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MERACH MR-T21

MERACH Walking Pad Under Desk Treadmill MR-T21 User Manual

Model: MR-T21 | Brand: MERACH

1. Introduction

Thank you for choosing the MERACH Walking Pad Under Desk Treadmill MR-T21. This manual provides essential information for the safe and effective use, setup, operation, and maintenance of your new fitness equipment. Please read this manual thoroughly before use and retain it for future reference.

2. Important Safety Instructions

To reduce the risk of serious injury, read all instructions before using the MERACH Walking Pad. Always follow basic precautions, including:

- Ensure the treadmill is placed on a flat, stable surface.
- Keep children and pets away from the treadmill during operation.
- Do not operate the treadmill if it has a damaged cord or plug, or if it is not working properly.
- Wear appropriate athletic footwear.
- Do not use the treadmill outdoors or in damp areas.
- Maximum user weight: 265 lbs.
- Always use the remote control to adjust speed and stop the treadmill.

3. Package Contents

Verify that all components are present in the package:

- MERACH Walking Pad Treadmill
- Remote Control
- Power Cord
- Lubricant
- Tool Kit
- User Manual (this document)

4. Setup Guide

The MERACH Walking Pad is designed for quick and easy setup. Minimal assembly is required.

1. **Unpacking:** Carefully remove the treadmill from its packaging.
2. **Placement:** Place the treadmill on a level, hard surface. Ensure there is adequate space around the unit for safe operation.
3. **Attach Feet (if applicable):** Hand screw on the four small feet to the base of the treadmill.
4. **Power Connection:** Connect the power cord to the treadmill and then to a standard electrical outlet.
5. **Remote Control:** The remote control should connect automatically upon powering on the treadmill.



Image: The MERACH Walking Pad set up for use, demonstrating its compact design for both under-desk and standalone operation.



Image: Illustration of the treadmill's seamless one-piece molding technology, highlighting its strength, portability, durability, quiet operation, and use of recyclable materials.

5. Operating Instructions

5.1 Basic Operation with Remote Control

The MERACH Walking Pad is controlled via a palm-sized remote. Ensure the remote has working batteries.

- **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 speed range is 1.0-4.0 MPH.
- **Pause:** Press the "PAUSE" button to temporarily stop the belt while retaining your workout data. Press again to resume.



Image: Close-up of the treadmill's LED display showing speed and the remote control being used to adjust settings. The display tracks speed, time, distance, and calories.

5.2 Speed Modes

The treadmill supports various speeds to accommodate different activity levels:

- **Working Mode:** 1.0-1.8 MPH (Ideal for use under a standing desk).
- **Walking Mode:** 1.8-2.8 MPH (Suitable for a brisk walk).
- **Jogging Mode:** 2.8-4.0 MPH (For light jogging).



Image: Visual representation of the three primary usage modes: working (under a desk), walking, and jogging, with corresponding speed ranges.

5.3 MERACH Fitness APP Connection

Enhance your fitness experience by connecting your treadmill to the MERACH Fitness APP via Bluetooth.

1. Download the "MERACH Fitness" app from your device's app store (available on Google Play and the App Store).
2. Enable Bluetooth on your mobile device.
3. Open the MERACH Fitness app and follow the on-screen instructions to pair with your MR-T21 Walking Pad.
4. Once connected, you can access trainer-designed courses, track real-time data (distance, speed, calories), and participate in interactive fitness games.



Image: A user interacting with the MERACH Fitness App while using the walking pad, showcasing the app's interface with training courses and data tracking.

▶ **Watch video online**

MERACH T21 Walking Pad Treadmill

Video: Demonstrates the setup and basic operation of the MERACH T21 Walking Pad Treadmill, including powering on, using the remote, and its compact design.

6. Maintenance

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

- **Cleaning:** Wipe down the treadmill with a damp cloth after each use. Avoid using abrasive cleaners.
- **Lubrication:** Apply the provided lubricant under the running belt every few months, or as indicated by usage. Refer to the specific instructions in the tool kit for proper application.
- **Belt Adjustment:** If the running belt starts to drift to one side, use the included tool kit to adjust the belt tension. Consult the detailed instructions in the tool kit for precise adjustment procedures.



Image: An exploded view of the 2.5HP motor, highlighting its powerful yet quiet operation (under 50dB) and capacity to support up to 265 lbs.



Image: Diagram illustrating the 5-layer anti-slip running belt and 6 silicone shock absorbers, designed for joint protection and comfortable use.

7. Troubleshooting

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

Problem	Possible Cause	Solution
Treadmill does not power on.	Power cord not properly connected; power outlet issue.	Ensure power cord is securely plugged into both the treadmill and a working outlet. Check the power switch on the treadmill.
Running belt drifts to one side.	Uneven belt tension.	Adjust the running belt using the provided tool kit. Follow the specific instructions for belt alignment.

Problem	Possible Cause	Solution
Unusual noise during operation.	Lack of lubrication; loose components; foreign object.	Apply lubricant to the running belt. Check for any loose screws or foreign objects under the belt. If noise persists, contact customer service.
Remote control not responding.	Low batteries; remote not paired.	Replace remote control batteries. Ensure the remote is within range and properly paired with the treadmill.

8. Specifications

Feature	Detail
Brand	MERACH
Model Name	MR-T21
Product Dimensions	43.5"D x 4.4"W x 18.5"H
Item Weight	28 Pounds
Material	Alloy Steel
Maximum Speed	4 Miles per Hour
Maximum Horsepower	2.5 Horsepower
Maximum Weight Recommendation	265 Pounds
Special Features	Compact Design, Lightweight, Portable, Shock Absorbent, Timer
Included Components	Lubricant, Power Cord, Remote Control, Tool Kit, User Manual

9. Warranty and Support

The MERACH Walking Pad MR-T21 comes with a **1-Year Warranty**. For any questions, technical assistance, or warranty claims, please contact MERACH customer service. MERACH offers 24/7 customer service to ensure confidence in your purchase.
For support, please refer to the contact information provided with your product or visit the official MERACH website.

10. Storage

The lightweight and ultra-slim design of the MERACH Walking Pad allows for easy storage.

- Weighing only 28 lbs, it is 40% lighter than many traditional treadmills, making it easy to move.
- With a compact size of 43.1" x 18.5" x 4.5", it can be effortlessly stored under desks, beds, or stood upright against a wall.



Image: A person easily sliding the MERACH Walking Pad under a bed, demonstrating its ultra-slim profile for convenient storage in small spaces.

▶ **Watch video online**

Video: A short preview video demonstrating the lightweight nature and easy storage of the MERACH Walking Pad, showing it being moved and stored under furniture.

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