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> MERACH R21B2 Rowing Machine User Manual

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Model: R21B2

1. INTRODUCTION

Thank you for choosing the MERACH R21B2 Rowing Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

Important Safety Information

- Consult your physician before starting any new exercise program.
- Ensure all parts are securely assembled before each use.
- Keep children and pets away from the machine during operation.
- Use the rowing machine on a flat, stable surface.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum recommended user weight of 158 kg.

2. PACKAGE CONTENTS

Carefully unpack all components and verify that you have received the following items:

- MERACH R21B2 Rowing Machine (main unit)
- User Manual
- Assembly Tools (if applicable, usually included)

If any parts are missing or damaged, please contact MERACH customer support immediately.

3. ASSEMBLY AND SETUP

Follow these general steps to assemble your MERACH R21B2 Rowing Machine. Refer to the included assembly guide for detailed, step-by-step instructions and diagrams.

1. **Unpack Components:** Remove all parts from the packaging and lay them out on a clean, flat surface.
2. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools.
3. **Install Seat:** Slide the seat onto the rail, ensuring it moves smoothly.
4. **Connect Pedals:** Attach the foot pedals to the main frame.
5. **Mount Console:** Secure the display console to its designated position.
6. **Final Checks:** Ensure all bolts are tightened and the machine is stable before use.



The MERACH R21B2 Rowing Machine, featuring a sleek design with a wooden rail and a black resistance unit, is shown with a user actively rowing.

4. OPERATING INSTRUCTIONS

4.1 Powering On and Self-Powered System

The MERACH R21B2 features a self-powered system, eliminating the need for a wall outlet. Simply begin rowing, and the machine will power on automatically. It utilizes KERS (Kinetic Energy Recovery System) for energy efficiency and includes a Type-C port for charging external devices.

Sistema ad Autoalimentazione Merach

Senza Presa, Utilizzabile Ovunque



An illustration detailing the MERACH R21B2's self-powered system, including KERS energy recovery, smart LPM mode, and a Type-C charging port.

4.2 Resistance Adjustment

The R21B2 offers 16 levels of adjustable magnetic resistance. Resistance can be changed seamlessly during your workout, often within 1-3 seconds, directly from the multifunction handle. This allows for dynamic adjustments to match your desired intensity.

Regolazione della Resistenza Come i Cambio al Volante

Regolazione Senza Sosta su o giù
Durante l'Allenamento



This image illustrates the intuitive resistance adjustment mechanism on the MERACH R21B2 handle, allowing for seamless changes during a workout.

4.3 Console and Display

The integrated LED display provides clear, real-time workout data. It features a larger, brighter screen with clear visuals and an ultra-wide viewing angle (120° to 180°). The display shows metrics such as time, strokes per minute (SPM), distance, and resistance level.

Resistenza Auto-Regolante

Raggiungi Facilmente la Curva Ottimale di Bruciagrassi



The rowing machine's display shows auto-regulating resistance, designed to help users easily reach their optimal fat-burning zone.

4.4 MERACH App Connectivity

Enhance your workout experience by connecting your R21B2 to the MERACH App via Bluetooth. The app offers a vast library of over 5000 guided courses from professional coaches, global challenges, and integration with Apple Health and Google Fit. This allows for comprehensive tracking and personalized training programs.

4.5 Ergonomics and Comfort

The R21B2 is designed for comfort during extended workouts. It features a dynamic ergonomic seat, silicone handles for a secure grip, and fixed pedals for stability. The seat travels 100 cm along the rail, with a seat height of 29 cm, providing ample legroom and a smooth, fluid motion. The machine operates quietly, typically below 40dB.

Scorrimento Fluido per un'Ora Intera

5 Punti di Comfort Intelligenti



A visual representation of the MERACH R21B2's smooth gliding motion, 100cm seat travel, 29cm seat height, and 20% extra legroom for enhanced comfort.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MERACH R21B2 Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Check Connections:** Periodically inspect all bolts and connections to ensure they are tight. Tighten if necessary.
- **Rail Cleaning:** Keep the seat rail clean and free of debris to ensure smooth seat movement.
- **Storage:** When not in use, the R21B2 can be stored compactly, occupying approximately 0.3m² of floor space. Store in a dry, cool place away from direct sunlight.

Estetica Sempre, in Ogni Posizione

Legno Italiano Classico Unit all'Ingegneria Moderna



The image shows the MERACH R21B2's dimensions (187.7 cm length, 81.3 cm height) and its ability to be stored compactly in 0.3m².

6. TROUBLESHOOTING

If you encounter any issues with your MERACH R21B2, refer to the following common problems and solutions:

- **Machine Not Powering On:** Ensure you are actively rowing to activate the self-powered system. If the issue persists, contact support.
- **Resistance Not Changing:** Check the resistance adjustment controls on the handle. If unresponsive, ensure the console is properly connected.
- **Unstable Operation:** Verify that the machine is on a flat surface and all stabilizer feet are properly adjusted. Check all assembly bolts for tightness.
- **App Connectivity Issues:** Ensure Bluetooth is enabled on your device and the MERACH App is updated. Try restarting both the app and your device.
- **Unusual Noises:** Inspect the seat rail for debris and ensure the seat wheels are clean. Check for any loose components.

For problems not listed here, or if solutions do not resolve the issue, please contact MERACH customer

support.

7. SPECIFICATIONS

Feature	Specification
Model Name	R21B2
Resistance Mechanism	Magnetic
Resistance Levels	16 (Adjustable Electric)
Product Dimensions (L x W x H)	104 x 44.5 x 45.5 cm (approx. 187.7 cm length when fully extended)
Product Weight	32 Kilograms
Maximum Recommended User Weight	158 Kilograms
Material	Ash Wood
Color	Black
Noise Level	< 40dB
Connectivity	Bluetooth (MERACH App, Apple Health, Google Fit)
Special Features	Self-Powered System, KERS Energy Recovery, Type-C Charging Port, Ergonomic Seat, Compact Storage

8. WARRANTY AND SUPPORT

MERACH products are designed for quality and durability. For specific warranty details, please refer to the warranty card included with your product or visit the official MERACH website. If you require assistance, have questions, or need to report an issue, please contact MERACH customer support through their official channels.

10,000,000 Units Sold



60 Million+
R&D Investment

140+
Home Fitness Patents

10 Million+
Users Selected

Safety Certification



Great Design
Recognized by



German IF
Design Award



German Red
Dot Award



American Industrial
Design Excellence Award



Japanese Good
Design Award



Contemporary
Good Design

An overview of MERACH's achievements, including R&D investment, fitness patents, user base, and various safety certifications like CE, GB, UKCA, ASTM, and UL.