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MERACH Under Desk Bike Pedal Exerciser

MERACH Under Desk Bike Pedal Exerciser Instruction Manual

Model: Under Desk Bike Pedal Exerciser

Introduction

This manual provides essential instructions for the safe and effective use of your MERACH Under Desk Bike Pedal Exerciser. Please read this manual thoroughly before operating the device and retain it for future reference.

The MERACH Under Desk Bike Pedal Exerciser is designed for both leg and arm workouts, offering 8 levels of magnetic resistance. It features an LCD display for tracking progress and an anti-slip base for stability. Its compact and quiet design makes it suitable for office, home, or rehabilitation environments.

Important Safety Information

- Consult a physician before starting any exercise program.
- Ensure all parts are securely assembled before each use.
- Place the exerciser on a flat, stable surface.
- Keep children and pets away from the device during operation.
- Do not stand on the pedals. This device is designed for seated use only.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Maximum user weight for seated operation is not specified, but ensure stable seating.

Product Overview

The MERACH Under Desk Bike Pedal Exerciser is a compact and versatile fitness tool. Below is an image illustrating its primary components and typical usage scenarios.



Image Description: A composite image showing the MERACH Under Desk Bike Pedal Exerciser. The top portion depicts a woman seated on a chair, actively pedaling the exerciser under a desk, with visual cues indicating joint relief. The bottom portion shows a close-up, angled view of the exerciser itself, highlighting its design and the MERACH logo.

This device allows for both leg and arm exercises, making it a flexible option for maintaining activity throughout the day. Its quiet operation ensures minimal disturbance in any environment.

Setup Instructions

The MERACH Under Desk Bike Pedal Exerciser comes largely pre-assembled. Follow these steps for initial setup:

1. **Unpack:** Carefully remove all components from the packaging.
2. **Placement:** Place the exerciser on a flat, stable surface. Ensure there is enough space around the unit for comfortable pedaling without obstruction. The anti-slip base is designed to secure the unit during use.
3. **Pedal Straps:** Adjust the pedal straps to comfortably secure your feet or hands. Ensure they are snug but not too tight.
4. **Battery Installation (if applicable):** If the LCD display is not functioning, check for a battery compartment

(usually on the back or side of the display unit) and install the required batteries (typically AAA, not always included).



Image Description: A close-up view of the MERACH Under Desk Bike Pedal Exerciser placed on a wooden floor, with orange highlights indicating the upgraded anti-slip base. This image demonstrates the stability features of the device.

The anti-slip base is designed to grip various surfaces, including wood, tile, and carpet, to prevent movement during exercise.

Operating Instructions

1. Using as an Under-Desk Exerciser (Legs)

- Place the exerciser under your desk or in front of your chair.
- Sit comfortably with your feet placed firmly on the pedals, securing them with the straps.
- Begin pedaling at a comfortable pace.
- Adjust the resistance level as desired using the resistance knob.

2. Using as an Arm Exerciser (Tabletop)

- Place the exerciser on a stable tabletop.
- Sit in front of the unit and place your hands on the pedals, securing them with the straps if preferred.
- Rotate your arms in a pedaling motion.
- Adjust the resistance level using the resistance knob.



Image Description: A split image demonstrating the dual functionality of the MERACH Under Desk Bike. The top shows a person using it under a desk for leg exercise, while the bottom shows a person using it on a table for arm exercise, emphasizing its versatility.



Image Description: A woman comfortably using the MERACH Under Desk Bike Pedal Exerciser while sitting on a sofa, with a dog resting nearby. An overlay indicates "<5dB Barely Sound," highlighting the device's whisper-quiet operation, suitable for shared or quiet environments.

The advanced magnetic drive system ensures a whisper-quiet operation, typically below 5dB, allowing you to exercise without disturbing others in an office or home setting.

3. Adjusting Resistance

The exerciser features 8 levels of magnetic resistance. Turn the resistance knob clockwise to increase resistance and counter-clockwise to decrease it.

- **Levels 1-4:** Ideal for gentle exercise, rehabilitation, or light activity.
- **Levels 5-8:** Suitable for more challenging workouts, cardio, or building strength.



Image Description: A close-up view of the MERACH Under Desk Bike's control panel, highlighting the 8-level magnetic resistance knob and the LCD display. Icons for physical therapy, daily leisure, and staying energized are also shown, indicating various use cases for different resistance levels.

4. Using the LCD Display

The integrated LCD display tracks your workout progress. Press the blue button to cycle through different metrics:

- **TIME:** Duration of your current workout session.
- **DIST:** Distance covered during the current session.
- **RPM:** Revolutions Per Minute (pedaling speed).
- **CAL:** Calories burned during the current session.
- **ODO:** Odometer (total accumulated distance).
- **SCAN:** Automatically cycles through all metrics every few seconds.

To reset the current workout data, press and hold the blue button for a few seconds.

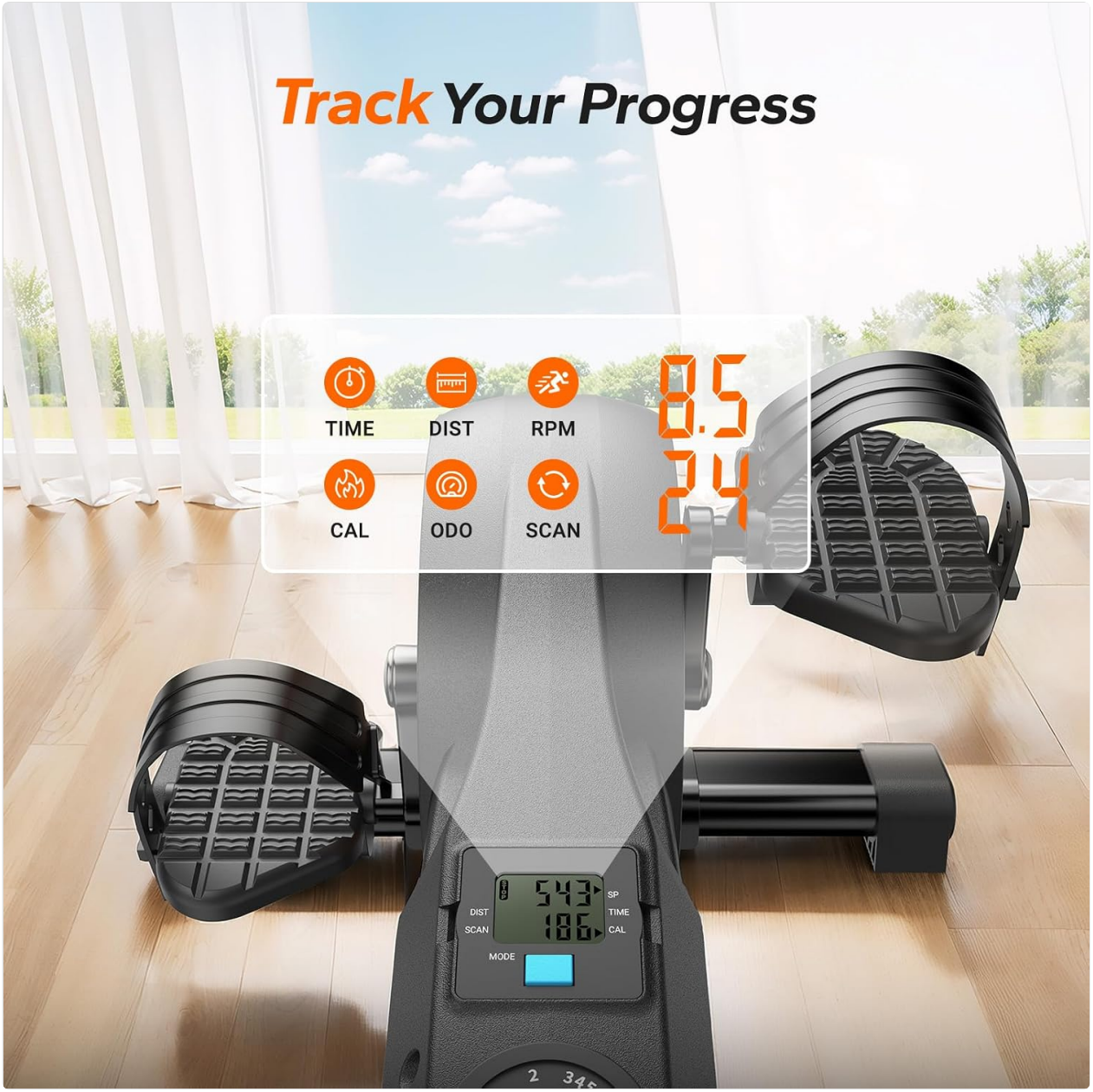

Image Description: A close-up, transparent overlay image showing the LCD display of the MERACH Under Desk Bike. The display shows various metrics like TIME, DIST, RPM, CAL, ODO, and SCAN, with numerical values indicating tracked progress. This illustrates how users can monitor their workout data.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH Under Desk Bike Pedal Exerciser.

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove dust and sweat. Avoid using abrasive cleaners or solvents.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose components immediately.
- **Storage:** Store the exerciser in a cool, dry place away from direct sunlight and extreme temperatures when not in use.
- **Battery Replacement:** If the LCD display becomes dim or stops working, replace the batteries (refer to the display unit for battery type, typically AAA).



Image Description: The MERACH Under Desk Bike Pedal Exerciser positioned in a bright room with a large window, emphasizing its eco-friendly PP material construction. A graphic of recycling arrows and "PP material" text is overlaid, highlighting its sustainable design.

The device is constructed from durable, eco-friendly PP material, which is easy to clean and maintain.

Troubleshooting

Problem	Possible Cause	Solution
LCD display not working or dim.	Dead or incorrectly installed batteries.	Replace batteries (typically AAA) or ensure they are installed correctly with proper polarity.
Resistance not changing or inconsistent.	Resistance knob not fully engaged or internal mechanism issue.	Ensure the resistance knob is turned firmly. If the issue persists, contact customer support.

Problem	Possible Cause	Solution
Unit slides during use.	Surface is too smooth or anti-slip base is dirty.	Ensure the anti-slip base is clean. Place the unit on a non-slip mat if necessary. Verify the surface is dry and free of debris.
Unusual noise during operation.	Loose components or internal friction.	Check all visible bolts and nuts for tightness. If noise persists, discontinue use and contact customer support.

Specifications

Brand: MERACH

Model: Under Desk Bike Pedal Exerciser

Resistance Type: Magnetic

Resistance Levels: 8

Display: LCD (Time, Distance, RPM, Calories, Odometer, Scan)

Material: Eco-Safe PP Construction

Special Features: Anti-Slip Base, Quiet Operation (<5dB)

Recommended Use: Indoor, Under Desk, Tabletop

Approximate Dimensions: 20.08 inches (Length) x 15.75 inches (Width) x 11.02 inches (Height)



Image Description: The MERACH Under Desk Bike Pedal Exerciser placed under a desk, with overlaid measurements indicating its length (20.08 inches), width (15.75 inches), and height (11.02 inches), alongside the desk height (32.2 inches) for context. This image helps users determine if the exerciser will fit their space.

Warranty and Support

For warranty information or technical support, please refer to the contact details provided with your purchase or visit the official MERACH website. Please have your product model and purchase date available when contacting support.

MERACH Official Store: Visit the MERACH Store on Amazon

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