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MERACH R25B1

MERACH R25 Folding Magnetic Rowing Machine User Manual

Model: R25B1 | Brand: MERACH

1. Introduction

This user manual provides essential information for the safe and effective operation, assembly, and maintenance of your MERACH R25 Folding Magnetic Rowing Machine. Please read this manual thoroughly before using the product and retain it for future reference.

2. Important Safety Information

To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your rowing machine before use. MERACH assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

- Consult your physician before beginning any exercise program.
- Keep children and pets away from the rowing machine at all times.
- Place the rowing machine on a level surface with adequate clearance around it.
- Inspect the rowing machine for worn or loose parts before each use.
- Do not exceed the maximum user weight capacity of 350 lbs.
- Wear appropriate exercise clothing and footwear.
- Always maintain proper form during exercise to prevent injury.

3. Package Contents

Verify that all components are present and undamaged:

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

4. Setup and Assembly

The MERACH R25 Rowing Machine comes 85% pre-assembled, allowing for quick setup in approximately 20 minutes. Follow the detailed installation instructions provided in the included "Screws & Kits" package.

4.1 Unfolding the Rowing Machine

Carefully unfold the rowing machine from its compact storage position. Ensure all locking mechanisms are securely engaged before use.



Figure 4.1: The MERACH R25 Rowing Machine demonstrating its compact, folded design, which reduces its footprint by 20% for easy storage in small spaces. Dimensions are shown as 58.2 inches in length and 18.9 inches in width when in use.

4.2 Installing the Performance Monitor

Attach the performance monitor to the designated slot. Insert the two AAA alkaline batteries into the monitor. The monitor tracks metrics such as Calories Burned, Distance, Speed, Stroke Count, and Time.



Figure 4.2: The MERACH R25 Rowing Machine connected via Bluetooth to the MERACH App on a smartphone, illustrating how users can customize fat-burning plans and track their daily goals and activity data.

5. Operating Instructions

5.1 Adjusting Resistance Levels

The MERACH R25 features 16 adjustable magnetic resistance levels. Rotate the tension control knob located on the main unit to increase or decrease the resistance. Lower levels (1-4) are suitable for leisure sports, mid-levels (5-8) for physical training, and higher levels (9-16) for shaping sports and fitness mode.



Figure 5.1: The MERACH R25 Rowing Machine in use by an adult, with a child and another adult observing, illustrating the 16 adjustable resistance settings suitable for various fitness levels within a family.

5.2 Proper Rowing Technique

Engage over 86% of your major muscle groups with proper rowing technique. The smooth rail system and ergonomic dynamic seat ensure stable performance. Secure your feet in the adjustable foot pedals and grip the non-slip silicone handle firmly.



Figure 5.2: A user demonstrating proper rowing form on the MERACH R25 Rowing Machine, with a large display showing an interactive virtual course, emphasizing the full-body workout benefits.

5.3 MERACH App Connectivity

Connect your rowing machine via Bluetooth to the exclusive MERACH App (available on App Store and Google Play). The app offers over 1,000 interactive courses, fun games, exclusive rowing tutorials, and personalized fat-burning plans designed by champion coaches. The professional monitor keeps you on track with detailed performance metrics.



Figure 5.3: A user engaged in a workout on the MERACH R25 Rowing Machine, with a tablet mounted on the machine displaying the MERACH App, highlighting the extensive library of over 1000 courses and games available.

5.4 Folding for Storage

The MERACH R25 is designed for compact storage. After your workout, simply fold the machine to reduce its footprint by 20%, making it ideal for apartments or limited spaces. It can be conveniently stored upright or under a bed.



Figure 5.4: The MERACH R25 Rowing Machine shown in its folded configuration, demonstrating how it can be conveniently stored under a bed, emphasizing its space-saving design.

6. Maintenance

- **Cleaning:** Wipe down the rowing machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically check the rail system for smooth operation. If needed, apply a small amount of silicone-based lubricant to the rail.
- **Tightening:** Regularly check all nuts and bolts to ensure they are securely tightened.
- **Storage:** Store the rowing machine in a dry, cool place away from direct sunlight and extreme temperatures.

7. Troubleshooting

Problem	Possible Cause	Solution
Performance Monitor not turning on	Dead batteries or incorrect installation.	Replace AAA batteries. Ensure they are inserted correctly.
Unusual noise during operation	Loose components or dry rail.	Check and tighten all bolts. Lubricate the rail if necessary.
Resistance feels inconsistent	Magnetic mechanism issue or incorrect adjustment.	Ensure the resistance knob is properly engaged. If issues persist, contact customer support.
Difficulty connecting to MERACH App	Bluetooth not enabled or app not updated.	Ensure Bluetooth is on your device. Update the MERACH App to the latest version. Restart both devices.

8. Product Specifications

Brand: MERACH

Model Name: R25B1

Resistance Mechanism: Magnetic

Tension Levels: 16 levels

Maximum Weight Recommendation: 350 Pounds

Product Dimensions (L x W x H): 58.3"L x 18.9"W x 28.4"H (148x48x72 cm)

Item Weight: 38 Pounds

Frame Material: Alloy Steel

Display Type: LCD

Power Source: Battery Powered (2 AAA batteries included)

Accommodates Users Up To: 6'1"

Special Feature: Adjustable Resistance, Foldable Design

Metrics Measured: Calories Burned, Distance, Speed, Stroke Count, Time



Figure 8.1: The MERACH R25 Rowing Machine's "shark-inspired" design, emphasizing its enhanced resistance capabilities with 16 levels, up to 80 lbs of peak resistance, and over 11% more resistance compared to standard models.



Figure 8.2: A detailed view of the MERACH R25 Rowing Machine's ergonomic seat and smooth rail system, illustrating its robust 350lb load capacity and quiet operation, typically below 20 decibels.

9. Warranty and Support

The MERACH R25 Folding Magnetic Rowing Machine comes with a**12-month warranty** from the date of purchase. For technical assistance, troubleshooting, or warranty claims, please contact MERACH customer support. We provide **24/7 lifetime technical support** to ensure a superior customer experience.
Contact information can typically be found on the MERACH official website or through your purchase platform.

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