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› [MERACH](#) /

› [MERACH R15B4 Self-Powered Magnetic Rowing Machine User Manual](#)

MERACH R15B4

MERACH R15B4 Self-Powered Magnetic Rowing Machine User Manual

Model: R15B4

1. PRODUCT OVERVIEW

The MERACH R15B4 is a self-powered magnetic rowing machine designed for home use, offering a comprehensive full-body workout. It features an innovative self-powered system, smart automatic resistance adjustment via the MERACH app, and an extended rail for enhanced comfort and stability.



Image 1.1: The MERACH R15B4 Self-Powered Magnetic Rowing Machine.

Key Features:

- **Self-Powered System:** The improved 2.0 magnetic flywheel generates energy through movement, eliminating the need for an external power source.
- **Smart Automatic Resistance:** Resistance adjusts automatically via the MERACH app, allowing for hands-free intensity changes in under 3 seconds.
- **Improved Ergonomics:** Enhanced handlebar and a 5° rail angle reduce pressure on knees and ankles, promoting optimal rowing form.
- **Extended Rail Design:** A 130 cm rail provides ample space for full muscle extension and supports users up to 158 kg.
- **Powerful Magnetic Flywheel:** Offers 16 adjustable resistance levels, with a maximum resistance of 40 kg, suitable for various training goals from recreational to strength training.



Image 1.2: Diagram illustrating the self-powered magnetic flywheel system.

2. WHAT'S IN THE Box

Carefully unpack all components and ensure all items are present before beginning assembly. If any parts are missing or damaged, please contact customer support.

- MERACH R15B4 Rowing Machine (Main Unit)
- User Manual
- Tool Kit for Assembly

3. SETUP INSTRUCTIONS

Follow these steps to assemble your MERACH R15B4 Rowing Machine. It is recommended to have a second person assist with assembly.

3.1 Unpacking and Preparation

1. Place the packaging on a flat, stable surface.
2. Carefully open the box and remove all components.
3. Lay out all parts and compare them with the parts list in the included user manual to ensure nothing is missing.
4. Keep the tool kit handy for assembly.

3.2 Assembly Steps

Refer to the detailed diagrams in the physical user manual for visual guidance during assembly.

1. **Attach the Front Stabilizer:** Secure the front stabilizer to the main frame using the provided bolts and washers.
2. **Install the Rear Stabilizer:** Connect the rear stabilizer to the rail assembly, ensuring it is firmly attached.
3. **Connect the Rail to the Main Unit:** Carefully align the rail with the main flywheel unit and secure it with the designated fasteners.
4. **Mount the Seat:** Slide the seat onto the rail, ensuring it moves smoothly.
5. **Attach the Footrests:** Secure the footrests to the main unit. Adjust them if necessary for your foot size.
6. **Install the Handlebar:** Connect the handlebar to the pulling strap and ensure it is securely fastened.

7. **Mount the Console/Tablet Holder:** Attach the display console and tablet holder to the designated position on the main unit.
8. **Final Checks:** Verify all bolts and nuts are tightened. Test the seat movement, handlebar pull, and footrest stability.

4. OPERATING INSTRUCTIONS

This section details how to operate your MERACH R15B4 Rowing Machine and connect it to the MERACH app.

4.1 Powering On and Display

The R15B4 is self-powered. Begin rowing, and the LCD display will automatically activate, showing workout data such as time, distance, strokes, calories, and RPM.



Image 4.1: The backlit LED display and tablet holder.

4.2 Adjusting Resistance

The R15B4 offers 16 levels of magnetic resistance. Resistance can be adjusted in two ways:

- **Via MERACH App:** Connect the rower to the MERACH app (see Section 4.3). The app allows for automatic resistance adjustments during guided workouts or manual selection.
- **Via Handlebar Controls:** Use the integrated buttons on the handlebar to manually increase or decrease resistance levels during your workout.



Image 4.2: Close-up of the handlebar with integrated resistance control buttons.

4.3 Connecting to the MERACH App

1. Download the MERACH app from your device's app store (available on Apple Health and Google Fit).
2. Ensure Bluetooth is enabled on your smartphone or tablet.

3. Open the MERACH app and follow the on-screen instructions to pair with your R15B4 rowing machine.
4. Once connected, you can access personalized workout plans, track progress, and utilize smart resistance features.



Image 4.3: Example of the MERACH app interface for tracking workouts and personalizing plans.

4.4 Proper Rowing Technique

For an effective and safe workout, maintain proper rowing form:

- **Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
- **Drive:** Push off with your legs, then lean back slightly from the hips, and finally pull the handle towards your abdomen.
- **Finish:** Legs extended, body leaning back slightly, handle at the abdomen, elbows past the body.
- **Recovery:** Extend arms forward, then lean forward from the hips, and finally bend knees to return to the catch position.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your rowing machine.

5.1 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.
- Keep the rail clean and free of debris to ensure smooth seat movement.

5.2 Lubrication

The magnetic resistance system is generally maintenance-free. However, if the seat movement becomes stiff or noisy, apply a small amount of silicone-based lubricant to the rail.

5.3 Storage

The MERACH R15B4 can be folded for compact storage.

1. Ensure the machine is clean and dry.
2. Follow the folding instructions in your physical manual to safely fold the rail upwards.
3. Store the machine in an upright position in a dry, cool place away from direct sunlight.



Image 5.1: The MERACH R15B4 can be folded for compact storage or stored vertically.

6. TROUBLESHOOTING

This section addresses common issues you might encounter with your rowing machine.

Problem	Possible Cause	Solution
Display not turning on	Not enough movement to generate power.	Begin rowing to activate the self-powered system. Ensure the connection to the display is secure.
Resistance not changing	App not connected or handlebar buttons malfunctioning.	Ensure the MERACH app is properly connected via Bluetooth. Check if handlebar buttons are clean and responsive. If using the app, verify the workout program allows resistance changes.
Noisy operation	Loose components, dirty rail, or worn parts.	Check and tighten all bolts and nuts. Clean the rail and apply silicone lubricant if the seat is noisy. If the flywheel is noisy, contact customer support.
App connection issues	Bluetooth interference, app not updated, or device compatibility.	Ensure Bluetooth is on and no other devices are interfering. Update the MERACH app to the latest version. Restart your device and the rowing machine.

7. SPECIFICATIONS

- **Model:** MR-R15B4
- **Product Dimensions (L x W x H):** 114 x 52.5 x 17 cm
- **Item Weight:** 24.2 kg
- **Color:** Black
- **Resistance Mechanism:** Magnetic
- **Resistance Levels:** 1-16
- **Maximum Recommended User Weight:** 158 kg
- **Rail Length:** 130 cm
- **Frame Material:** Alloy Steel, Aluminum
- **Display Type:** LCD (App-controlled)

- **Power Source:** Movement-powered (Self-generated)
- **Features:** Integrated wheels for transport, Foldable design



Image 7.1: Overview of MERACH R15B4 features including foldable design, extended rail, and magnetic flywheel.

8. WARRANTY AND SUPPORT

For warranty information, please refer to the documentation included with your product or visit the official MERACH website. If you require technical support, have questions about assembly, operation, or maintenance, please contact MERACH customer service through their official channels. Contact details are typically found on the product packaging or the brand's official website.