

MERACH E43

MERACH Sitting Under Desk Elliptical Machine (Model E43) User Manual

Brand: MERACH

Model: E43

INTRODUCTION

This manual provides essential instructions for the safe and effective use of your MERACH Under Desk Elliptical Machine, Model E43. This low-impact elliptical is designed to promote circulation, strengthen muscles, and burn calories in both seated and standing positions. Please read this manual thoroughly before operation and retain it for future reference.



Image: The MERACH E43 Under Desk Elliptical Machine, shown with a user operating it while standing at a desk.

IMPORTANT SAFETY INFORMATION

WARNING: Failure to follow these safety instructions could result in injury or damage to the product.

- Consult a physician before beginning any exercise program.
- Do not use this device with other electronic medical devices, such as pacemakers.
- Do not use this device if you have steel plates or other surgical fixtures in your body.
- Ensure the elliptical is placed on a stable, flat surface before use.
- Keep children and pets away from the machine during operation.
- Do not exceed the maximum weight recommendation of 100 kilograms (220 pounds).
- Always wear appropriate footwear or use barefoot/socks as recommended for anti-slip pedals.
- Inspect the machine for any loose or damaged parts before each use. Do not operate if damaged.
- Maintain proper balance, especially when using in standing mode. Hold onto a stable object if necessary.

PACKAGE CONTENTS

Verify that all components are present before assembly.

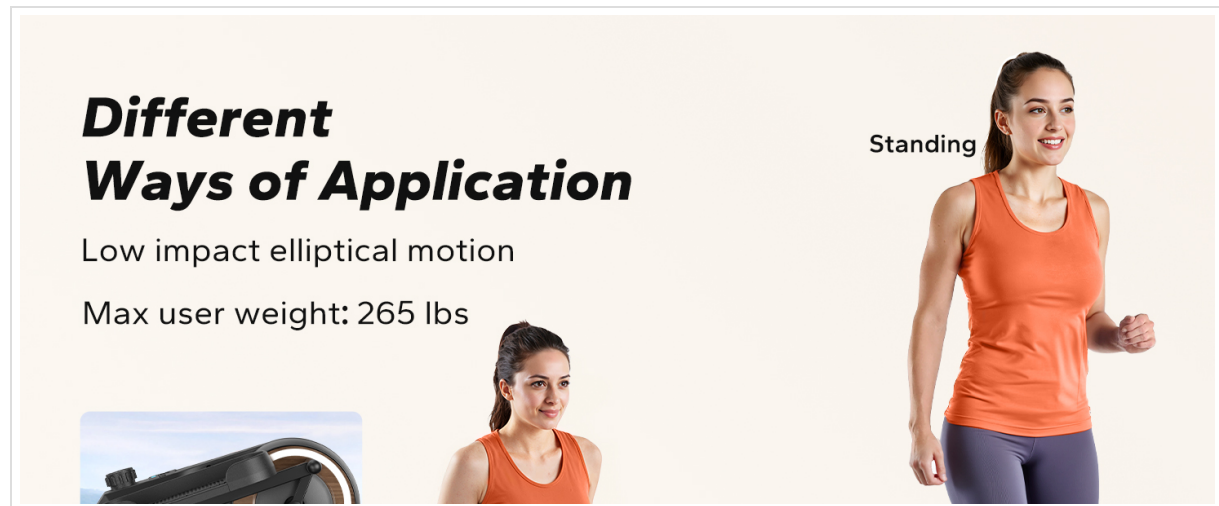


Image: All components included in the MERACH E43 package, laid out for inspection.

1. Main Frame (x1)
2. Pedal (x2)
3. Pedal Tube (x2)
4. Rear Bottom Tube (x1)
5. Slide Plate (x1)
6. Blister Pack (x1) - Contains small parts/tools
7. User Manual (x1)

ASSEMBLY INSTRUCTIONS

The MERACH E43 elliptical machine is 95% pre-assembled. Follow these steps to complete the setup.



Image: The MERACH E43 elliptical machine partially assembled, with remaining components ready for quick setup.

1. **Attach the Rear Bottom Tube:** Securely connect the Rear Bottom Tube to the main frame using the provided screws from the Blister Pack.
2. **Install the Pedal Tubes:** Attach the two Pedal Tubes to the designated points on the main frame.
3. **Mount the Pedals:** Place the Pedals onto the Pedal Tubes, ensuring they are oriented correctly for comfortable use.
4. **Attach the Slide Plate:** Secure the Slide Plate to the bottom of the main frame, if not already attached.

5. **Final Check:** Ensure all connections are tight and the machine is stable before first use.

OPERATING INSTRUCTIONS

Powering On and Display

The LCD display automatically activates when you begin pedaling. It shows real-time workout data such as distance, time, and calories burned. Press the "MODE" button to cycle through display functions or hold it to reset values.

Portable Design

Lightweight, compact, and easy to move—perfect for home, office, or travel. Stay active wherever you go!



Image: Close-up of the MERACH E43's LCD display, showing workout metrics.

Adjusting Resistance

The MERACH E43 features 8 levels of magnetic resistance. To adjust the intensity:

- Locate the tension control knob on the main unit.
- Turn the knob clockwise to increase resistance (higher numbers for more challenging workouts).
- Turn the knob counter-clockwise to decrease resistance (lower numbers for easier workouts).



Image: Close-up of the 8-level tension control knob on the MERACH E43 elliptical.

Usage Modes: Seated and Standing

The elliptical can be used in two primary modes:

Seated Use

- Place the elliptical under your desk or in front of a chair.
- Sit comfortably with your feet on the pedals.
- Begin pedaling in a smooth, controlled motion.
- This mode is ideal for low-impact exercise while working or relaxing.

Standing Use

- Ensure the elliptical is on a stable surface.
- Stand with your feet on the pedals, maintaining balance.
- Begin pedaling. You may hold onto a stable object (like a desk) for support.
- Standing mode engages core and leg muscles more intensely.

Super Powered Motor





-  Energy Saving
-  Ultra Quiet <15dB
-  Super Power Saving
-  Safety & Durability



Image: Demonstrations of the MERACH E43 elliptical being used in both seated and standing positions, including forward and reverse pedaling.

Pedal Features

The anti-slip pedals feature massage dots designed to improve blood flow and joint flexibility. They are shock-absorbing to reduce knee impact. You can use the elliptical barefoot, with socks, or with appropriate footwear.

MAINTENANCE

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Regularly check all bolts and connections to ensure they are secure. Tighten if necessary.
- **Storage:** Store the elliptical in a cool, dry place away from direct sunlight and extreme temperatures. Its compact design allows for easy storage under desks or in closets.
- **Lubrication:** The magnetic resistance system is generally maintenance-free. Do not attempt to lubricate internal components unless specifically instructed by MERACH support.

TROUBLESHOOTING

Common Issues and Solutions

Machine is making noise (squeaking/grinding):

Ensure all assembly bolts are tightened. Check for any foreign objects obstructing the pedal movement. If the noise persists, contact customer support.

Display is not working:

Check if the batteries in the display unit need replacement. Ensure the sensor cable is securely connected. The display activates automatically when pedaling begins.

Resistance feels inconsistent or too easy/hard:

Verify that the tension control knob is correctly set to your desired level. If the magnetic resistance mechanism feels faulty, discontinue use and contact support.

Pedals are unstable or slide off:

Ensure the pedals are correctly installed and secured to the pedal tubes. Check for any missing or loose knobs/fasteners that hold the pedals in place.

PRODUCT SPECIFICATIONS

Feature	Detail
Brand	MERACH
Model Name	E43
Color	Black
Product Dimensions (LxWxH)	25.83"D x 17.52"W x 11.14"H
Material	Iron, Polypropylene (PP)
Resistance Mechanism	Magnetic
Number of Resistance Levels	8
Maximum Weight Recommendation	100 Kilograms (220 lbs)
Item Weight	26.5 Pounds
Maximum Stride Length	7.01 Inches

WARRANTY AND SUPPORT

Warranty Information

The MERACH E43 Under Desk Elliptical Machine comes with a **1 Year Manufacturer Warranty**. This warranty covers defects in materials and workmanship under normal use.

For warranty claims or technical assistance, please contact MERACH customer support.

Customer Support

If you encounter any issues or have questions regarding your MERACH E43 elliptical, please visit the official MERACH website or contact their customer service department. Refer to the contact information provided on the product packaging or the MERACH brand store for the most up-to-date support details.

MERACH Brand Store: [Visit MERACH Store on Amazon](#)

Manufacturer: MERACH

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