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MERACH EQ1S

MERACH Rowing Machine User Manual

Model: EQ1S

Magnetic Rowing Machine with 16 Levels, Rower Machine of Quiet Resistance, Dual Slide Rail with Max 350lbs Weight Capacity, App Compatible Electric-Adjust (Plug-in)

Introduction

Welcome to the MERACH Rowing Machine user manual. This guide provides essential information for the safe and effective use, assembly, and maintenance of your new fitness equipment. Please read all instructions carefully before operation.
For a comprehensive guide, you can download the official user manual PDF: Download User Manual (PDF)

Product Overview

The MERACH Rowing Machine is designed for home fitness, offering a full-body workout with its advanced features. It utilizes an upgraded electromagnetic resistance system for a smooth and quiet operation.

- **Upgraded Electromagnetic Resistance:** The electromagnetic flywheel provides more stable and sufficient power than traditional magnetic resistance, ensuring a more efficient and smooth workout experience.
- **FREE MERACH APP:** Our App offers various FREE courses and programmed exercises for you, Taking the courses can bring your rowing experience to the next level. Also compatible with KINOMAP APP, immerse yourself in splash, and feel nature even while rowing at home.
- **Smart Electronic Control:** Precisely manage 16 levels of electromagnetic resistance with a simple twist. Pull to start, and enjoy automatic resistance adjustment via the MERACH app, freeing your hands for an uninterrupted workout.
- **Less Noise While Rowing:** Customized smooth and quiet magnetic flywheel system makes the workout extremely quiet. Q1S rower machine for home avoids the worries of bothering other family members.
- **The Double-track, Smooth, Comfortable:** Our dual slide rail is designed by imitating the wood rowing machine. It is more stable than one rail. It prevents the flip-over when rowing. The maximum weight of 350 pounds allows

more exerciser to achieve their fitness goals.

- **Convenient Storage & Space Saving:** The built-in base wheels make rower simply lift to store upright against a wall, recommended space for use is 1.6*5.7 feet, for storage is 1.6*2.1 feet.



Figure 1: MERACH Rowing Machine in action, highlighting its sleek design and digital interface.

Setup and Assembly

The MERACH Rowing Machine is designed for easy assembly. It is partially pre-assembled to simplify the setup process. Please follow the steps below or refer to the detailed installation tutorial video.

1. **Easy Assemble:** The Merach rowing machine can be easily assembled within 30 mins by most users. It is partially pre-assembled and can be moved around easily.

▶ **Watch video online**
Q1S Rowing Machine Installation Tutoria

Video 1: Q1S Rowing Machine Installation Tutorial. This video provides a step-by-step guide on how to assemble your rowing machine.



Figure 2: Illustration of the hands-free start feature and automatic resistance adjustment.

Operating Instructions

To begin your workout, ensure the rowing machine is placed on a stable, flat surface. Adjust the foot straps to secure your feet firmly to the pedals. The smart electronic control allows for precise resistance management.



Figure 3: The 16-level precision resistance adjustment dial, allowing users to customize their workout intensity.

▶ **Watch video online**

The best choice for family fitness

Video 2: The Best Choice for Family Fitness. This video demonstrates various features and benefits of the rowing machine for home use.



Figure 4: The MERACH App offers over 1000 courses and games, enhancing the workout experience.

▶ **Watch video online**
Q1s Rowing Machine For Home

Video 3: Q1S Rowing Machine For Home. This video highlights the key features and benefits of the Q1S model for home fitness.

Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH Rowing Machine. Keep the dual slide rails clean and free of debris. Periodically check all bolts and connections to ensure they are secure.

- Wipe down the machine after each use with a damp cloth to remove sweat and dust.
- Inspect the seat rollers and rails for any signs of wear or accumulation of dirt. Clean as needed.
- Ensure the resistance mechanism is free from obstructions and operates smoothly.

- Store the machine upright in a dry, cool place to save space and protect it from environmental damage.



Figure 5: The rowing machine can be easily stored vertically, occupying minimal floor space.

Troubleshooting

If you encounter any issues with your MERACH Rowing Machine, please refer to the common troubleshooting tips below. For more complex problems, contact customer support.

- **No display on monitor:** Check if the batteries are correctly installed and have sufficient charge. Replace AAA batteries if necessary.
- **Resistance not changing:** Ensure the electronic control knob is functioning correctly and is properly connected. If using the app, verify Bluetooth connection.
- **Unusual noises during operation:** Inspect the dual slide rails for any debris or loose components. Lubricate

moving parts if squeaking occurs.

- **Seat not sliding smoothly:** Clean the rails and check for any obstructions. Ensure the seat rollers are intact and properly aligned.

Specifications

Feature	Detail
Brand	MERACH
Model Name	R02B8 (EQ1S)
Resistance Mechanism	Magnetic / Smart Electromagnetic
Tension Levels	16
Maximum Weight Recommendation	350 Pounds
Product Dimensions (LxWxH)	38"D x 24"W x 8"H
Item Weight	50 Pounds
Frame Material	Aluminum
Metrics Measured	Speed, Calories Burned, Time, Stroke Count, Distance
Power Source	Battery Powered (2 AAA batteries required)
Display Type	LCD

Warranty and Support

Warranty: The warranty period for your MERACH Rowing Machine is 12 months from the date of purchase.
Customer Support: For any inquiries, technical assistance, or warranty claims, please contact MERACH customer support. You can find contact information through the official MERACH store or the platform where you purchased the product.

Visit MERACH Store

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