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MERACH Q1S

MERACH Q1S Magnetic Rowing Machine User Manual

Model: Q1S (EQ1S)

1. Important Safety Instructions

Please read this entire manual before assembling and using the MERACH Q1S Magnetic Rowing Machine. Keep this manual for future reference.

- Consult your physician before starting any exercise program.
- Keep children and pets away from the machine during operation.
- Place the rowing machine on a flat, stable surface with adequate clearance around it.
- Ensure all bolts and nuts are securely tightened before each use.
- Wear appropriate exercise clothing and athletic shoes. Avoid loose clothing that could get caught.
- The maximum user weight capacity for this machine is**350 lbs (158 kg)**. Do not exceed this limit.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Do not attempt to service the machine yourself. Contact customer support for assistance.

2. Package Contents

Carefully unpack all components and ensure you have received all items listed below. If any parts are missing or damaged, please contact customer support.

- Q1SE Electromagnetic Rowing Machine x 1
- Parts Kit x 1 (includes tools and fasteners)
- User Manual x 1



Image: All components of the MERACH Q1S Rowing Machine laid out before assembly.
This image displays the main body of the rowing machine, the seat, the rail, and various smaller parts and tools included in the package, ready for assembly.

3. Assembly Instructions

The MERACH Q1S Rowing Machine is designed for quick assembly, typically within 30 minutes. Follow these steps carefully.

1. **Unpack Components:** Remove all parts from the packaging and place them on a clear, flat surface.
2. **Attach Front Stabilizer:** Secure the front stabilizer to the main frame using the provided bolts and tools.
3. **Attach Rear Stabilizer:** Secure the rear stabilizer to the rail assembly.
4. **Install Seat:** Slide the seat onto the rail assembly, ensuring it moves smoothly.

5. **Connect Rail to Main Frame:** Attach the rail assembly to the main flywheel unit, securing it with the designated fasteners.
6. **Install Pedals:** Attach the foot pedals to the main frame. Ensure they are oriented correctly (left and right).
7. **Connect Console Wires:** Carefully connect any necessary wires from the main unit to the console display.
8. **Final Check:** Verify that all bolts and nuts are tightened, and the machine is stable.



Image: Fully assembled MERACH Q1S Magnetic Rowing Machine with a user demonstrating proper form.
This image shows the complete rowing machine, highlighting its dual slide rails, ergonomic seat, and the central flywheel unit with its integrated display and tablet holder.

4. Operating Instructions

4.1 Console Overview

The integrated LCD console tracks your workout data. It typically displays:

- **TIME:** Duration of your workout.
- **DISTANCE:** Distance covered in kilometers or miles.
- **CALORIES:** Estimated calories burned.
- **STROKE COUNT:** Total number of strokes.
- **SPEED:** Current speed.

4.2 Resistance Adjustment

The MERACH Q1S features 16 levels of electromagnetic resistance for a smooth and quiet workout.

- **Manual Adjustment:** Turn the resistance knob located on the main unit to increase or decrease the resistance level from 1 to 16.
- **Automatic Adjustment (via App):** When connected to the MERACH App, resistance can be automatically adjusted based on selected courses or manually controlled through the app interface.



Image: Close-up of the MERACH Q1S resistance adjustment dial showing 16 levels.
This image highlights the digital display on the flywheel, indicating the current resistance level and workout time, with different resistance ranges suggested for various training types.

4.3 MERACH App & Kinomap Integration

Enhance your workout experience by connecting your rowing machine to the MERACH App or Kinomap.

- **Download the App:** Search for 'MERACH' or 'Kinomap' in your device's app store.

- **Connect via Bluetooth:** Ensure Bluetooth is enabled on your device. Open the app and follow the instructions to pair with your MERACH Q1S.
- **Features:** Access a variety of free courses, programmed exercises, virtual scenic routes, and track your progress. The app can also automatically adjust resistance during guided workouts.



Image: User rowing while connected to the MERACH app displaying various courses and games.
This image illustrates the interactive experience of using the rowing machine with a tablet, showing workout metrics and engaging virtual environments.

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Video: Demonstration of the MERACH Q1S Rowing Machine features and app connectivity.
This video provides an overview of the Q1S rowing machine, showcasing its design, quiet operation, and how it integrates with the MERACH application for interactive workouts and resistance control.

5. Proper Rowing Technique

Correct technique is crucial for an effective workout and to prevent injury. Rowing involves four main phases:

1. **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
2. **The Drive:** Push off with your legs first, then swing your back, and finally pull with your arms. Your legs, core, and arms should work in sequence.
3. **The Finish:** Legs extended, back slightly reclined, handle pulled to your lower chest/upper abdomen.
4. **The Recovery:** Extend your arms first, then pivot your hips forward, and finally bend your knees to slide back to the catch position.

Maintain a smooth, continuous motion. Focus on engaging your core throughout the stroke.



Image: MERACH app interface displaying a 'Champion Course' with a coach guiding the workout.
This image shows how the MERACH app provides professional guidance, including metrics like power, duration, distance, and calories, to help users optimize their rowing technique and performance.

6. Maintenance

Regular maintenance will ensure the longevity and optimal performance of your 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 dual slide rails with a soft cloth to ensure smooth seat movement.
- **Check Fasteners:** Regularly inspect all bolts, nuts, and screws to ensure they are tight. Tighten if necessary.
- **Storage:** For convenient storage, the MERACH Q1S can be stored upright against a wall. Ensure it is stable and secure.



Image: MERACH Q1S Rowing Machine shown in both horizontal use and vertical storage positions.

This image demonstrates the space-saving vertical storage capability of the rowing machine, highlighting its compact footprint when not in

use.

7. Troubleshooting

If you encounter any issues, please refer to the following common solutions:

Problem	Possible Cause	Solution
Console display not working	Batteries are dead or incorrectly installed; loose connection.	Replace batteries (2 AAA required). Check all cable connections to the console.
Resistance feels inconsistent	Loose internal components; app connection issue.	Ensure all external bolts are tight. If using the app, ensure a stable Bluetooth connection.
Seat does not slide smoothly	Debris on the rail; loose seat rollers.	Clean the dual slide rails thoroughly. Check if seat rollers are properly aligned and secured.
Unusual noises during operation	Loose bolts or components; friction.	Inspect all assembled parts and tighten any loose fasteners. Ensure no parts are rubbing.

If the problem persists, please contact MERACH customer support.

8. Specifications

Feature	Detail
Brand	MERACH
Model Name	R02B8 (Model Number: EQ1S)
Resistance Mechanism	Electromagnetic
Resistance Levels	16 Levels (Adjustable)
Maximum Weight Recommendation	350 pounds (158 kg)
Product Dimensions (L x W x H)	38"D x 24"W x 8"H (Note: This seems to be package dimensions, actual assembled dimensions are typically longer for rowers)
Item Weight	45 pounds (20.4 kg)
Frame Material	Aluminum
Metrics Measured	Calories Burned, Distance, Speed, Stroke Count, Time
Display	LCD

Feature	Detail
Power Source	Battery Powered (2 AAA batteries required for console)
Special Features	Dual Slide Rail, Quiet Operation, Multi-App Support (MERACH, Kinomap)

9. Warranty and Support

9.1 Warranty Information

The MERACH Q1S Magnetic Rowing Machine comes with a warranty period of **12 months from the date of purchase**. This warranty covers manufacturing defects and workmanship under normal use and service.

The warranty does not cover damage caused by improper assembly, misuse, abuse, alteration, or lack of maintenance. Please retain your proof of purchase for warranty claims.

9.2 Customer Support

For any questions, technical assistance, or warranty claims, please contact MERACH customer support through the retailer where you purchased the product or visit the official MERACH website for contact details.

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