Manual Mode. In this mode, you have full control over speed and direction.

To enter Manual Mode, press the 'MODE' button until 'HR' appears on the display.

Adjusting Speed:

Use the '+' and '-' buttons on the unit or the remote to increase or decrease the speed. There are 12 manual speed levels available.

Changing Direction:

Press the 'DIRECTION' button on the unit or the remote to switch between forward and backward pedaling. This engages different muscle groups for a more comprehensive workout.



The display showing manual mode (HR) and speed adjustment options.

A user demonstrating the manual mode and various features of the elliptical.

Maintenance

Cleaning

Regularly wipe down the elliptical machine with a soft, damp cloth. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

Storage

When not in use, store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Its portable

design allows for easy storage under a desk or in a closet.



The elliptical's portable design, highlighting its integrated handle for easy movement.

Troubleshooting

Unit Not Powering On

- Ensure the power cord is securely plugged into both the elliptical and a working electrical outlet.
- Check if the remote control batteries are correctly inserted and not depleted.

Pedals Not Moving Smoothly

- Verify that the elliptical is placed on a flat, stable surface.

- Ensure there are no obstructions around the pedals or the internal mechanism.

Display Not Showing Correct Data

- Try powering the unit off and on again to reset the display.
- Refer to the 'Operating Instructions' section to ensure correct mode and function selection.

Product Specifications

Feature	Detail
Model Name	E34B1
Brand	MERACH
Color	Black
Product Dimensions	17.5"D x 15.4"W x 9.7"H
Material	Alloy Steel
Resistance Mechanism	Magnetic
Maximum Weight Recommendation	400 Pounds
Number of Resistance Levels	12
Item Weight	13.9 Pounds
Power Input	110V

Warranty and Support

Warranty Information

The MERACH Under Desk Elliptical Machine comes with a 1-year warranty from the date of purchase. Please retain your proof of purchase for warranty claims.

Customer Support

For any questions, technical assistance, or warranty claims, please contact MERACH customer support. Refer to the contact information provided in your purchase documentation or visit the official MERACH website.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

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 increase the speed or intensity on the MERACH E34B1 Under Desk Elliptical Machine?

To increase the intensity or speed on your MERACH E34B1 Under Desk Elliptical Machine, you can use either the remote control or the buttons on the main unit's display. Follow these steps: Enter Manual...

Read full answer

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