Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

MERACH MR-S15L2-US-JS-FBA1

MERACH Folding Exercise Bike User Manual

Model: MR-S15L2-US-JS-FBA1

1. Introduction

The MERACH Folding Exercise Bike is a versatile 4-in-1 fitness solution designed for home use. It offers upright and recumbent cycling modes, along with arm and back exercises, providing a comprehensive full-body workout. Featuring 16 levels of magnetic resistance, a smooth and quiet operation, and smart APP connectivity, this bike allows users to track progress and customize their fitness routines. Its foldable design ensures easy storage and portability, making it ideal for various living spaces.



Image: MERACH Smart 4 in 1 Folding Exercise Bike.

2. Key Features

- **4-in-1 Full Body Workout:** Easily switch between upright bike, recumbent bike, arm exercise, and back exercise modes.

- **16-Level Magnetic Resistance:** Adjust workout intensity with a precise magnetic resistance system for smooth and quiet operation.
- **APP Data Recording:** Connect via Bluetooth to the free MERACH APP for real-time exercise data tracking and compatibility with Kinomap.
- **LCD Monitor Display:** Track time, distance, speed, calories, and heart rate on an easy-to-read display.
- **Foldable & Space-Saving Design:** Compact folding for convenient storage and transport.
- **Comfortable Seating:** Features an oversized cushion seat and backrest for extended workout comfort.
- **Integrated iPad Holder:** Securely holds your device for entertainment or guided workouts.
- **Water Bottle Holder:** Conveniently located behind the seat for easy access during exercise.

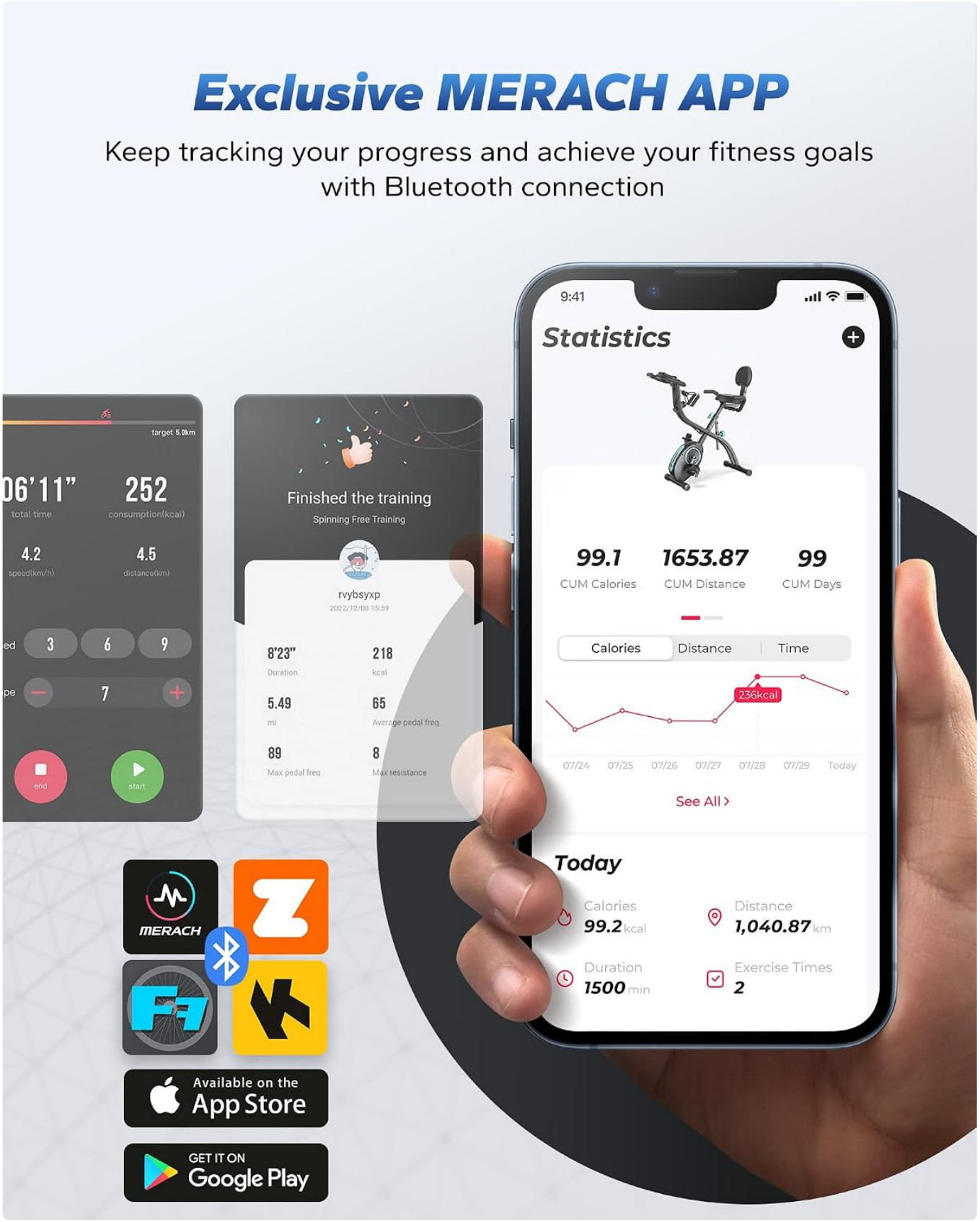

Image: Exclusive MERACH APP interface for tracking fitness data.



Image: The 4-in-1 full body workout capabilities of the MERACH bike.

3. Setup and Assembly

The MERACH Folding Exercise Bike is designed for straightforward assembly. Basic tools are included in the package to assist with the setup process. For faster assembly, it is recommended to use your own socket tools if available.

Assembly Steps:

1. **Unpacking:** Carefully remove all components from the packaging. It is advisable to keep the original packaging until assembly is complete.
2. **Base Stabilization:** Attach the front and rear stabilizer bars to the main frame. Ensure all bolts are securely tightened to prevent squeaking during use.
3. **Pedal Installation:** Attach the pedals to the crank arms. Note that pedals are typically marked 'L' for left and 'R' for right, and should be threaded in the correct direction (left pedal counter-clockwise, right pedal clockwise).
4. **Seat and Backrest Assembly:** Secure the seat and backrest to their respective posts. Adjust the seat height to your preferred position.
5. **Handlebar and Console Attachment:** Mount the handlebars and the LCD monitor console. Connect any necessary sensor wires from the main frame to the console.
6. **Resistance Bands:** Attach the high-elastic armbands if desired for upper body workouts.
7. **Final Check:** Verify that all connections are tight and the bike is stable before first use.



Image: The MERACH Folding Exercise Bike fully assembled.



Image: Sturdy and stable frame construction with thickened steel tubes.

4. Operating Instructions

4.1. Powering On the LCD Monitor

The LCD monitor is battery-powered. It will automatically turn on when you begin pedaling or press any button. To conserve battery, the monitor will automatically shut off after a period of inactivity.

4.2. Adjusting Resistance

The bike features 16 levels of magnetic resistance. Locate the resistance knob on the main frame. Turn the knob clockwise to increase resistance for a more challenging workout, and counter-clockwise to decrease resistance for an easier ride. Levels 1-4 are suitable for leisure exercise, 5-8 for cardio, 9-12 for shaping, and 13-16 for stabilizing muscle workouts.



Image: Adjusting the 16-level magnetic resistance knob.

4.3. Using the LCD Display

The LCD monitor displays various workout metrics:

- **TIME:** Duration of your workout.
- **DISTANCE:** Total distance covered.
- **SPEED:** Current cycling speed.

- **CALORIES:** Estimated calories burned.
- **ODOMETER:** Total accumulated distance.
- **PULSE:** Heart rate detected by the pulse grip sensors on the handlebars.

Use the 'MODE' button on the console to cycle through the display metrics or to set a scan mode that rotates through all metrics automatically.



Image: Easy-to-read LCD screen displaying workout data.

4.4. APP Connectivity (MERACH APP, Kinomap, Zwift)

Download the official MERACH APP from your device's app store. Enable Bluetooth on your smartphone or tablet and open the MERACH APP. The app will automatically detect your exercise bike. Once connected, you can track your workout data in real-time, access various training programs, and set fitness goals. The bike is also compatible with third-party apps like Kinomap and Zwift for a more immersive training experience.

4.5. Adjusting Seat Height

To adjust the seat height, loosen the adjustment knob located on the seat post. Raise or lower the seat to a comfortable position where your leg has a slight bend at the knee when the pedal is at its lowest point. Securely tighten the knob after adjustment.

4.6. Folding and Moving the Bike

To fold the bike for storage, locate the folding pin or knob on the main frame. Follow the instructions to release the locking mechanism and fold the bike into its compact form. The integrated transport wheels allow for easy movement of the folded bike.



Image: Portable and space-saving design, showing unfolded and folded dimensions.

5. Maintenance

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

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Check Connections:** Periodically inspect all bolts, nuts, and moving parts to ensure they are securely tightened. Loose connections can lead to noise or instability.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by MERACH support.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures. Utilize its folding feature for compact storage.

6. Troubleshooting

Here are solutions to common issues you might encounter:

Problem	Possible Cause	Solution
Squeaking noise during use	Loose bolts, especially on the foot base or frame connections.	Ensure all assembly bolts, particularly those connecting the base stabilizers, are tightened securely.
LCD monitor not displaying or turning off quickly	Dead or low batteries; loose battery connection; faulty monitor.	Replace batteries with new ones. Check battery compartment for secure connection. If issue persists, contact customer support for a replacement monitor.
Heart rate reading is inaccurate or slow to respond	Improper hand placement on sensors; sensor malfunction.	Ensure both hands are firmly gripping the pulse sensors. If readings remain inconsistent, consider using an external heart rate monitor (e.g., smartwatch) for more accurate data.
Difficulty moving the folded bike	Not tilted enough to engage transport wheels; awkward angle.	Tilt the bike significantly forward until the transport wheels make full contact with the floor. For tight spaces, it may be easier to lift and carry the folded bike.

7. Specifications

Feature	Specification
Brand	MERACH
Model Number	MR-S15L2-US-JS-FBA1
Color	Graphite Gray

Feature	Specification
Material	Alloy Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Product Dimensions (Unfolded)	42.72"D x 20.87"W x 45.17"H
Folded Dimensions (Approx.)	20.47"W x 52.76"H
Item Weight	45.41 Pounds
Maximum Weight Recommendation	300 Pounds
Suitable User Height	4'4" to 6'6"
Power Source	Battery Powered (for LCD monitor)
Drive System	Belt

8. Warranty and Support

MERACH is committed to providing high-quality products and excellent customer service. While specific warranty details may vary, MERACH typically offers support for product issues. If you encounter any problems with your MERACH Folding Exercise Bike, or require assistance with assembly, operation, or parts, please contact MERACH customer service directly. Have your model number (MR-S15L2-US-JS-FBA1) and purchase information ready when contacting support.

For customer service inquiries, please refer to the contact information provided with your product packaging or visit the official MERACH website.

© 2025 MERACH. All rights reserved.

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

Open the live page

https://manuals.plus/asin/B0F1YJ68KV

More documents and user manuals: **https://manuals.plus/**