Saved from manuals.plus.
Open the live page for links to other documents and user manuals.

MERACH MR-T25

MERACH Heavy Duty Walking Pad Treadmill User Manual

Model: MR-T25

1. Product Overview

The MERACH Heavy Duty Walking Pad Treadmill (Model MR-T25) is designed for home fitness, offering a robust and quiet exercise solution. It features a powerful 3.5HP brushless motor, a 12% automatic incline, and a wide 16.5-inch running belt with multi-zone cushioning for joint protection. This walking pad is built to support users up to 400lbs and is designed for both walking and light jogging, making it suitable for various fitness levels and home environments. Its compact, anti-fold design and transport wheels allow for easy storage and mobility.



Figure 1.1: The MERACH Heavy Duty Walking Pad Treadmill, demonstrating its compact design and automatic incline feature. The image shows a user running on the treadmill, highlighting its suitability for active use.

2. Safety Instructions

Please read all instructions carefully before using the MERACH Walking Pad Treadmill. Keep this manual for future reference.

2.1 General Safety Precautions

- Ensure the treadmill is placed on a flat, stable surface with adequate clearance around it (at least 2 meters behind and 0.6 meters on each side).
- Do not operate the treadmill if it is damaged or not functioning correctly.
- Keep children and pets away from the treadmill during operation.
- Wear appropriate athletic footwear and clothing. Avoid loose clothing that could get caught in moving parts.
- Do not use the treadmill outdoors or in areas with high humidity.
- The maximum user weight capacity for this treadmill is 400 lbs (approximately 181 kg). Do not exceed this limit.

- Always use the emergency stop function if you feel unwell or need to stop the treadmill immediately.

2.2 Electrical Safety

- Connect the treadmill only to a properly grounded outlet.
- Do not use extension cords or adapters.
- Unplug the treadmill from the power source before cleaning, maintenance, or moving.
- Keep the power cord away from heated surfaces.

2.3 Health Precautions

- Consult a physician before starting any new exercise program, especially if you have pre-existing health conditions.
- Stop exercising immediately if you experience pain, dizziness, or shortness of breath.

3. Setup

3.1 Unboxing and Contents Check

Carefully remove the treadmill from its packaging. Verify that all components are present and undamaged.
Included Components:

- MERACH Walking Pad Treadmill
- Remote Control
- AAA Batteries (for remote control)
- Power Cord
- User Manual (this document)
- Wrench
- Lubricant

3.2 Placement

Place the treadmill on a firm, level surface. Ensure there is ample space around the unit for safe operation and movement. The compact design allows it to fit under desks or beds for convenient storage.



Figure 3.1: The MERACH Walking Pad Treadmill demonstrating its small footprint (2.9 FT² cover area) and quiet operation (less than 25dB), ideal for home use.

3.3 Power Connection

1. Locate the power port on the front of the treadmill.
2. Insert the power cord firmly into the port.
3. Plug the other end of the power cord into a standard, grounded electrical outlet.
4. Turn on the red power switch located near the power port.

3.4 Remote Control Setup

1. Open the battery compartment on the back of the remote control.
2. Insert the two AAA batteries, ensuring correct polarity (+/-).
3. Close the battery compartment.

4. Operating Instructions

4.1 Powering On/Off

- To power on: Ensure the main power switch on the treadmill is ON. Press the power button on the remote control.
- To power off: Press and hold the power button on the remote control until the display turns off. For complete power off, switch off the main power switch on the treadmill.

4.2 Using the Remote Control

The remote control allows you to manage all primary functions of the treadmill.

- **Start/Stop:** Press the START/STOP button to begin or end your workout.
- **Speed Adjustment:** Use the '+' and '-' buttons to increase or decrease the walking speed. The treadmill supports speeds up to 6 km/h (approximately 4 mph).
- **Incline Adjustment:** Use the incline '+' and '-' buttons to adjust the automatic incline from 0% to 12%.



Figure 4.1: Illustration of the 12% automatic incline feature, which helps to increase calorie burn and reduce knee strain during workouts.

4.3 Understanding the LED Display

The integrated LED display provides real-time workout data. It typically cycles through the following metrics:

- **Speed:** Current walking/running speed.
- **Time:** Duration of your workout.
- **Distance:** Total distance covered during the workout.
- **Calories:** Estimated calories burned.



Figure 4.2: The treadmill's display showing various workout metrics such as power, duration, distance, calories, and resistance. This image also highlights the industrial-grade carbon steel frame and 10-hour extended runtime.

4.4 Using the MERACH App

The MERACH Walking Pad Treadmill can connect to the MERACH App (and potentially Fantom Fite) for enhanced workout tracking and features. Download the MERACH App from your device's app store. Follow the in-app instructions to pair your treadmill and access additional functionalities like daily goal setting, map racing, scenic workouts, and gamified sports.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH Walking Pad Treadmill.

5.1 Cleaning

- Always unplug the treadmill before cleaning.
- Wipe down the display and exterior surfaces with a soft, damp cloth. Avoid abrasive cleaners or solvents.
- Regularly vacuum underneath the treadmill to prevent dust and debris buildup.

5.2 Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Use the provided lubricant or a silicone-based treadmill lubricant. Refer to the maintenance schedule in the original user manual, which is typically based on usage frequency and user weight.

5.3 Belt Adjustment

If the running belt feels loose, slips, or drifts to one side, it may need adjustment. Use the provided wrench to make small, incremental adjustments to the rear rollers. Consult the detailed instructions in the original user manual for precise belt centering and tensioning procedures.

5.4 Storage

Thanks to its anti-fold design and transport wheels, the treadmill can be easily moved and stored. Simply lift one end and roll it to your desired storage location, such as under a bed or desk.

6. Troubleshooting

If you encounter any issues with your MERACH Walking Pad Treadmill, refer to the common problems and solutions below.

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not connected; Main power switch off; Outlet issue.	Ensure power cord is securely plugged in. Check if the main power switch is ON. Test the outlet with another device.
Remote control not working.	Batteries are dead or incorrectly inserted; Remote not paired.	Replace batteries, ensuring correct polarity. Ensure the treadmill is powered on and try re-pairing the remote if necessary (refer to original manual for pairing steps).
Running belt slips or hesitates.	Belt tension is too loose; Belt needs lubrication.	Adjust belt tension using the wrench (refer to maintenance section). Apply lubricant to the running deck.
Unusual noise from the motor.	Lack of lubrication; Loose components.	Lubricate the running belt. Check for any loose screws or parts and tighten them. If noise persists, contact customer support.
Incline not adjusting.	Obstruction; Motor issue.	Check for any obstructions under the treadmill. If the issue persists, contact customer support.

7. Specifications

Feature	Detail
Brand	MERACH
Model Number	MR-T25
Color	Black
Product Dimensions	127.5 x 56.5 x 15.5 cm (50.2 x 22.2 x 6.1 inches)
Item Weight	30.5 kg (67.2 lbs)
Maximum User Weight Capacity	400 lbs (approx. 181 kg)
Motor Horsepower	3.5 HP (Brushless)
Maximum Speed	6 km/h (approx. 4 mph)
Auto Incline Range	0% to 12%
Running Belt Dimensions	16.5 inches wide (42 cm)
Noise Level	Less than 25dB
Display Metrics	Speed, Calories Burned, Time, Distance
Power Source	Corded Electric
Special Features	Portable, Shock Absorbent, Heavy Duty, Auto Incline
Frame Material	Acrylonitrile Butadiene Styrene (ABS)



Figure 7.1: Illustration of the 3.5HP brushless motor, highlighting its quiet operation (25dB) and extended runtime capabilities.



Figure 7.2: The professional-size 16.5-inch wide treadmill belt, designed for natural walking and running with enhanced comfort.

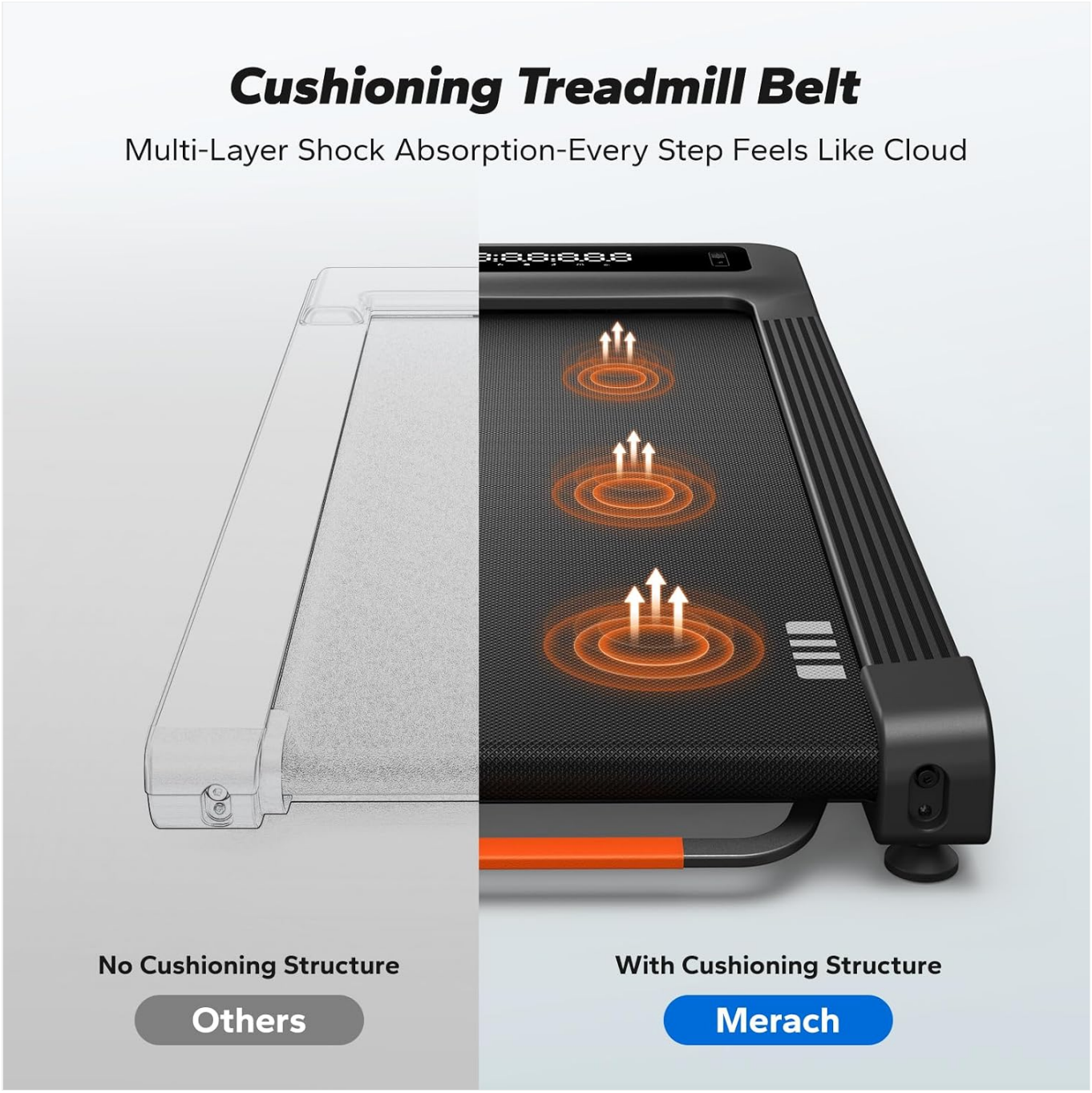

Figure 7.3: Diagram illustrating the multi-layer shock absorption system of the cushioning treadmill belt, designed for joint protection.

8. Warranty and Support

8.1 Limited Warranty

The MERACH Heavy Duty Walking Pad Treadmill comes with a 1-year limited warranty. This warranty covers manufacturing defects and ensures the product's quality under normal use. Please retain your proof of purchase for warranty claims.

8.2 Customer Support

For technical assistance, troubleshooting beyond this manual, or warranty inquiries, please contact MERACH customer support. Refer to the contact information provided in your product packaging or visit the official MERACH website for the most up-to-date support details.

Figure 8.1: MERACH's commitment to quality and innovation, showcasing various safety certifications (CE, GB, UKCA, ASTM, UL) and

design awards.

Ask a question about this manual

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. Privacy details.

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

https://manuals.plus/asin/B0F6XWBLVM

More documents and user manuals: **https://manuals.plus/**