

MERACH MR-R07

MERACH R07 2-in-1 Squat Rowing Machine User Manual

Model: MR-R07

Brand: MERACH

1. INTRODUCTION

Thank you for choosing the MERACH R07 2-in-1 Squat Rowing Machine. This versatile exercise equipment is designed to provide a comprehensive full-body workout, targeting major muscle groups including glutes, legs, core, and arms. Its innovative design allows for both squat and rowing exercises, making it an efficient tool for calorie burning, muscle building, and improving endurance.

The MERACH R07 features a space-saving foldable design, real-time workout feedback via an LCD display, and adjustable resistance levels to customize your training. Constructed with high-quality alloy steel, it ensures durability and reliability for long-lasting use.

Important Safety Information

Please read this entire manual carefully before assembly and use. Keep this manual for future reference. Improper assembly or use can lead to injury or equipment damage.

- Consult a physician before beginning any exercise program.
- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum user weight of 350 pounds.
- Keep children and pets away from the machine during operation.
- Use on a flat, stable surface.

2. INCLUDED COMPONENTS

Verify that all components are present before beginning assembly:

- Squat Machine x 1
- AA Alkaline Battery x 1
- User Manual x 1
- Resistance Bands x 3 (pre-installed or included separately)
- Assembly Tools (Allen Wrench, Cross Spanner)

Note: Some smaller parts like bolts, nuts, and washers may be pre-assembled onto the main frame or foot tubes for shipping. Refer to the assembly steps for removal and re-attachment.

3. SETUP AND ASSEMBLY

Follow these steps to assemble your MERACH R07 Squat Rowing Machine. It is recommended to watch the assembly video for visual guidance.

Assembly Video Guide

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Video Description: This official MERACH video provides a step-by-step guide on how to assemble the R07 Squat Machine, demonstrating each part and connection clearly.

Step-by-Step Instructions:

1. 3.1 Assemble the Main Frame

Open the main frame (#28) as shown in the picture, unfolding it to its operational position.



Image Description: The MERACH R07 Squat Rowing Machine fully assembled and ready for use, showcasing its compact design.

2. 3.2 Assemble the Front and Rear Foot Tube

Remove preassembled bolts, nuts, and washers from the Front and Rear Foot Tubes (#36 and #38). Attach these tubes to the Main Frame (#28) using the removed hardware. Secure tightly with the cross spanner (#B).



Image Description: A detailed view of the MERACH R07, highlighting its dimensions and various components like anti-slip pedals and adjustable squat depth.

3. 3.3 Insert Bolt into Seat Connecting Tube

Insert 1PC Bolt (#12) into the Seat Connecting Tube (#45) and secure with 1PC Nut (#6) using the cross spanner (#B).

4. 3.4 Assemble the Handle Bar Tube

Insert Handle Bar Tube (#7) into the Main Frame (#28) and tighten 1PC Knob (#10) to secure it.

5. 3.5 Assemble the Handle Bar

Remove preassembled 2PCS Bolts (#3), 2PCS Washers (#5), and 2PCS Nuts (#6) from the Handle Bar (#4). Attach the Handle Bar (#4) to the Handle Bar Tube (#7) using these components and secure both with the Allen Wrench (#A) and Cross Spanner (#B).

6. 3.6 Assemble the Monitor

Insert the AA Alkaline Battery into the Monitor (#41). Insert the Monitor (#41) onto the tab of the Handle Bar (#4).



Image Description: Close-up of the MERACH R07's LCD monitor, showing real-time tracking for time, scan, count, total count, and calories burned.

7. 3.7 Assemble the Pedal

Attach the Pedal (#13 & #40) to the Main Frame (#28) and tighten clockwise with the Cross Spanner (#B). Ensure the pedals are securely attached and rotate freely.

8. 3.8 Assemble the Elastic Rope

Hang the Elastic Rope (#42) on the Fixed Iron Sheet (#45) of the seat. The machine comes with three resistance bands, each adding approximately 22 pounds of resistance. You can attach or detach these bands to adjust the workout intensity.



Image Description: A user adjusting the resistance bands on the MERACH R07, demonstrating how to customize workout intensity.

9. 3.9 Turn the End Caps

Turn the End Caps (#37) to adjust and ensure the machine is level on the ground for stability during use.

Assembly is complete!

4. OPERATING INSTRUCTIONS

The MERACH R07 is designed for both squat and rowing exercises, offering a full-range workout experience.

4.1 Squat Exercise

- Sit on the adjustable padded seat with your feet on the pedals.
- Grasp the multi-grip handlebar firmly.
- Push down with your legs and pull the handlebar towards you, mimicking a squat motion.
- Ensure your back remains straight and your core engaged throughout the movement.
- Return to the starting position in a controlled manner.

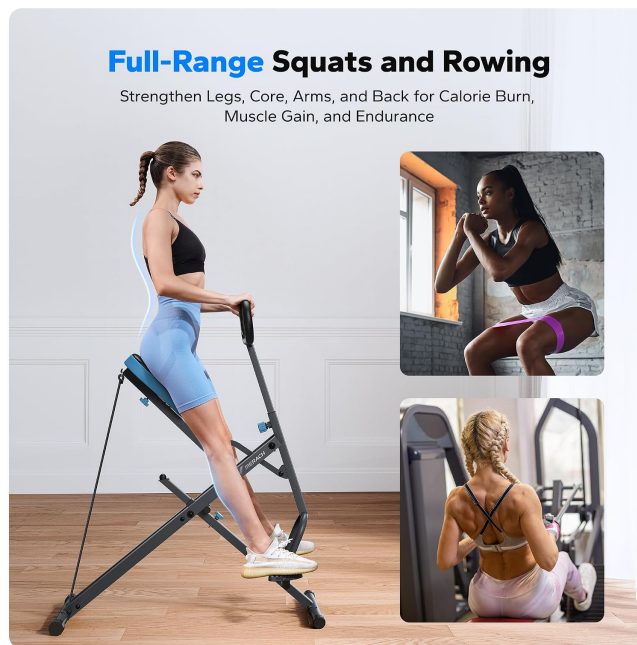


Image Description: Visual representation of a user performing full-range squats and rowing exercises on the MERACH R07 machine.

4.2 Rowing Exercise

- Position yourself on the seat, facing the handlebar.
- Extend your legs forward, keeping a slight bend in your knees.
- Pull the handlebar towards your torso, engaging your back and arm muscles.
- Control the return motion, allowing your arms to extend fully.

4.3 Adjusting Resistance

The machine includes three resistance bands. Each band adds approximately 22 pounds of resistance. To adjust, simply attach or detach the bands from their designated hooks located near the seat's base. Start with fewer bands and gradually increase as your strength improves.

4.4 Using the LCD Monitor

The built-in LCD display provides real-time feedback on your workout. Press the blue button to cycle through different metrics:

- **TIME:** Duration of your current workout.
- **SCAN:** Automatically cycles through all metrics.
- **CNT (Count):** Number of repetitions performed.
- **TOTAL:** Total repetitions since the monitor was reset.
- **CAL (Calories):** Estimated calories burned.

To reset the monitor, press and hold the blue button for a few seconds.

5. 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, nuts, and connections to ensure they are tight. Re-tighten if necessary.

- **Storage:** The machine's foldable design allows for easy storage. Fold it up and store it in a dry, cool place away from direct sunlight.
- **Resistance Bands:** Inspect resistance bands for any signs of wear or damage. Replace if necessary to ensure safe operation.

6. TROUBLESHOOTING

If you encounter any issues with your MERACH R07, refer to the common problems and solutions below:

Problem	Possible Cause	Solution
Monitor not displaying readings.	Battery low or incorrectly installed.	Check battery installation; replace AA battery if needed.
Machine feels unstable or wobbly.	Loose connections or uneven surface.	Tighten all bolts and nuts. Adjust end caps to level the machine on the floor.
Resistance feels too easy/hard.	Incorrect number of resistance bands attached.	Add or remove resistance bands as desired.
Squeaking noises during operation.	Loose parts or friction.	Check and tighten all connections. Apply a small amount of lubricant to moving joints if necessary.

If the problem persists, please contact customer support.

7. SPECIFICATIONS

Feature	Detail
Model Name	MR-R07
Brand	MERACH
Maximum Weight Recommendation	350 Pounds
Product Dimensions (LxWxH)	43.3"D x 19.3"W x 49"H
Item Weight	24.4 Pounds
Material	Alloy Steel
Color	Grey
Display Type	LCD
Number of Resistance Levels	3 (via resistance bands)

Feature	Detail
Power Source	1 AA battery required (for monitor)
Adjustable Handbar	Yes (4-gear adjustment)
Adjustable Padded Seat	Yes (5-gear adjustment)



Image Description: Diagram illustrating the detailed product dimensions of the MERACH R07 Squat Rowing Machine in both upright and folded positions.

8. WARRANTY AND SUPPORT

Warranty: The MERACH R07 Squat Rowing Machine comes with a 12-month warranty from the date of purchase, covering manufacturing defects.

Technical Support: MERACH provides lifetime technical support for a superior customer experience. For any questions, assistance with assembly, operation, or troubleshooting, please contact our support team.

Contact Information: Please refer to the contact details provided on the product packaging or the official MERACH website for the most up-to-date support information.

Sold by: *DEKE-US*

