

## MERACH MR-E33B4-EU

# MERACH Elliptical Trainer MR-E33B4-EU User Manual

Model: MR-E33B4-EU

[Safety Information](#)   [Product Overview](#)   [Setup & Assembly](#)   [Operating](#)  
[Instructions](#)   [Maintenance](#)   [Troubleshooting](#)   [Specifications](#)   [Warranty & Support](#)

## 1. SAFETY INFORMATION

---

Please read this entire manual before assembling or operating the MERACH Elliptical Trainer. Keep this manual for future reference. Failure to follow these instructions could result in injury or damage to the product.

- Ensure all parts are present and in good condition before assembly.
- Place the elliptical on a flat, stable surface with adequate clearance around it.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity for this elliptical is **150 kg**.
- Consult a physician before starting any new exercise program.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- This product is certified according to CE and RoHS standards, ensuring mechanical stability and safety.

## 2. PRODUCT OVERVIEW

---

The MERACH MR-E33B4-EU Elliptical Trainer is designed for effective cardiovascular workouts at home. It features a silent magnetic resistance system, an LCD monitor, and Bluetooth connectivity for interactive training.

### Key Features:

- **42 cm Stride Length:** Provides a natural and fluid motion, suitable for users up to 1.93 m (6'4").
- **16 Levels of Magnetic Resistance:** Allows for varied intensity workouts, from beginner to advanced.
- **Silent Operation:** Magnetic braking system ensures quiet pedaling, typically below 20 dB.

- **LCD Monitor:** Displays real-time data including time, speed, distance, calories burned, and heart rate.
- **Bluetooth Connectivity:** Compatible with the MERACH App and KINOMAP for personalized programs and interactive training.
- **Integrated Pulse Sensors:** For real-time heart rate monitoring.
- **Robust Steel Frame:** Supports users up to 150 kg (330 lbs).
- **Compact Design:** Dimensions of 101 cm (L) × 58 cm (W) × 155.8 cm (H) with transport wheels for easy movement.

## **Components:**

- Main Frame with Flywheel and Resistance Mechanism
- Handlebars (Fixed and Moving)
- Pedals
- LCD Console
- Stabilizers and Transport Wheels



Image 2.1: The MERACH Elliptical Trainer MR-E33B4-EU.

# Zancada de **42 cm** Light-Commercial

Apta para toda la familia

**42CM**  
Zancada

**193CM**  
Altura de  
usuario

**9 Niveles**  
para diferentes  
estaturas

**Sin**  
estrés  
articular



Image 2.2: Elliptical trainer highlighting 42 cm stride length and compact dimensions (101 cm length).

## Exclusivo de Merach Sistema magnético silencioso

< **18DB**

5–43 libras



16 niveles



Movimiento bidireccional



Image 2.3: Close-up of the MERACH elliptical's silent magnetic resistance system, indicating quiet operation below 18dB and 16 resistance levels.

### 3. SETUP & ASSEMBLY

The MERACH Elliptical Trainer comes 80% pre-assembled, allowing for quick setup. Most users can complete assembly in under 20 minutes using the included tools and following the instructions.

#### Assembly Steps:

1. **Unpack Components:** Carefully remove all parts from the packaging. Verify that all components listed in the packing list are present.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Pedals:** Attach the left and right pedals to their respective crank arms. Note the 'L' and 'R' markings.
4. **Connect Handlebars:** Mount the moving handlebars and fixed handlebars to the main frame, ensuring all connections are secure.
5. **Connect Console Cables:** Carefully connect the console cables from the main frame to the LCD monitor.

6. **Mount LCD Console:** Secure the LCD console to the console post.

7. **Final Checks:** Ensure all bolts and nuts are tightened. Test the movement of the pedals and handlebars for smooth operation.

For detailed visual guidance, refer to the installation video provided by MERACH.



Image 3.1: A user assembling the elliptical trainer, demonstrating the ease of setup with included tools.

## 90 % preensamblado

Asistencia completa para la instalación –  
empieza a entrenar en 30 minutos



Herramientas de montaje



Manual de usuario



Video de instalación



Image 3.2: Graphic illustrating the 90% pre-assembled status and quick installation process.

## 4. OPERATING INSTRUCTIONS

---

Operating your MERACH Elliptical Trainer is straightforward. Follow these steps to begin your workout.

### 4.1. Getting Started

- Step onto the pedals, gripping the fixed or moving handlebars for balance.
- Begin pedaling in a smooth, elliptical motion.
- The LCD monitor will automatically activate and display your workout data.

### 4.2. Using the LCD Monitor

The integrated LCD monitor provides essential workout metrics:

- **Time:** Duration of your workout.
- **Speed:** Current speed in km/h or mph.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Heart Rate:** Your pulse, detected by the hand pulse sensors on the fixed handlebars.

### 4.3. Adjusting Resistance

The elliptical features 16 levels of magnetic resistance. To adjust the intensity:

- Locate the resistance adjustment knob, typically found below the console.
- Turn the knob clockwise to increase resistance (higher intensity).
- Turn the knob counter-clockwise to decrease resistance (lower intensity).



Image 4.1: Visual representation of the 16 adjustable resistance levels, suitable for various fitness goals.

#### 4.4. Using the MERACH App & Bluetooth Connectivity

Enhance your workout experience by connecting your elliptical to the MERACH App or KINOMAP via Bluetooth.

1. **Download the App:** Search for "MERACH" or "KINOMAP" in your device's app store (available on Apple App Store and Google Play).
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone or tablet.
3. **Pair Device:** Open the app and follow the on-screen instructions to pair with your MERACH Elliptical Trainer.
4. **Explore Features:** Access personalized training programs, real-time workout tracking, interactive routes, and connect with other fitness devices like Apple Watch or Garmin.

# APP de Fitness de MERACH GRATIS



Curso de  
entrenamiento  
profesional



Más juegos  
divertidos



Image 4.2: User interacting with the MERACH fitness app while using the elliptical, showing real-time data and virtual routes.

# Crea tu propio plan de entrenamiento

Logra tus objetivos con programas desde principiante hasta avanzado



Image 4.3: Screenshot of the MERACH App interface, demonstrating personalized training plans and activity data tracking.

## 5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MERACH Elliptical Trainer.

### 5.1. Cleaning

- Wipe down the elliptical with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents, as these can damage the finish and electronic components.
- Keep the LCD monitor dry and clean.

### 5.2. Inspection and Tightening

- Periodically check all bolts, nuts, and moving parts for tightness.
- Tighten any loose fasteners to prevent noise and ensure stability. This is particularly important for components that experience frequent movement.
- Inspect the pedals, handlebars, and frame for any signs of wear or damage. Contact customer support if you notice

any issues.

### 5.3. Lubrication

- While the magnetic resistance system is generally maintenance-free, occasionally check the pivot points and joints for smooth operation.
- If any squeaking or friction occurs, apply a small amount of silicone-based lubricant to the affected areas. Avoid oil-based lubricants.

## 6. TROUBLESHOOTING

---

This section addresses common issues you might encounter with your elliptical trainer.

Problem	Possible Cause	Solution
<b>Elliptical is noisy or unstable during use.</b>	Loose bolts or uneven surface.	Check and tighten all assembly bolts. Ensure the elliptical is on a level surface; adjust stabilizers if necessary.
<b>LCD monitor is not displaying data.</b>	Loose cable connection or depleted batteries (if applicable).	Check all cable connections to the console. Replace batteries in the console if it is battery-powered.
<b>Resistance adjustment is not working.</b>	Cable disconnection or internal mechanism issue.	Ensure the resistance cable is properly connected. If the issue persists, contact customer support.
<b>Bluetooth app cannot connect to the elliptical.</b>	Bluetooth not enabled, app not updated, or interference.	Ensure Bluetooth is active on your device. Update the MERACH App to the latest version. Restart both the elliptical (if possible) and your device. Try pairing again.
<b>Heart rate sensor is inaccurate or not working.</b>	Improper hand placement or sensor malfunction.	Ensure both hands are firmly gripping the pulse sensors. Skin contact must be consistent. If the problem continues, contact support.

If you encounter a problem not listed here or if the suggested solutions do not resolve the issue, please contact MERACH customer support for assistance.

## 7. SPECIFICATIONS

---

Feature	Detail
<b>Model Name</b>	MR-E33B4-EU
<b>Brand</b>	MERACH
<b>Product Dimensions (L x W x H)</b>	149 cm x 57 cm x 165 cm (58.7 x 22.4 x 65 inches)
<b>Product Weight</b>	52 kg (114.6 lbs)
<b>Maximum User Weight</b>	150 kg (330 lbs)

Feature	Detail
Stride Length	42 cm (16.5 inches)
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Material	Metal
Display Type	LCD Monitor
Connectivity	Bluetooth (MERACH App, KINOMAP compatible)
Included Items	Elliptical Trainer x1, User Manual x1

## 8. WARRANTY & SUPPORT

---

MERACH is committed to providing high-quality products and excellent customer service.

### 8.1. Warranty Information

Your MERACH Elliptical Trainer is covered by a manufacturer's warranty. Please refer to the warranty card included in your package or visit the official MERACH website for specific terms and conditions regarding your product's warranty period and coverage.

### 8.2. Customer Support

MERACH offers lifetime technical support and fast, reliable customer service in Europe. If you have any questions regarding assembly, operation, maintenance, or require assistance with accessories, please do not hesitate to contact us.

**Contact Information:**

- For support, please visit the MERACH official website or refer to the contact details provided in your product packaging.
- You can also reach out to the seller, MERACH Direct EU, through your Amazon purchase history for assistance.