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MERACH MR-S14L2

MERACH Foldable Home Exercise Bike MR-S14L2 User Manual

Model: MR-S14L2

INTRODUCTION

Thank you for choosing the MERACH Foldable Home Exercise Bike MR-S14L2. This manual provides essential information for the safe assembly, operation, maintenance, and troubleshooting of your exercise bike. Please read this manual thoroughly before use and retain it for future reference.



Image: A user exercising on the MERACH Foldable Home Exercise Bike MR-S14L2, highlighting its ergonomic design.

Important Safety Information

Before starting any exercise program, consult your physician. Failure to follow these safety instructions may result in injury.

- Ensure all parts are correctly assembled and tightened before each use.
- Place the exercise bike on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate exercise clothing and footwear.
- Do not exceed the maximum user weight of 136 kg (299 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of all moving parts.

Setup and Assembly

The MERACH MR-S14L2 exercise bike requires assembly. A detailed assembly instruction manual is included in the packaging. Please follow the step-by-step instructions provided in that manual.

General Assembly Steps:

1. Unpack all components and verify against the parts list.
2. Attach the front and rear stabilizers to the main frame.
3. Install the pedals, ensuring they are tightened correctly (left pedal is reverse threaded).
4. Mount the seat post and saddle, adjusting to your preferred height.
5. Attach the handlebars and the LCD monitor, connecting any necessary cables.
6. Perform a final check to ensure all bolts and nuts are securely fastened.



Image: Product dimensions and illustration of the bike in its folded, space-saving configuration.

Folding and Storage:

The MERACH MR-S14L2 is designed for easy folding and storage. To fold the bike, locate the folding mechanism (usually a knob or lever near the base of the main frame) and release it. Carefully fold the bike until it locks into its compact position. Use the

integrated transport wheels to move the folded bike.



Image: A user demonstrating the easy portability of the folded exercise bike using its transport wheels.

Operating Instructions

Adjusting Resistance:

The MERACH MR-S14L2 features a 16-level magnetic resistance system. To adjust the resistance, turn the tension control knob located on the main frame. Turn clockwise for higher resistance and counter-clockwise for lower resistance. This allows for a wide range of workout intensities.



Image: An internal diagram illustrating the quiet and smooth magnetic resistance mechanism of the exercise bike.



Image: Multiple users demonstrating various resistance levels, from recreational to intense cardio, on the MERACH exercise bike.

Quiet Operation:

The MERACH MR-S14L2 is designed for ultra-quiet and smooth operation, ensuring your workouts do not disturb others. The advanced magnetic resistance system minimizes noise, allowing for a peaceful exercise experience at any time.



Image: The MERACH exercise bike operating quietly, with a visual indicator of less than 30dB noise level.

Seat Adjustment:

The comfortable saddle can be adjusted to 4 different height levels to accommodate users between 150 cm and 175 cm (4'11" to 5'9"). To adjust the seat height, loosen the adjustment knob on the seat post, slide the seat to the desired height, and then securely tighten the knob. Ensure the seat is stable before use.



Image: The exercise bike highlighting its 136 kg weight capacity and 4-step seat height adjustment for users between 150-175 cm.

Using the LCD Monitor:

The integrated LCD monitor displays key workout data to help you track your progress.

- **Time:** Duration of your workout.
- **Speed:** Current cycling speed.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.
- **Odometer:** Total accumulated distance.

Use the "MODE" button to cycle through the display functions. The monitor also includes a phone holder for convenience during your workout.



Image: A detailed view of the LCD monitor, showing workout metrics like time, speed, distance, calories, and odometer.

Maintenance

Regular maintenance ensures the longevity and safe operation of your MERACH exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** No specific lubrication is required for the magnetic resistance system. Refer to the detailed assembly manual for any specific lubrication points if mentioned.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

Troubleshooting

If you encounter any issues with your exercise bike, refer to the following common troubleshooting tips:

Problem	Possible Cause	Solution
LCD Display Not Working	Loose cable connection, dead batteries.	Check all cable connections to the monitor. Replace batteries in the LCD unit.
Unusual Noise During Operation	Loose bolts, friction from moving parts.	Inspect and tighten all visible bolts and nuts. Ensure no parts are rubbing.
Resistance Not Changing	Tension cable disconnected or damaged.	Check the connection of the tension control cable to the resistance mechanism. Contact customer support if damaged.
Bike Feels Unstable	Uneven surface, loose stabilizers.	Ensure the bike is on a flat surface. Check and tighten the stabilizer end caps.

SPECIFICATIONS

Brand	MERACH
Model Number	MR-S14L2
Model Name	MR-E43B2-US
Special Feature	Foldable
Color	Blue
Power Source	Pedal Powered (Non-electric)
Recommended Product Uses	Indoor
Material	Alloy Steel
Resistance Mechanism	Magnetic
Number of Resistance Levels	16
Drive System	Belt
Item Dimensions (L x W x H)	80 cm x 44 cm x 114 cm (31.5 x 17.3 x 44.9 inches)
Recommended Max Weight	136 kg (299 lbs)
Recommended User Height	150 cm - 175 cm (4'11" - 5'9")
Assembly Instructions	Detailed instructions included.



Image: Detail of the thickened steel pipes, illustrating the durable and stable frame construction.

Warranty and Support

The MERACH Foldable Home Exercise Bike MR-S14L2 comes with a **12-month warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use.
For any questions, concerns, or issues regarding your product, please contact MERACH customer support. Our support team is available to assist you promptly and reliably.
Please refer to your purchase documentation or the MERACH official website for specific contact details.

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