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› MERACH R25 Compact and Refined Foldable Rowing Machine User Manual

MERACH MR-R25

MERACH R25 Compact and Refined Foldable Rowing Machine User Manual

Model: MR-R25

1. INTRODUCTION

Thank you for choosing the MERACH R25 Compact and Refined Foldable Rowing Machine. This manual provides essential information for the safe and effective use of your new fitness equipment. The MERACH R25 is designed for home use, offering a full-body workout with its advanced magnetic resistance system and compact, foldable design. Please read this manual thoroughly before assembly and operation, and keep it for future reference.



Image: The MERACH R25 Compact and Refined Foldable Rowing Machine in use, demonstrating its sleek design and integrated display.

2. SAFETY INFORMATION

Before using the MERACH R25 Rowing Machine, please observe the following safety precautions:

- Consult a physician before starting any new exercise program.
- Ensure all parts are correctly assembled and tightened before each use.
- Place the rowing machine on a flat, stable surface.
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Do not exceed the maximum user weight capacity of 158 kg (348 lbs).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Keep hands and feet clear of moving parts.
- Regularly inspect the machine for wear and tear, especially cables and moving parts.

3. PACKAGE CONTENTS

Carefully unpack the box and ensure all components are present. If any parts are missing or damaged, contact MERACH customer support.

- MERACH R25 Rowing Machine (main frame, rail, seat, handle, footrests)
- Assembly Hardware Kit
- User Manual
- Tools for Assembly

Personnalisez Votre Plan de Combustion des Graisses

Application Développée en Interne, Partagez Avec des Amis

Today

Calories
108.8/188.0 Kcal

Duration
32/60 min

Distance
15.02/20.00 Km

Calendar View More >

0/7 Achieved S M T W T F S

Activity data All Activity v

D W M Y All

May 25, 2024 View More >

Days Data Times Train Profile

Courses1-Efficient uniform paddling

Courses1-Efficient uniform paddling coursesEfficient uniform paddling ...

30min HIIT 4

Courses1-Efficient uniform

Courses1-Efficient uniform paddling coursesEfficient uniform paddling ...

30min MIIT 5

MERACH

Available on the App Store

GET IT ON Google Play

Image: The MERACH R25 Rowing Machine packaging box, indicating the product is securely packed for transport.

4. ASSEMBLY AND SETUP

The MERACH R25 is designed for easy assembly. Follow the step-by-step instructions provided in the included assembly guide. Typically, assembly involves attaching the main rail to the resistance unit, securing the seat, and installing the footrests and handle.

1. Unpack all components and lay them out on a clear, flat surface.
2. Attach the main rail to the front resistance unit using the provided bolts and tools.
3. Slide the seat onto the rail, ensuring it moves smoothly.
4. Secure the footrests to the main frame.
5. Connect the rowing handle to the cable system.
6. Verify all connections are secure and stable before first use.



Image: A diagram illustrating the compact footprint of the MERACH R25, measuring 148cm in length and 48cm in width, highlighting its suitability for small spaces.

5. OPERATING INSTRUCTIONS

5.1 Adjusting Resistance

The MERACH R25 features 16 adjustable magnetic resistance levels. To change the resistance, locate the tension control knob, typically near the front of the machine. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it. This allows you to customize your workout intensity from light to challenging.

16 Niveaux de Résistance Réglables

Convient a Toute La Famille



Image: The MERACH R25 rowing machine, highlighting the 16 adjustable resistance levels suitable for various fitness needs, from leisure to intense training.

5.2 Using the MERACH App

Enhance your training experience by connecting your MERACH R25 to the exclusive MERACH application via Bluetooth. The app provides real-time tracking of your rowing data, workout progress, and calories burned. It also offers over 1,000 courses and interactive games to make your workouts more engaging.

- Download the "MERACH" app from the Apple App Store or Google Play Store.
- Enable Bluetooth on your mobile device.
- Open the MERACH app and follow the on-screen instructions to pair with your R25 rowing machine.
- Once connected, you can access various training modes, track your performance, and participate in virtual courses.

1000+ Cours et Jeux

Pas ennuyeux même après 30 minutes



Image: A user on the MERACH R25 rowing machine, with a tablet displaying the MERACH app interface, showing workout metrics and available courses and games.

5.3 Proper Rowing Technique

To maximize effectiveness and prevent injury, maintain proper rowing form:

1. **The Catch:** Sit tall with arms extended, knees bent, and shins vertical.
2. **The Drive:** Push off with your legs, then lean back slightly from the hips, and finally pull the handle towards your abdomen.
3. **The Finish:** Legs extended, body leaned back, handle at your abdomen.
4. **The Recovery:** Extend arms, then lean forward from the hips, and finally bend knees to return to the catch position.

Résistance Plus Forte, Meilleur Entraînement

Bête Puissante, Imitation de Requin



16 Niveaux
Réglage Sur

36kg
Résistance de

11%
de Résistance en Plus

Image: A man demonstrating the full range of motion on the MERACH R25 rowing machine, illustrating proper form for an effective workout.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your MERACH R25 Rowing Machine.

- **Cleaning:** Wipe down the machine with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Rail Cleaning:** Periodically clean the rail with a soft cloth to ensure smooth seat movement.
- **Inspection:** Regularly check all bolts and connections to ensure they are tight. Inspect the cable and handle for any signs of wear or fraying.
- **Storage:** The MERACH R25 is foldable for compact storage. To fold, follow the instructions in your assembly guide, typically involving lifting the rail to a vertical position. Store in a dry, cool place away from direct sunlight.

Plus de 10,000,000 D'unités Vendues



60 Millions+
Investissement en R&d

140+
Brevet de Fitness a Domicile

10 Millions+
Utilisateurs Sélectionnés

Certification de Sécurité



Design Exceptionnel
Reconnu par



German IF
Design Award



German Red
Dot Award



American Industrial
Design Excellence Award



Japanese Good
Design Award



Contemporary
Good Design

Image: The MERACH R25 rowing machine in its folded position, demonstrating its space-saving design for convenient storage in smaller living areas.

7. TROUBLESHOOTING

If you encounter issues with your MERACH R25, refer to the table below for common problems and solutions.

Problem	Possible Cause	Solution
No display on monitor.	Batteries are dead or incorrectly installed.	Replace batteries or ensure they are inserted with correct polarity.
Bluetooth connection issues with app.	Bluetooth is off on device; app not updated; machine not discoverable.	Ensure Bluetooth is on. Restart app and machine. Update app to latest version.

Problem	Possible Cause	Solution
Squeaking or grinding noise during use.	Loose bolts; dirty rail; worn parts.	Check and tighten all bolts. Clean the rail. If noise persists, contact support.
Seat does not slide smoothly.	Dirt or debris on the rail; worn wheels.	Clean the rail thoroughly. Inspect seat wheels for damage.

8. SPECIFICATIONS

- **Model:** MR-R25
- **Resistance Type:** Magnetic
- **Resistance Levels:** 16
- **Max User Weight:** 158 kg (348 lbs)
- **Dimensions (L x W x H):** 148 x 72 x 48 cm (58.3 x 28.3 x 18.9 inches)
- **Folded Dimensions (approx.):** 89 x 20 x 29 cm (35 x 7.9 x 11.4 inches)
- **Weight:** 20.12 kg (44.36 lbs)
- **Material:** Aluminum frame
- **Connectivity:** Bluetooth (for MERACH App)
- **Display Type:** LCD or LED
- **Special Features:** Compact, adjustable resistance, silent operation, smart machine capabilities.

9. WARRANTY AND SUPPORT

MERACH products are manufactured to high-quality standards. For warranty information, product support, or to purchase replacement parts, please contact MERACH customer service. Details can typically be found on the MERACH official website or through your purchase platform.

MERACH Direct EU Seller ID: [A3KEV6OCWXFG92](#)

MERACH Brand Store: [Visit MERACH Store](#)