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› MERACH R26 Sculls Rowing Machine User Manual

MERACH MR-R26

MERACH R26 Sculls Rowing Machine User Manual

MODEL: MR-R26

Your guide to effective and enjoyable home fitness.

1. Introduction to Your MERACH R26 Rowing Machine

The MERACH R26 Sculls Rowing Machine is designed to provide a comprehensive, full-body workout experience from the comfort of your home. Featuring a unique sculls-style rowing motion, magnetic resistance, and smart app connectivity, it simulates real rowing to engage nearly every muscle group. This manual will guide you through the setup, operation, and maintenance of your new fitness equipment.



Image: The MERACH R26 Sculls Rowing Machine, showcasing its design and a user in action.

2. Setup and Assembly

Your MERACH R26 rowing machine arrives 85% pre-assembled, allowing for quick and straightforward setup, typically within 20 minutes. Please ensure all components are present before beginning assembly.

2.1. Included Components:

- R26 Magnetic Rowing Machine x1
- Performance Monitor x1
- User Manual x1
- Screws & Kits x1
- AAA Alkaline Batteries x2

2.2. Assembly Steps:

1. **Unpack all components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify against the included components list.
2. **Attach the main rail:** Connect the pre-assembled main body to the rail system using the provided screws and

tools. Ensure all connections are secure.

3. **Install the performance monitor:** Secure the performance monitor to its designated slot on the main unit. Insert the AAA batteries.
4. **Adjust stability:** Use the adjustable feet at the base of the machine to ensure it is stable and level on your floor.
5. **Final checks:** Confirm all screws are tightened, and moving parts operate smoothly.

MERACH
NO.1
Home Fitness Expert

Experience Real Rowing at Home: Upgraded with 7 Versatile Training Modes

Burn Fat While Sculpting Chest & Support Muscles

80 lbs
Peak Resistance

Image: A user demonstrating the quick assembly process of the MERACH R26, highlighting its foldable design for easy storage.

3. Operating Your MERACH R26

The MERACH R26 offers a versatile and engaging rowing experience with its unique design and smart features.

3.1. Sculls-Style Rowing:

Unlike traditional rowers, the R26 features independent sculls-style handles that simulate real rowing with a 120° outward arm motion. This design promotes full chest expansion and engages a wider range of upper body muscles, including back, arms, and core.



NO.1

Home Fitness Expert

Just Like the **Real** Rowing

Magnetic Resistance **Sculls** Rowing Machine



	Heating Causes Resistance Degradation	Electromagnetic Precision Resistance Control	Smart Fitness Metrics Synchronization
OUR Magnetic Resistance System	✗	✓	✓
Other Hydraulic System	✓	✗	✗

Image: A user performing sculls-style rowing on the MERACH R26, highlighting the independent arm movement.

3.2. Resistance Adjustment:

The R26 utilizes a pro-level magnetic resistance system with 16 adjustable levels, providing up to 80 lbs of resistance. Adjust the tension control knob located on the main unit to increase or decrease the workout intensity.



Image: The 16-level tension control knob on the MERACH R26, allowing for customized workout intensity.

3.3. Multiple Rowing Modes:

Explore various training modes beyond traditional rowing, including one-arm rows, alternating strokes, and synchronized dual-arm pulls, for a more diverse and effective workout.

7+ Training Modes Built-In



Single-Arm Rowing

Chest & Core Activation



Single-Arm Alternation

Arm Definition Drills



Alternating Arm Rowing

Full-Body Fat Burn Circuit



Image: Visual guide to the 7+ training modes available on the MERACH R26, illustrating varied arm movements.

3.4. MERACH App Connectivity:

Connect your R26 via Bluetooth to the exclusive MERACH App. The app offers over 1,000 interactive courses, fun games, exclusive rowing tutorials, and personalized fat-burning plans designed by champion coaches. The performance monitor tracks detailed metrics such as speed, calories burned, time, stroke count, and distance.

1000+ Courses and Games

Not Boring Even for 30 Minutes

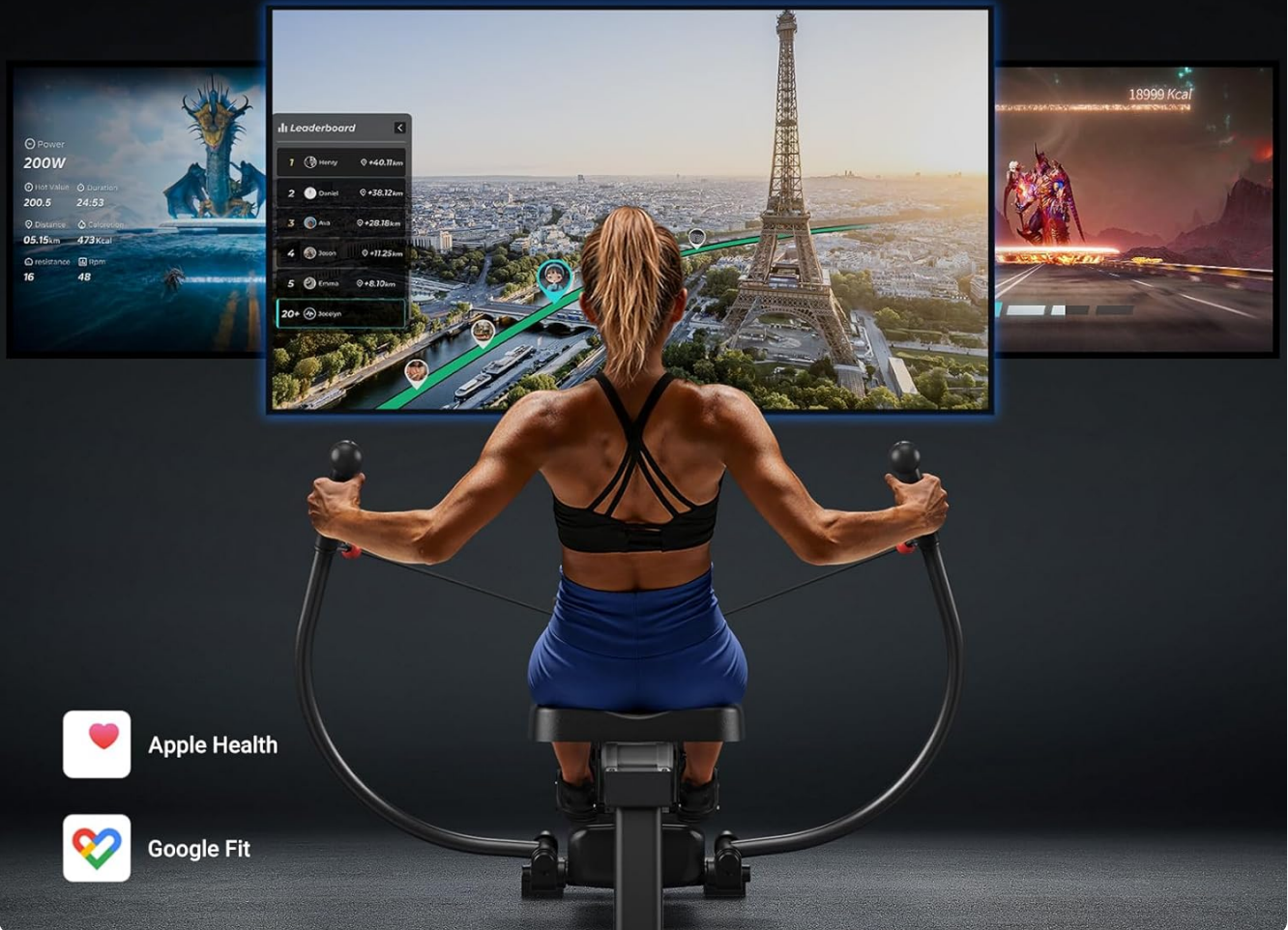


Image: The MERACH App displaying over 1000 courses and games, enhancing the workout experience.

Your browser does not support the video tag.

Video: Demonstration of the MERACH R26 in use, highlighting its smooth operation and realistic rowing simulation.

Your browser does not support the video tag.

Video: Explore the 3D Live Map feature within the MERACH App, offering virtual rowing experiences in various global locations.

4. Maintenance and Care

Proper maintenance ensures the longevity and optimal performance of your MERACH R26 rowing machine.

4.1. Cleaning:

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

4.2. Rail System:

The high-quality rail system is designed for smooth performance. Periodically inspect the rail for any debris and clean as necessary to maintain a frictionless glide for the seat.

4.3. Storage:

The MERACH R26 is designed for convenient storage. Its compact dimensions (60.6L x 29.5W x 28.3H inches) allow it to be stored vertically or in a space-saving manner when not in use.

Customize Fat-Burning Plan
Self-Developed APP, Share With Friends

9:41
Hi, Qiqi
Connect

Today

Calories
108.8/188.0 Kcal

Duration
32/60 min

Distance
15.02/20.00 Km

Calendar View More >

0/7
Achieved S M T W T F S

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May 25, 2024 View More >

Days Times Calories
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Courses1-Efficient uniform paddling coursesEfficient uniform paddling ...
30min HIIT 4

Courses1-Efficient uniform paddling
Courses1-Efficient uniform paddling coursesEfficient uniform ...
70min Light 10

Available on the App Store
GET IT ON Google Play

Image: Product dimensions and silent operation feature of the MERACH R26, useful for planning storage space.

5. Troubleshooting

If you encounter any issues with your MERACH R26, please refer to the following common solutions:

- **Monitor not displaying:** Check if the AAA batteries are correctly installed and have sufficient charge. Replace if necessary.

- **Bluetooth connectivity issues:** Ensure Bluetooth is enabled on your device and the MERACH App is updated to the latest version. Restart both the app and the monitor if issues persist.
- **Unusual noises:** Inspect the rail system and moving parts for any obstructions or loose components. Tighten any loose screws.
- **Resistance not changing:** Verify the tension control knob is functioning correctly and that there are no obstructions in the magnetic resistance mechanism.

For further assistance, please contact MERACH customer support.

6. Product Specifications

Feature	Specification
Brand	MERACH
Model Name	MR-R26
Special Feature	Scull Rowing, Ergonomic, Adjustable Resistance, Low Noise, Easy Assembly
Color	Black
Resistance Mechanism	Magnetic
Product Dimensions	60"D x 28.3"W x 29.5"H
Maximum Weight Recommendation	350 Pounds
Metrics Measured	Speed, Calories Burned, Time, Stroke Count, Distance
Frame Material	Alloy Steel
Item Weight	60 Pounds
Display Type	LCD
Number of Batteries	2 AAA batteries required. (included)

7. Warranty and Support

MERACH stands behind the quality of its products.

7.1. Warranty:

The MERACH R26 Sculls Rowing Machine comes with a **12-month warranty** from the date of purchase.

7.2. Customer Support:

MERACH provides **lifetime technical support** for a superior customer experience. For any inquiries, technical assistance, or warranty claims, please contact MERACH customer support through the platform where you

purchased the product or visit the official MERACH store.

Visit the MERACH Store for more information and support.