

## MERACH E32-2025

# MERACH E32-2025 Mini Electric Elliptical User Manual

Model: E32-2025 (MR-E32B2-EU)

## INTRODUCTION

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Thank you for choosing the MERACH E32-2025 Mini Electric Elliptical. This manual provides essential information for the safe and effective use of your device. Please read it thoroughly before operation and retain it for future reference.

## IMPORTANT SAFETY INSTRUCTIONS

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To reduce the risk of serious injury, always follow basic safety precautions when using electrical appliances. Read all instructions before using this elliptical.

- Always place the elliptical on a stable, level surface during use.
- Keep children and pets away from the device during operation.
- Consult a physician before starting any exercise program, especially if you have pre-existing health conditions.
- Use the elliptical only for its intended purpose as described in this manual.
- Unplug the device from the power outlet when not in use or before cleaning.
- Do not operate the elliptical if it has a damaged cord or plug, if it is not working properly, or if it has been dropped or damaged.
- Keep the power cord away from heated surfaces.
- Do not use outdoors or operate where aerosol (spray) products are being used or where oxygen is being administered.
- Ensure your feet are properly placed on the pedals before starting.

## PRODUCT OVERVIEW

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### Package Contents

The MERACH E32-2025 Mini Electric Elliptical package includes the following items:

- 1x MERACH E32-2025 Mini Electric Elliptical
- 1x Remote Control
- 1x Power Cable
- 2x AAA Batteries
- 1x User Manual



Image: Contents included in the MERACH E32-2025 package: elliptical machine, remote control, power cable, AAA batteries, and user manual.

## Key Features

- **Low-Impact Exercise:** Designed for seniors, rehabilitation, and office workers, promoting circulation and muscle strengthening without joint pressure.
- **Large LCD Display:** A curved, easy-to-read screen shows time, speed, distance, steps, and calories with clear, large digits.
- **Remote Control & Touch Panel:** Offers convenient control over speed, mode, and direction without needing to bend down.
- **12 Speed Levels & 12 Automatic Programs:** Provides versatile and customizable workouts (P1-P12).
- **Forward and Reverse Movement:** Engages different muscle groups for a comprehensive leg workout.
- **Ultra-Silent Operation:** Equipped with a quiet movement system, operating at less than 15dB, suitable for home and office environments.
- **Compact and Portable:** Lightweight design for easy movement and storage.

# DISEÑO 2-EN-1 <sup>V2.0</sup>

## Más Inteligente & Más Eficiente



**MOTOR 60W**  
( 42-95 R/MIN)



**MODO AUTO & HR**



**DISEÑO 2-EN-1**  
( ADELANTE/ATRÁS)



**PANTALLA TÁCTIL LED & CONTROL REMOTO**



**ULTRA-SILENCIOSO**  
<15DB

360°



**FORWARD**



Tobillo



Rodillas



Glúteos



**REVERSE**



Cintura



Tobillo



Rodillas

Image: The MERACH E32-2025 Mini Electric Elliptical highlighting its 2-in-1 design, 60W motor, auto and HR modes, LED touch screen, remote control, and ultra-silent operation.



Image: Illustration of the MERACH E32-2025's knee-caring elliptical movement, demonstrating its benefits for various leg muscles and joints.

## SETUP

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### Unpacking and Placement

1. Carefully remove all components from the packaging.
2. The MERACH E32-2025 requires **no assembly**. It is ready to use out of the box.
3. Place the elliptical on a flat, stable surface. Ensure there is sufficient space around the device for comfortable use and to prevent obstructions.
4. Connect the power cable to the elliptical's power port and then to a standard electrical outlet.
5. Insert the two AAA batteries into the remote control, observing the correct polarity.

## OPERATING INSTRUCTIONS

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### Powering On/Off

- To power on the device, press the **START/STOP** button on the touch panel or the **Power** button on the remote control.
- To power off, press and hold the **START/STOP** button on the touch panel or the **Power** button on the remote control until the display turns off.

### Control Panel and Remote Control Functions

The elliptical can be controlled via its integrated touch panel or the included remote control.



# Control 2-en-1

## Control remoto & Pantalla táctil

Núcleo inteligente – Velocidad, Precisión, Fiabilidad



Image: Close-up of the MERACH E32-2025 control panel and remote control, showing various function buttons.

- **START/STOP (Touch Panel) / Power (Remote):** Starts or stops the elliptical.
- **DIRECTION:** Changes the pedaling direction (forward or reverse).
- **MODE:** Switches between HR (Manual) mode and Automatic programs (P1-P12).
- **FUNCTION:** Cycles through display metrics (Time, Speed, Distance, Steps, Calories).
- **+/- (Touch Panel) / Speed (Remote):** Adjusts the speed level in HR mode.

### Training Modes

The MERACH E32-2025 offers two primary training modes:

## MODO HR

Ajuste manual de 12 velocidades & dirección



## MODOS AUTO & MANUAL

Para todas las edades 10-80

## MODO AUTO (P1-P12)

Ajusta automáticamente velocidad & dirección



Image: Display showing HR (Manual) mode with speed levels and Auto mode (P1-P12) options.

- **HR Mode (Manual):** In this mode, you can manually adjust the speed from level 1 to 12 using the +/- buttons on the touch panel or the Speed buttons on the remote. This allows for personalized intensity control.
- **Automatic Programs (P1-P12):** Select from 12 pre-programmed routines. These programs automatically adjust speed and direction over a 15-minute period, providing varied workout experiences. Press the MODE button to cycle through the programs.

### Forward and Reverse Movement

The elliptical supports both forward and reverse pedaling. Use the **DIRECTION** button to switch between them.

- **Forward Movement:** Primarily targets the calves, quadriceps, and glutes.
- **Reverse Movement:** Focuses on hamstrings, inner thighs, and glutes, offering a different muscle

engagement.

## Display Metrics

The large LCD display shows your workout data. Press the **FUNCTION** button to cycle through:

- **TIME:** Duration of your current workout session.
- **SPEED:** Current pedaling speed.
- **DISTANCE:** Estimated distance covered.
- **STEPS:** Number of pedal rotations.
- **CALORIES:** Estimated calories burned.

## MAINTENANCE

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### Cleaning

- Always unplug the elliptical before cleaning.
- Wipe the surface of the device with a soft, damp cloth.
- Do not use abrasive cleaners, solvents, or harsh chemicals, as these may damage the finish.
- Ensure no moisture enters the electronic components.

### Storage

- Store the elliptical in a cool, dry place, away from direct sunlight and extreme temperatures.
- If storing for an extended period, unplug the device and remove batteries from the remote control.

## TROUBLESHOOTING

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If you encounter any issues with your MERACH E32-2025, please refer to the following common problems and solutions:

- **Device does not power on:**
  - Ensure the power cable is securely plugged into both the elliptical and a working electrical outlet.
  - Check if the power outlet is functional by plugging in another device.
  - For remote control issues, ensure the AAA batteries are correctly inserted and not depleted. Replace if necessary.
- **Elliptical is not moving:**
  - Confirm the device is powered on and a training mode (HR or Auto) is selected.
  - Press the START/STOP button to initiate movement.
- **Display is not working or showing incorrect data:**
  - Ensure the elliptical is powered on.
  - If the display is dim or flickering, check the power connection.
  - Press the FUNCTION button to cycle through display metrics.
- **Unusual noise during operation:**
  - Immediately stop using the device.
  - Check for any foreign objects or obstructions around the pedals or moving parts.
  - If the noise persists, contact customer support.

If these steps do not resolve your issue, please contact MERACH customer support for assistance.

## SPECIFICATIONS

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Feature	Detail
Model Number	MR-E32B2-EU
Dimensions (L x W x H)	43 x 41 x 22 cm (16.9 x 16.1 x 8.7 inches)
Weight	5.98 kg (13.18 lbs)
Resistance Mechanism	Magnetic
Number of Resistance Levels	12
Material	Acrylonitrile Butadiene Styrene (ABS)
Motor Power	60W
Noise Level	<15dB
Control	Remote Control & Touch Panel

# Motor Potente & Ultra-Silencioso

Proporciona una experiencia de ejercicio suave y cómoda

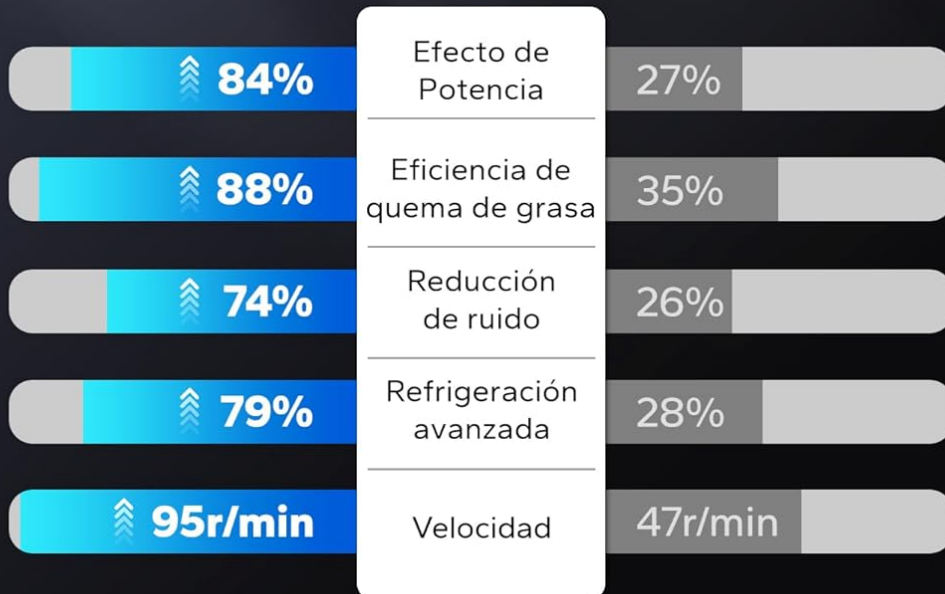


Image: Technical comparison illustrating the powerful and ultra-silent motor technology of the MERACH E32-2025.

# Ligero & Silencioso

Fácil de mover, difícil de escuchar



Image: Visual representation of the MERACH E32-2025's lightweight design and low noise output.

## WARRANTY AND SUPPORT

### Product Warranty

The MERACH E32-2025 Mini Electric Elliptical comes with a **2-year warranty** from the date of purchase. This warranty covers manufacturing defects and malfunctions under normal use. Please retain your proof of purchase for warranty claims.

### Customer Support

MERACH offers lifetime after-sales support for all users of this mini elliptical. If you have any questions regarding the use or functionality of your product, or require professional assistance, please contact us through Amazon

messages. We are committed to providing prompt and helpful support.

## USAGE SCENARIOS

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The MERACH E32-2025 Mini Electric Elliptical is versatile and can be used in various settings to integrate physical activity into your daily routine.



Image: Examples of using the elliptical during work, leisure, rehabilitation, and reading.

- **Under Desk:** Use it while working at your desk to stay active and improve circulation.
- **Leisure Time:** Enjoy a workout while watching TV or reading a book.
- **Rehabilitation:** Provides gentle, controlled movement for leg rehabilitation.