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MERACH MR-R23

MERACH R23 Water Rower User Manual

Model: MR-R23

1. Important Safety Information

Read all instructions carefully before assembling or using the MERACH R23 Water Rower. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Keep children and pets away from the equipment during use.
- Place the rower on a flat, stable surface.
- Ensure adequate space around the rower for safe operation.
- Inspect the rower for loose or damaged parts before each use. Do not use if damaged.
- Do not exceed the maximum user weight of 158 kg (350 lbs).
- Use proper rowing technique to prevent injury.
- Keep hands and feet clear of moving parts.
- Only use the rower for its intended purpose.

2. Product Overview

The MERACH R23 Water Rower is designed to provide an immersive and effective full-body workout. It features a durable wooden frame, adjustable water resistance, and smart connectivity for an enhanced training experience.



Figure 2.1: MERACH R23 Water Rower in operation.

Key Features:

- **Immersive Water Resistance:** Equipped with 12 cross paddles for a smooth, quiet, and stable rowing experience, increasing resistance by approximately 45%.
- **FSC Certified Wood:** Rails made from FSC certified wood, suitable for users up to 2 meters (6 feet 8 inches) and a maximum load of 158 kg (350 lbs).
- **Easy Storage:** Foldable design allows for compact vertical storage.
- **Ergonomic Design:** Elevated rail for comfortable training, improved leather handles, and secure foot straps to reduce friction and prevent injuries.
- **Full Body Workout:** Engages 90% of muscle groups, including legs, core, back, and arms.
- **15L Water Tank:** Large capacity water tank for easy resistance adjustment.
- **Smart Connectivity:** Connects to exclusive MERACH application for interactive maps, games, personalized training programs, and tracking progress.

3. Assembly Instructions

Follow these steps to assemble your MERACH R23 Water Rower. It is recommended to have two people for assembly.

3.1 Unpacking

- Carefully remove all components from the packaging.
- Verify all parts are present against the parts list (not provided in JSON, so general statement).
- Keep packaging materials until assembly is complete.



Figure 3.1: Product packaging.



Figure 3.2: SKU on packaging, confirming model MR-R23.

3.2 Step-by-Step Assembly

For visual guidance, refer to the assembly video below. While the video features a similar model (VOWVIT V-W3), the general assembly steps for water rowers are often comparable.

▶ **Watch video online**
Vidéo d'assemblage du rameur VOWVIT V-W3

Video 3.1: Assembly guide for a similar water rower model (VOWVIT V-W3). Note: Specific components and steps may vary slightly for the MERACH R23.

1. **Install Batteries:** Locate the battery compartment (usually near the console) and insert the required batteries (2 AAA included).
2. **Unfold the Machine:** Carefully unfold the rower from its vertical storage position to its operational horizontal position.
3. **Assemble the Seat:** Attach the seat to the rail, ensuring it slides smoothly and securely. Use the provided S5 tool if necessary.
4. **Assemble the Tablet Holder:** Attach the tablet holder to the main frame. Use the provided S4 tool if necessary.
5. **Assemble the Handle Support:** Secure the handle support to the frame. Use the provided S5 tool if necessary.



Figure 3.3: High-quality solid wood construction of the rower.

4. Operating Instructions

4.1 Adjusting Water Resistance

The MERACH R23 uses water resistance, which naturally adjusts with your rowing intensity. For a more challenging workout, you can increase the water level in the tank (up to 15L capacity). For lighter resistance, decrease the water level.



Figure 4.1: Water resistance mechanism with 12 paddles.

4.2 Using the Console and App

The rower features an LCD screen to display workout data. For an enhanced experience, connect your device to the MERACH application.

- **LCD Screen:** Displays time, distance, calories, strokes per minute, and other metrics.
- **MERACH App:** Download the exclusive MERACH app from your device's app store. Connect via Bluetooth to access interactive maps, games, personalized training programs, and track your progress.



Figure 4.2: MERACH application interface for training programs.



Figure 4.3: Immersive rowing experience with virtual scenes.

5. Maintenance

Regular maintenance ensures the longevity and optimal performance of your MERACH R23 Water Rower.

- **Cleaning:** Wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Water Tank:** Periodically check the water quality in the tank. If the water becomes cloudy or discolored, drain and refill with clean water. Water treatment tablets may be used (check product specifications for recommendations).
- **Moving Parts:** Inspect the seat rollers, foot straps, and pulling mechanism for wear and tear. Lubricate moving parts as needed (refer to specific product guidelines if available).
- **Storage:** When not in use, the rower can be folded and stored vertically to save space.



Figure 5.1: Vertical storage option for the rower.

6. Troubleshooting

If you encounter any issues with your MERACH R23 Water Rower, refer to the following common solutions:

- **Console Not Displaying:**
  - Check if batteries are correctly installed and not depleted. Replace if necessary.
  - Ensure all cable connections to the console are secure.
- **Unusual Noises During Operation:**
  - Inspect the seat rollers and rail for debris or damage. Clean or lubricate as needed.
  - Check for any loose bolts or connections on the frame. Tighten if found.
- **Resistance Feels Inconsistent:**
  - Verify the water level in the tank is appropriate.

- Ensure the paddles are moving freely within the tank.

- **App Connectivity Issues:**
  - Ensure Bluetooth is enabled on your device.
  - Restart the MERACH app and the rower's console.
  - Check for app updates.

If problems persist, contact MERACH customer support.

7. Specifications

Feature	Detail
Model Number	MR-R23
Resistance Mechanism	Water
Frame Material	Ash Wood / Rubberwood
Max User Weight	158 Kilograms (350 lbs)
Product Dimensions (L x W x H)	180 x 40 x 40 cm (approx. 70.9 x 15.7 x 15.7 inches)
Console Type	LCD Screen
Power Source	Manual (Console: 2 AAA batteries, included)
Special Features	Integrated wheels, Foldable for storage



Figure 7.1: Rower dimensions and weight capacity.

8. Warranty and Support

MERACH products are manufactured to high-quality standards. For specific warranty details, please refer to the warranty card included with your product or contact MERACH customer service.

For technical assistance, troubleshooting, or parts inquiries, please visit the official MERACH website or contact their customer support team. Keep your purchase receipt and model number (MR-R23) handy when contacting support.

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