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MERACH R25

MERACH R25 Magnetic Rowing Machine User Manual

Model: R25
Brand: MERACH

1. Product Overview

The MERACH R25 Foldable Magnetic Rowing Machine is designed for effective full-body, low-impact workouts in the comfort of your home. Featuring a shark-inspired design for enhanced resistance, 16 adjustable levels, and seamless integration with the MERACH App, it offers a comprehensive fitness experience. Its compact, foldable design makes it ideal for small living spaces.

Key Features:

- **Next-Level Rowing Performance:** Shark-inspired design boosts resistance by over 11% with 16 adjustable levels.
- **Compact & Foldable:** Space-saving design reduces footprint by 20% for easy storage.
- **Full-Body Low-Impact Workout:** Engages over 86% of major muscle groups in just 20 minutes.
- **1000+ Workouts & Games:** Connects via Bluetooth to the MERACH App for interactive courses and games.
- **Champion Coaching:** Access exclusive tutorials and personalized fat-burning plans.
- **Quick Assembly & Stability:** 85% pre-assembled for 20-minute setup, robust rail system supports up to 350 lbs.



The MERACH R25 Foldable Magnetic Rowing Machine in a home setting, demonstrating its compact design and user engagement with a connected display.

2. Important Safety Information

Before operating the MERACH R25 Rowing Machine, please read and understand all safety precautions. Improper use can lead to injury or equipment damage.

General Safety Guidelines:

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during operation.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Inspect the machine for loose or damaged parts before each use. Do not use if damaged.
- Do not exceed the maximum user weight capacity of 350 lbs (158 kg).
- Wear appropriate athletic footwear and clothing during workouts.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of moving parts.

3. Package Contents

Verify all components are present before assembly:

- R25 Folding Magnetic Rowing Machine x1
- Performance Monitor x1
- User Manual x1
- Screws & Kits x1
- AAA Alkaline Batteries x2 (included)

4. Setup and Assembly

The MERACH R25 is 85% pre-assembled for quick setup. Follow these steps for complete assembly:

4.1. Assembly Video Guide

▶ **Watch video online**
R25 installation video

This video provides a step-by-step guide for the assembly of the MERACH R25 Magnetic Rowing Machine, demonstrating each part installation clearly.

4.2. Step-by-Step Assembly

Step 1: Install the Front Foot Tube

Attach the Front Foot Tube (A3) to the Main Frame (A1) using the 3PCS Hex Socket Button Head Screws (29) and the L-shaped Wrench (T2).



Illustration of attaching the front foot tube to the main frame of the rowing machine using the provided screws and wrench.

Step 2: Install the Slide Rail and Cushion

Attach the Slide Rail (A2) to the Main Frame (A1) with 6PCS Hex Socket Button Head Screws (29) and the L-shaped Wrench (T2). Then, slide the Cushion (A5) onto the Slide Rail (A2) in the direction shown.



Visual guide for attaching the slide rail to the main body and then sliding the seat cushion onto the rail.

Step 3: Install the Rear Foot Tube

Assemble the Rear Foot Tube (A4) on the Slide Rail (A2) with 4PCS Hex Socket Button Head Screws (29) and the L-shaped Wrench (T2).



Instructions for securing the rear foot tube to the slide rail for stability.

Step 4: Install the Handlebar Mounting Hook

Assemble the Handlebar Mounting Hook (A9) on the Main Frame (A1) with 2PCS Hex Flat Round Head Bolts (35), 2PCS Flat Washers (42) and the L-shaped Wrench (T2).



Steps to attach the handlebar mounting hook to the main frame, ensuring the handlebar can be stored securely.

Step 5: Install the Monitor Frame

Unscrew the pre-installed Plum Knob (52) from the Main Frame (A1). Lift the Monitor Frame (4) on the Main Frame (A1) up in the direction of the L-shaped arrow and screw the plum knob (52) into the Monitor Frame (4).



Guide for installing the monitor frame onto the main unit, including securing it with the plum knob.

Step 6: Install the Monitor

First, use the L-shaped Wrench (T2) to unscrew the 2PCS Flat Pan Head Bolts (35) that are pre-installed on the Main Frame. Then use the L-shaped Wrench (T2) and 2PCS Flat Pan Head Bolts (35) to secure the Monitor (A6) to the Main Frame (A1). Insert 2 AAA Alkaline Batteries into the monitor.



Detailed steps for attaching the performance monitor to its frame and installing the batteries.

Step 7: Install the Pedals

Assemble the Left Pedal (A7) on the Main Frame (A1) with 1PCS Hexagonal Bolts (27), 1PCS Hexagonal Bolts (26) and the Multi-function Wrench (T1). Repeat for the Right Pedal (A8). NOTE: The Hexagonal Bolt (26) should be assembled on the back of the pedal.



Instructions for attaching the left and right foot pedals to the rowing machine, ensuring proper orientation and secure fastening.

5. Operating Instructions

5.1. Getting Started with Your Workout

The MERACH R25 offers a smooth and quiet rowing experience. Adjust the 16-level magnetic resistance using the tension control knob located on the main frame to suit your fitness level.



A visual representation of the 16 adjustable resistance levels on the MERACH R25 rowing machine, suitable for various fitness intensities.

5.2. MERACH App Integration

Enhance your workout experience by connecting your MERACH R25 to the exclusive MERACH App via Bluetooth. The app provides access to over 1,000 interactive courses, fun games, and personalized training plans.

▶ **Watch video online**

3D Live Map

This video demonstrates the 3D Live Map feature within the MERACH App, allowing users to experience virtual rowing routes from around the world.

5.3. Performance Monitor Functions

The integrated performance monitor tracks key metrics including Speed, Calories Burned, Time, Stroke Count, and Distance. Use the 'MODE' button to cycle through display modes and 'RESET' to clear data.



Close-up of the MERACH R25 performance monitor, showing its LCD display and control buttons for tracking workout metrics.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH R25 Rowing Machine.

6.1. Cleaning

- Wipe down the machine with a damp cloth after each use to remove sweat and dust.
- Avoid using abrasive cleaners or solvents that may damage the finish.

6.2. Storage

The MERACH R25 features a foldable design for convenient storage. To fold, lift the rear of the machine until it stands upright. Ensure it is stored in a stable position to prevent tipping.



The MERACH R25 rowing machine folded and stored compactly under a bed, demonstrating its space-saving design.

6.3. General Care

- Periodically check all bolts and nuts to ensure they are securely tightened.
- Lubricate moving parts as recommended in the full user manual (if applicable).

7. Troubleshooting

If you encounter issues with your MERACH R25, refer to the common problems and solutions below:

Problem	Possible Cause	Solution
Monitor not displaying data	Batteries low or incorrectly installed; Sensor cable disconnected.	Replace batteries; Check and reconnect sensor cable.
Unusual noise during operation	Loose bolts; Debris on slide rail.	Tighten all bolts; Clean the slide rail.
Resistance feels inconsistent	Magnetic resistance mechanism issue.	Contact customer support for assistance.

8. Specifications

Attribute	Detail
Model Name	R25B1
Resistance Mechanism	Magnetic
Tension Levels	16 levels
Maximum Weight Recommendation	350 Pounds (158 kg)
Product Dimensions (LxWxH)	58.3L x 18.9W x 28.4H inches (148x48x72 cm)

Item Weight	38 Pounds (17.2 kg)
Frame Material	Alloy Steel
Metrics Measured	Speed, Calories Burned, Time, Stroke Count, Distance
Power Source	Battery Powered (2 AAA batteries included)

9. Warranty and Support

9.1. Warranty Information

The MERACH R25 Magnetic Rowing Machine comes with a**12-month warranty** from the date of purchase, covering manufacturing defects. Please retain your proof of purchase for warranty claims.

9.2. Customer Support

For technical assistance, warranty claims, or any questions regarding your MERACH R25, please contact MERACH customer support. You can find contact information on the official MERACH website or through your purchase platform.

MERACH provides lifetime technical support on Amazon for a superior customer experience.

For more information, visit the officialMERACH Store on Amazon.

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