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MERACH B0F2MT6NMR

MERACH Under Desk Bike Pedal Exerciser User Manual

Model: B0F2MT6NMR

Introduction

Welcome to your MERACH Under Desk Bike Pedal Exerciser manual. This device is designed to provide a convenient and effective way to incorporate physical activity into your daily routine, whether at the office, home, or during rehabilitation. It offers dual-use functionality for both leg and arm workouts, featuring 8 levels of magnetic resistance for varied intensity.



Image: The MERACH Under Desk Bike Pedal Exerciser shown both in use by a person seated on a chair and as a standalone unit, highlighting its compact design.

Safety Information

Important Safety Instructions

Please read all instructions carefully before using the MERACH Under Desk Bike Pedal Exerciser.

- Consult your physician before starting any new exercise program.
- Ensure the exerciser is placed on a stable, level surface.
- Keep children and pets away from the device during operation.
- Do not stand on the device. It is designed for seated use only.
- Check all components for wear or damage before each use.
- Do not use if any part is damaged.
- Maintain proper posture during use to avoid strain.

Package Contents

What's Included

Upon opening the package, verify that all components are present:

- MERACH Under Desk Bike Pedal Exerciser Main Unit
- User Manual
- Any necessary assembly tools (if applicable)

Setup

Unpacking and Placement

Remove the exerciser from its packaging. Place the unit on a flat, stable surface. The anti-slip rubber base is designed to grip various floor types securely.



Image: Close-up of the MERACH Under Desk Bike Pedal Exerciser showing the upgraded anti-slip base, designed to prevent sliding during use.

Adjusting for Use

The MERACH exerciser is designed for dual use:

- **Under Desk Use:** Place the unit under your desk while seated. Ensure there is enough clearance for your knees to pedal comfortably. The compact design (dimensions: 20.08 inches length, 15.75 inches width, 11.02 inches height) allows it to fit under most standard desks.
- **Tabletop Use (for arms):** Place the unit on a sturdy table or flat surface. Sit comfortably and use your hands to pedal the unit for an arm workout.



Image: The MERACH Under Desk Bike Pedal Exerciser demonstrated in two scenarios: under a desk for leg exercise and on a tabletop for arm exercise, illustrating its versatility.



Image: A diagram showing the dimensions of the MERACH Under Desk Bike Pedal Exerciser in relation to a desk, indicating its compact size and fit.

Operating Instructions

Adjusting Magnetic Resistance

The MERACH exerciser features 8 levels of magnetic resistance, controlled by a knob.

- **Levels 1-4 (Low):** Ideal for gentle recovery, light exercise, or maintaining activity during long periods of sitting.
- **Levels 5-8 (High):** Suitable for more challenging cardio workouts, building endurance, or increasing energy levels.

Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it.



Image: A close-up of the MERACH Under Desk Bike Pedal Exerciser's control panel, highlighting the 8-level magnetic resistance knob and the LCD display.

Using the LCD Display

The integrated LCD display tracks your workout progress.

- **TIME:** Displays the duration of your current workout.
- **DIST:** Shows the distance covered.
- **RPM:** Revolutions Per Minute, indicating your pedaling speed.
- **CAL:** Estimates calories burned.
- **ODO:** Odometer, showing total accumulated distance.
- **SCAN:** Cycles through all metrics automatically.

Press the "MODE" button to switch between display modes or to reset values (refer to the display for specific reset instructions, usually a long press).



Image: A detailed view of the MERACH Under Desk Bike Pedal Exerciser's LCD display, showing metrics such as TIME, DIST, RPM, CAL, ODO, and SCAN, with the "MODE" button visible.

Quiet Operation

The MERACH exerciser is designed for whisper-quiet operation, typically producing less than 5dB of sound, ensuring minimal disturbance in shared environments.



Image: A woman comfortably using the MERACH Under Desk Bike Pedal Exerciser in a living room setting, with an indicator showing "less than 5dB" for quiet operation.

Maintenance

Care and Storage

Cleaning

Wipe down the exerciser with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.

Storage

Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under a bed, in a closet, or beside a desk.

Eco-Friendly Construction

The unit is constructed from eco-safe, non-toxic, recyclable polypropylene (PP material), designed for durability and

minimal environmental impact.



Image: The MERACH Under Desk Bike Pedal Exerciser in a bright room, with an overlay indicating its construction from eco-friendly PP material.

Troubleshooting

Common Issues and Solutions

Problem	Possible Cause	Solution
Device slides during use	Not on a stable surface; surface too smooth	Ensure the anti-slip base is clean and placed on a dry, stable surface. Use a mat if necessary.
LCD display not working	Battery low or dead; loose connection	Replace the battery (usually a button cell battery). Check for secure connections.

Problem	Possible Cause	Solution
Pedals feel stiff or noisy	Dust accumulation; internal issue	Clean around the pedal area. If noise persists, contact customer support.

Specifications

Product Specifications

- **Brand:** MERACH
- **Model:** Under Desk Bike Pedal Exerciser (ASIN: B0F2MT6NMR)
- **Resistance Type:** Magnetic
- **Resistance Levels:** 8
- **Display:** LCD (Time, Distance, RPM, Calories, Odometer, Scan)
- **Material:** Eco-Safe Polypropylene (PP)
- **Noise Level:** < 5dB
- **Dimensions (Approx.):** 20.08" (L) x 15.75" (W) x 11.02" (H)
- **First Available Date:** March 27, 2025

Warranty and Support

Customer Service

For warranty information, technical support, or any questions regarding your MERACH Under Desk Bike Pedal Exerciser, please contact MERACH customer service.
Please refer to the product packaging or the official MERACH website for the most up-to-date contact information.

Thank you for choosing MERACH.

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