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MERACH S28 - Smart Incline Control & Auto Resistance

MERACH S28 Magnetic Exercise Bike User Manual

Model: S28 - Smart Incline Control & Auto Resistance
Brand: MERACH

1. Introduction and Overview

Welcome to the MERACH S28 Magnetic Exercise Bike user manual. This guide provides essential information for the safe assembly, operation, and maintenance of your new fitness equipment. The MERACH S28 is designed to offer a realistic and engaging indoor cycling experience, featuring smart incline control, automatic resistance adjustments, and seamless integration with the MERACH and FantomFite applications.

This exercise bike is built with a sturdy alloy steel frame, supporting users up to 350 lbs, and includes a 40 lbs flywheel for a smooth and consistent ride. Its innovative technology allows for gradient simulation, providing dynamic uphill and downhill sensations that enhance your workout.

2. Product Features

- **Realistic Ride Feel:** Experience ±6° gradient simulation that syncs with the FantomFite app, offering interactive and challenging workouts with dynamic uphill and downhill rides, virtual scenes, and engaging tasks.
- **Smart Magnetic Resistance:** Easily switch between 16 automatic resistance levels for light, moderate, or intense workouts. The system integrates with Merach Apps for real-time adjustments, providing a customized and efficient training experience.
- **Real-time Data Interaction:** Utilize the free MERACH and FantomFite apps to track metrics such as distance, time, calories, speed, and resistance. Sync your workout data with Apple Health and Google Fit, and access online trainers for professional guidance.
- **Personalized Design:** The heavy-duty exercise bike features a 4-way adjustable handlebar and a 4-way adjustable padded seat, accommodating riders from 4'8" to 6'4". It supports up to 350 lbs, ensuring exceptional durability and stability for various body types.



Figure 2.1: Overview of the MERACH S28 Magnetic Exercise Bike.



Figure 2.2: Illustration of the ±6° incline and decline control for a realistic riding experience.



Figure 2.3: Close-up of the smart magnetic resistance controls and display on the MERACH S28.

3. Safety Information

- Read all instructions before using the exercise bike.
- Consult your physician before starting any new exercise program.
- Ensure all bolts and nuts are securely tightened before each use.
- Place the exercise bike on a level surface. Use a protective mat if placing on carpet.
- Keep children and pets away from the exercise bike during operation.
- The maximum user weight capacity for this bike is 350 lbs (158 kg).
- Recommended user height range is 4'8" to 6'4".
- Use the emergency stop lever (red lever) to quickly stop the flywheel in case of an emergency.

4. Assembly Instructions

The MERACH S28 Exercise Bike comes mostly pre-assembled, simplifying the setup process. Essential tools for final assembly are included in the package. Due to the bike's weight (approximately 97 lbs), it is recommended to have assistance during unboxing and initial setup to prevent injury.

1. Carefully remove all components from the packaging. Inspect for any damage or missing parts.
2. Attach the front and rear stabilizer bars to the main frame using the provided bolts and tools. The front stabilizer bar includes transport wheels for easy movement.
3. Install the pedals. Note that the pedals are marked 'L' (left) and 'R' (right) and should be screwed in the correct direction (left pedal counter-clockwise, right pedal clockwise). Ensure they are securely tightened using the provided wrench.
4. Insert the seat post into the main frame and adjust to your desired height. Secure it with the adjustment knob. The seat can be adjusted 4-ways (up/down, forward/backward).
5. Insert the handlebar post into the main frame and adjust to your desired height. Secure it with the adjustment knob. The handlebar can be adjusted 4-ways (up/down, forward/backward).
6. Connect the console wiring from the handlebar post to the main frame. Carefully route the wires to avoid pinching.
7. Mount your tablet or smartphone onto the device holder on the handlebar.
8. Plug in the power adapter to the bike and then to a wall outlet.

▶ **Watch video online**
S28 Installation Steps

Video 4.1: MERACH S28 Installation Steps. This video provides a detailed guide on how to assemble your MERACH S28 Exercise Bike.

5. Operating Instructions

- **Power On/Off:** The bike powers on automatically when you start pedaling or press the main control knob. It enters energy-saving mode when not in use.
- **Resistance Adjustment:** Use the main control knob to manually adjust the magnetic resistance from level 1 to 16. For automatic resistance changes during app workouts, ensure the bike is connected to the MERACH or FantomFite app.
- **App Connectivity:** Download the MERACH or FantomFite app from your device's app store. Open the app and follow the on-screen instructions to connect to your S28 bike via Bluetooth.
- **Smart Incline Control:** During app-guided workouts, the bike's incline will automatically adjust to simulate terrain changes, providing a more immersive experience.
- **Data Tracking:** The integrated display and connected apps will show real-time workout data including time, distance, speed, calories burned, and current resistance level.
- **Handlebar and Seat Adjustment:** Adjust the handlebar and seat height and position using the respective

adjustment knobs to find your most comfortable and efficient riding posture.

▶ **Watch video online**
S28 with FantomFite

Video 5.1: MERACH S28 with FantomFite App. This video demonstrates the smart features and app integration of the MERACH S28.

6. Maintenance

- Regularly wipe down the bike with a damp cloth after each use to remove sweat and dust.
- Check all bolts and nuts periodically to ensure they are tight. Tighten if necessary.
- Keep the bike in a dry environment, away from direct sunlight and moisture, to prevent rust and damage.
- Do not use abrasive cleaners or solvents on the bike's surfaces.

7. Troubleshooting

- **No Power/Display Not Working:** Ensure the power adapter is securely plugged into both the bike and a working wall outlet.
- **App Connectivity Issues:** Make sure Bluetooth is enabled on your device. Restart the app and/or the bike. Ensure your device's operating system is up to date.
- **Resistance Not Changing:** Check app connectivity. If using manual mode, ensure the control knob is functioning correctly.
- **Unusual Noises:** Inspect the bike for any loose parts or obstructions. Tighten any loose bolts or nuts. If the noise persists, contact customer service.

8. Specifications

Specification	Detail
Brand	MERACH
Model	S28 - Smart Incline Control & Auto Resistance
Weight Capacity	350 lbs (158 kg)
Item Weight	50 Kilograms (approx. 97 lbs)
Material	Alloy Steel
Resistance Mechanism	Magnetic

Product Dimensions (D x W x H)	45.28"D x 9.84"W x 34.64"H
Number of Resistance Levels	16
Power Source	Battery Powered
Recommended User Height	4'8" to 6'4"

9. Warranty and Support

MERACH offers lifetime professional customer service and technical support for your exercise bike. For any issues covered under the 12-month limited parts warranty, please contact MERACH customer service directly. They are dedicated to ensuring your satisfaction and providing prompt assistance.

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