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MERACH R07 PRO

MERACH R07 PRO Smart Row and Deep Squat Trainer User Manual

Model: R07 PRO

1. Introduction

This manual provides essential information for the safe and effective use of your MERACH R07 PRO Smart Row and Deep Squat Trainer. Please read it thoroughly before assembly and operation. Retain this manual for future reference.

The MERACH R07 PRO is a versatile home exercise machine designed to engage multiple muscle groups, including legs, glutes, shoulders, and back, through squat and rowing movements. It features adjustable resistance, multiple squat depths, and smart connectivity for an enhanced workout experience.



Image 1.1: MERACH R07 PRO Smart Row and Deep Squat Trainer.

2. Safety Information

Before beginning any exercise program, consult with a healthcare professional. Always follow these safety precautions:

- Ensure all parts are correctly assembled and tightened before each use.
- Place the machine on a flat, stable surface.
- Maintain a clear area of at least 2 feet around the machine during use.

- Do not exceed the maximum weight capacity of 350 pounds.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Keep children and pets away from the machine during operation.

3. Package Contents

Verify that all components are present in the package:

- Squat Machine x 1
- AA Alkaline Battery x 1 (for LCD monitor)
- User Manual x 1

4. Setup and Assembly

The MERACH R07 PRO is designed for straightforward assembly. Follow these steps:

1. Unpack all components and lay them out on a clean, flat surface.
2. Refer to the included assembly diagram for specific part identification and connection points.
3. Securely attach the main frame components using the provided hardware.
4. Install the seat and handlebar, ensuring they are firmly in place.
5. Insert the AA battery into the LCD monitor.
6. Perform a final check to ensure all bolts and nuts are tightened and the machine is stable.



Image 4.1: Easy installation and portable storage of the MERACH R07 PRO.

5. Operating Instructions

5.1 Adjusting the Machine

- **Seat Adjustment:** The ergonomic seat offers 5-gear adjustment to accommodate users of various heights (4'11" to 6'11"). Adjust the seat position for optimal comfort and exercise form.
- **Handbar Adjustment:** The handbar features 4-gear adjustment for flexible grip options and to suit different

user preferences.

- **Squat Depth Adjustment:** Switch between 3/4, deep, and full squat depths to target different muscle groups and vary workout intensity.
- **Resistance Adjustment:** The machine includes three resistance bands. Adjust the number of bands connected to increase or decrease the resistance level, allowing for workouts from easy to intense.



Image 5.1: Custom fit with adjustable seat and handlebar.



Image 5.2: Adjusting resistance bands for varied intensity.

5.2 Using the LCD Monitor

The integrated LCD monitor tracks your workout data. Functions typically include:

- **TIME:** Displays the duration of your workout.
- **SCAN:** Cycles through all metrics automatically.
- **CNT (Count):** Shows the number of repetitions.
- **TOTAL:** Displays the total accumulated repetitions.
- **CAL (Calories):** Estimates calories burned during the workout.



Image 5.3: LCD monitor and device holder.

5.3 MERACH App Connectivity

Enhance your workout experience by connecting the R07 PRO to the MERACH App via Bluetooth. The app offers:

- Access to over 1000 professional training videos and classes.
- Fitness games to make workouts engaging.
- Workout data tracking, including calories burned and distance rowed.
- A tablet holder is provided to keep your device within reach during workouts.



Image 5.4: Training with the MERACH App.



Image 5.5: MERACH App for progress tracking and motivation.



Image 5.6: Over 1000 professional training videos available.

6. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH R07 PRO:

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** Apply a small amount of silicone-based lubricant to moving joints if any squeaking occurs.
- **Storage:** The machine features a space-saving foldable design. When not in use, fold the machine and store it in a dry, cool place away from direct sunlight.



Image 6.1: Space-saving compact design when folded.

7. Troubleshooting

If you encounter issues with your MERACH R07 PRO, refer to the following common solutions:

- **Machine is unstable:** Ensure all assembly bolts are securely tightened. Place the machine on a level surface.
- **LCD monitor not displaying:** Check if the AA battery is correctly installed or needs replacement.
- **Difficulty connecting to MERACH App:** Ensure Bluetooth is enabled on your device and the machine is powered on. Try restarting both the app and the machine.
- **Resistance feels too easy/hard:** Adjust the number of resistance bands connected to suit your desired intensity.
- **Squeaking noises:** Inspect moving parts for friction. Apply a small amount of silicone lubricant if necessary.

For further assistance, please contact MERACH customer support.

8. Specifications

Feature	Specification
Brand	MERACH
Model Name	R07 PRO (R07H2)
Color	Grey
Product Dimensions (LxWxH)	43.3"D x 49"W x 19"H
Item Weight	24 Pounds
Maximum Weight Recommendation	350 Pounds
Material	Alloy Steel
Adjustable Handbar	4-gear adjustment
Adjustable Seat	5-gear adjustment
Resistance Type	Adjustable resistance bands
Connectivity	Bluetooth (MERACH App)
Included Components	Squat Machine, AA Alkaline Battery, User Manual

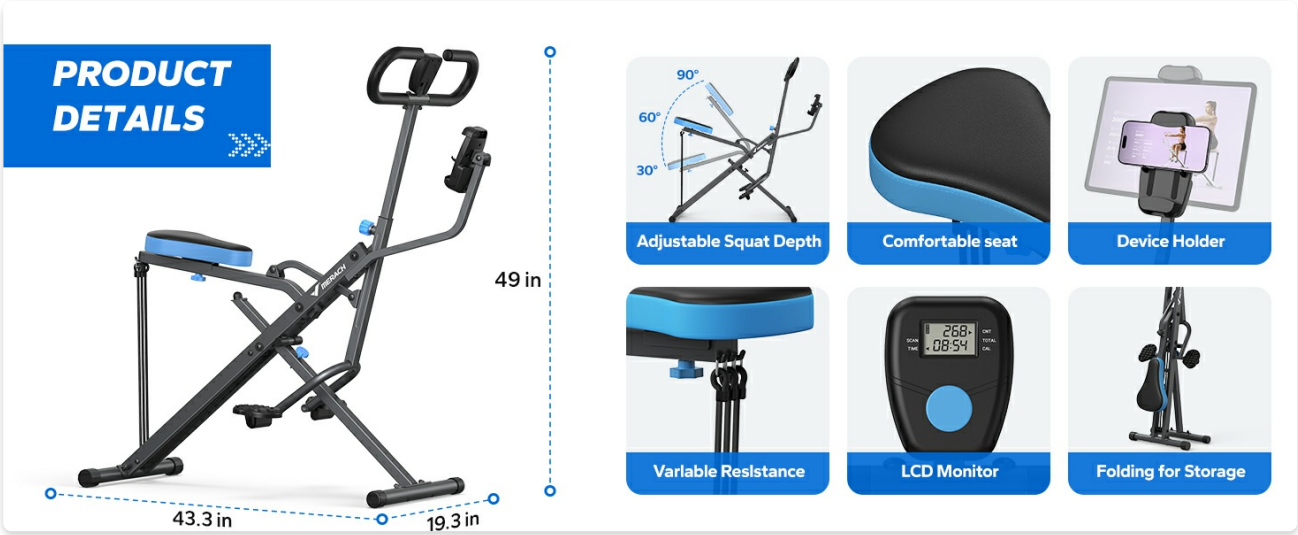

Image 8.1: Product details and dimensions.



Image 8.2: Heavy-duty build supporting up to 350 lbs.

9. Warranty and Support

9.1 Warranty Information

The MERACH R07 PRO Smart Row and Deep Squat Trainer comes with a**12-month warranty** from the date of purchase. This warranty covers manufacturing defects under normal use. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For technical assistance, warranty inquiries, or any questions regarding your MERACH R07 PRO, please contact MERACH customer support through the official MERACH App or visit the MERACH website. MERACH provides lifetime technical support for a superior customer experience.

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