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Merach R25

MERACH R25 Foldable Magnetic Rowing Machine User Manual

Model: R25

1. Important Safety Information

Before operating the MERACH R25 Rowing Machine, please read and understand all instructions in this manual. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure the rowing machine is placed on a flat, stable surface.
- Keep children and pets away from the machine during operation.
- Inspect the machine for loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 350 lbs (158.76 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

2. Package Contents

Verify that all components are present before assembly:

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

3. Setup and Assembly

The MERACH R25 Rowing Machine is 85% pre-assembled for quick setup. Assembly typically takes approximately 20 minutes.

3.1 Unpacking

Carefully remove all components from the packaging. Place them on a clean, flat surface.

3.2 Assembly Steps

Follow the detailed instructions provided in the included "Screws & Kits" package for specific assembly steps. Ensure all bolts and nuts are securely tightened before use.



Image: The MERACH R25 Rowing Machine demonstrating its compact, folded state for storage and its full operational size. The image highlights its space-saving design, reducing footprint by 20%.

4. Operating Instructions

4.1 Adjusting Resistance

The R25 features 16 adjustable magnetic resistance levels. Rotate the tension control knob located on the main unit to increase or decrease resistance. Turn clockwise for higher resistance, counter-clockwise for lower resistance.



Image: A family using the MERACH R25 Rowing Machine, illustrating the 16 adjustable resistance settings. The image shows the tension control knob and suggested resistance ranges for different activity levels.



Image: The MERACH R25 Rowing Machine with a graphic overlay emphasizing its 16 levels of resistance adjustment and 80 lbs of peak resistance, indicating enhanced training capabilities.

4.2 Using the Performance Monitor

The included Performance Monitor tracks key metrics such as Calories Burned, Time, and Distance. Insert the two AAA Alkaline Batteries (included) into the monitor. The monitor will automatically activate when you begin rowing.

4.3 Connecting to the MERACH App

The R25 Rowing Machine can connect via Bluetooth to the exclusive MERACH App. Download the MERACH App from the App Store or Google Play.

1. Ensure Bluetooth is enabled on your mobile device.
2. Open the MERACH App and follow the on-screen instructions to pair with your R25 machine.
3. Once connected, you can access over 1,000 interactive courses, games, and personalized training plans.



Image: A user engaged in rowing on the MERACH R25, with a tablet mounted on the machine displaying the MERACH App interface, showcasing various courses and games available for interactive workouts.



Image: The MERACH App interface displaying workout metrics and indicating guidance from champion coaches. The image highlights professional coaching and detailed performance tracking.



Image: The MERACH App interface showcasing customized fat-burning plans, activity data, and a calendar view for tracking progress. The image emphasizes personalized workout options.

4.4 Proper Rowing Technique

For effective and safe rowing, maintain proper form:

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

5. Maintenance

5.1 Cleaning

Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners or solvents.

5.2 Storage

The R25 is foldable for compact storage. To fold, follow the instructions in the assembly guide. Store in a dry, cool place away from direct sunlight.

5.3 Inspection

Periodically check all bolts, nuts, and moving parts for tightness and wear. Replace any worn components immediately.

6. Troubleshooting

- **Monitor not displaying:** Check if AAA batteries are correctly installed and have sufficient charge. Replace if necessary.
- **Resistance feels inconsistent:** Ensure the resistance knob is securely set to a level. If issues persist, contact customer support.
- **Machine making unusual noises:** Inspect all connections and moving parts for loose components. Lubricate the rail if squeaking occurs.
- **Bluetooth connection issues:** Ensure the MERACH App is updated and your device's Bluetooth is active. Try restarting both the app and your device.

7. Specifications

Feature	Detail
Model Number	R25
Resistance Type	Magnetic
Resistance Levels	16
Maximum Load Capacity	350 lbs (158.76 kg)
Product Dimensions (Unfolded)	58.3L x 18.9W x 28.4H inches (148 x 48 x 72 cm)
Item Weight	38 lbs (17.24 kg)
Frame Material	Alloy Steel
Display Type	LCD
Power Source (Monitor)	2x AAA Batteries (included)
Connectivity	Bluetooth (for MERACH App)



Image: A close-up of the MERACH R25 Rowing Machine's seat and rail system, emphasizing its 350 lbs load capacity and quiet operation (under 20dB).

8. Warranty and Support

For warranty information and customer support, please refer to the specific warranty card included with your product or visit the official Merach website. Keep your purchase receipt for warranty claims.

Contact Information: Refer to the contact details provided in your product packaging or on the official Merach support page.

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