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MERACH T12B1

MERACH T12B1 Foldable Treadmill User Manual

Model: T12B1

1. Important Safety Instructions

Before operating the MERACH T12B1 Foldable Treadmill, please read and understand all safety instructions. Retain this manual for future reference.

- Always attach the safety key clip to your clothing before starting the treadmill. In case of an emergency, pulling the safety key will immediately stop the machine.
- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 0.6 meters on each side).
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Consult a physician before starting any exercise program.
- Wear appropriate athletic footwear and clothing.
- Do not use the treadmill outdoors or in damp environments.
- Maximum user weight capacity: 300 lbs (136 kg).

2. Product Overview

The MERACH T12B1 is a foldable treadmill designed for home use, featuring a manual incline, heart rate monitoring, and connectivity with the MERACH App.

Key Features:

- **Foldable Design:** Compact for storage, saving space.
- **Manual Incline:** Three adjustable levels (0%, 3%, 6%) for varied workout intensity.
- **Quiet Operation:** Operates at less than 40dB.
- **Shock Absorption:** Features a 5-layer running belt with 6 shock-absorbing pillars and 4 silicone cushions for joint protection.
- **Heart Rate Monitoring:** Integrated sensors for real-time heart rate display.
- **LED Display:** Shows time, calories, speed, distance, and heart rate.

- **MERACH App Connectivity:** Access to interactive courses, scenic runs, and workout data tracking via Bluetooth.

Included Components:

- MERACH T12B1 Treadmill Unit
- Lubricant
- Power Cord
- Remote Control
- Tool Kit
- User Manual (this document)

3. Setup and Assembly

The MERACH T12B1 Treadmill arrives approximately 90% pre-assembled, requiring minimal setup.



Image: The treadmill and its included accessories in a partially assembled state, indicating minimal setup required.

Unfolding the Treadmill:

1. Place the treadmill on a flat, stable surface.
2. Locate the hydraulic lever mechanism.
3. Gently kick the base or use the lever to release the folding mechanism. The running deck will slowly lower into position.
4. Ensure the running deck is fully flat and locked before use.



Image: Illustration of the MERACH T12B1 Treadmill in its folded state, highlighting its space-saving design and dimensions.

Folding for Storage:

1. Ensure the treadmill is turned off and unplugged.
2. Lift the running deck until it clicks into the upright, folded position. The hydraulic lever assists in this process.
3. The compact folded size is approximately 25.6" x 27.6" x 49.2".
4. Utilize the built-in pulleys for effortless movement to your desired storage location.



Image: Illustrates the easy folding mechanism and the integrated pulleys for convenient movement and storage of the treadmill.

4. Operating Instructions

Starting a Workout:

1. Plug the power cord into a grounded outlet.
2. Attach the safety key to the designated slot on the console and clip the other end to your clothing.
3. Step onto the treadmill's side rails.
4. Press the 'START' button on the control panel or remote control. The belt will begin to move at a low speed.
5. Gradually increase speed using the '+' button on the console or remote. The speed range is 0.6 to 7.5 MPH.



Image: Detailed view of the treadmill's LED display and control buttons for speed, programs, and mode.

Adjusting Incline:

The MERACH T12B1 features a manual incline system with three levels: 0%, 3%, and 6%.

1. To adjust the incline, stop the treadmill and step off the running belt.
2. Locate the manual incline adjustment mechanism at the rear of the treadmill.
3. Lift or lower the rear of the treadmill to select the desired incline level. Ensure it is securely locked in place before resuming your workout.



Image: Visual representation of the treadmill's adjustable manual incline settings and their calorie burn estimates.

Monitoring Heart Rate:

Grasp the heart rate sensors on the handlebars during your workout. Your heart rate will be displayed on the LED screen.

Using the MERACH App:

Enhance your workout experience by connecting the treadmill to the MERACH App via Bluetooth.

1. Download the MERACH App from theGoogle Play Store or Apple App Store.
2. Enable Bluetooth on your smartphone or tablet.
3. Open the MERACH App and follow the on-screen instructions to pair with your T12B1 treadmill.
4. The app offers interactive courses, scenic runs, multiplayer games, and detailed workout data tracking.



Image: Image promoting the MERACH App, showing download links for Google Play and App Store, and its interface for tracking workouts.

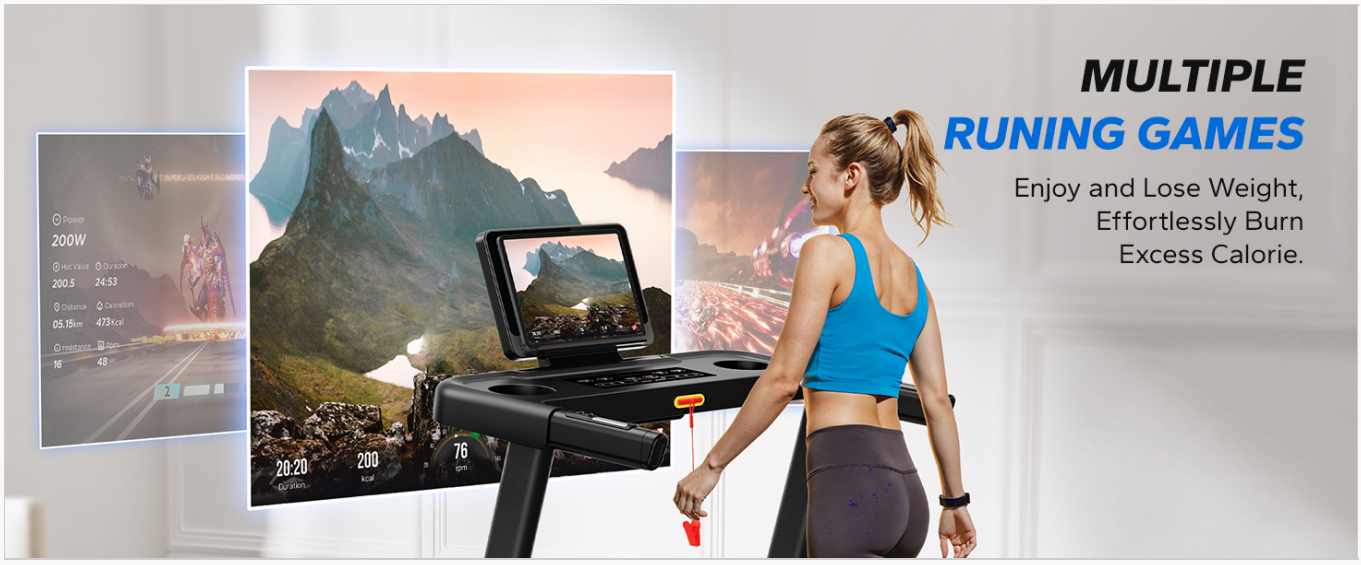


Image: Screenshot of the MERACH App displaying comprehensive workout statistics, including calories, duration, distance, and daily goals.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your treadmill.

Cleaning:

- Wipe down the treadmill surfaces, including the console and handlebars, with a damp cloth after each use.
- Avoid using abrasive cleaners or solvents that could damage the finish.
- Keep the area around the treadmill clean and free of dust and debris.

Lubrication:

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a treadmill-specific silicone lubricant.

1. Turn off and unplug the treadmill.
2. Loosen the running belt tension bolts slightly to create a gap between the belt and the deck.
3. Apply a small amount of lubricant evenly under the center of the running belt.

4. Tighten the tension bolts to their original position.
5. Plug in the treadmill and run it at a low speed for 2-3 minutes to distribute the lubricant.

Belt Adjustment:

If the running belt shifts to one side or slips during use, it may need adjustment. Refer to the detailed instructions in the full user manual for specific steps on adjusting belt tension and alignment.

6. Troubleshooting

If you encounter issues with your MERACH T12B1 Treadmill, refer to the following common solutions:

- **Treadmill does not start:** Ensure the power cord is securely plugged in and the safety key is correctly inserted into the console. Check the main power switch.
- **Belt stops unexpectedly:** Verify the safety key is still in place and has not been dislodged.
- **Unusual noise during operation:** Check for loose parts. Ensure the treadmill is on a level surface. If the noise persists, it may indicate an internal component issue; contact customer support.
- **App connectivity issues:** Ensure Bluetooth is enabled on your device and the treadmill. Try restarting both the treadmill and your device. Confirm you have the latest version of the MERACH App.
- **Inaccurate heart rate reading:** Ensure your hands are firmly gripping both heart rate sensors. Skin contact must be consistent.

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

7. Specifications

Feature	Specification
Model	T12B1
Brand	MERACH
Product Dimensions (Unfolded)	133 x 125 x 70 cm (52.4 x 49.2 x 27.6 inches)
Product Dimensions (Folded)	65 x 70 x 125 cm (25.6 x 27.6 x 49.2 inches)
Item Weight	43.5 kg (96 lbs)
Maximum User Weight	300 lbs (136 kg)
Speed Range	0.6 - 7.5 MPH
Incline Levels	3 Manual Levels (0%, 3%, 6%)
Running Belt Dimensions	105 x 42 cm (41.3 x 16.5 inches)
Motor Horsepower	3 HP
Display Type	LED
Connectivity	Bluetooth (for MERACH App)
Noise Level	<40dB

Feature	Specification
Frame Material	Alloy Steel
Power Source	Corded Electric

8. Warranty and Support

MERACH provides lifetime technical support for its products. For any questions, concerns, or technical assistance, please contact MERACH customer service through the platform where you purchased the product or visit the official MERACH website.
Please retain your proof of purchase for warranty claims.

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

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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