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› MERACH NOVAROW - R50 Air Resistance Rowing Machine User Manual

MERACH NOVAROW - R50

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MODEL: NOVAROW - R50

Brand: MERACH

Product Overview

The MERACH NOVAROW - R50 is an adjustable air resistance professional indoor rowing machine designed for a full-body, low-impact workout. It features an ergonomic comfort seat, a performance monitor, and a device holder. This rowing machine is built for easy storage and caters to various workout intensities with its 10-level air resistance system.

What's in the Box

- R50 Air Rowing Machine x1
- AA Battery x2
- User Manual x1
- Screw&Kit x1

Assembly & Setup

The MERACH NOVAROW - R50 is 90% pre-assembled for quick setup and immediate use. Follow the instructions below for final assembly.

Your browser does not support the video tag.

Video: R50 Installation Guide. This video provides a step-by-step visual guide for assembling your MERACH NOVAROW - R50 rowing machine.

Ensure all components are present as listed in the 'What's in the Box' section. Use the provided tools to secure the remaining

parts. The process is designed to be fast and effortless.

100% Professional Rowing Experience

The Preferred Choice of Professionals for Consistent and Challenging Workouts



**Immersive Rowing
Race Feel**



**Higher
Resistance Cap**



**Dynamic Resistance
Adjustment**

Image: The MERACH NOVAROW - R50 Air Resistance Rowing Machine fully assembled. This image shows the complete product ready for use.

Operating Instructions

The NOVAROW - R50 provides a full-body, low-impact workout. Engage over 86% of your major muscle groups in just 20 minutes. The 10-level air resistance system offers up to 110 lbs of peak resistance, allowing you to customize your workout intensity.

MERACH *Maximum* Resistance Rower

MERACH Unique Dynamic air resistance technology
Resistance increases as rowing speed rises.

"Faster Speed, Greater Resistance"



Dynamic Resistance **System™**

Image: A user demonstrating proper rowing posture on the MERACH NOVAROW - R50. This highlights the ergonomic design and correct usage for effective workouts.

Adjustable footplates allow you to fine-tune leg positioning and seating alignment, maintaining pelvic alignment and a natural posture for effective workouts while minimizing injury risk.

Four Original Core Technologies



32-Blade Fan Design

32.7% ↑
Enhanced Airflow
Utilization

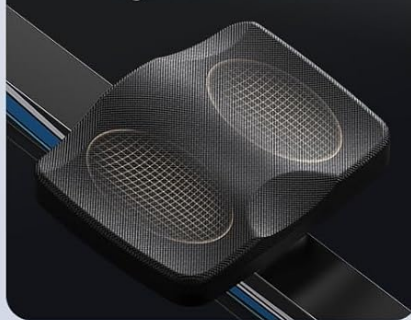
G6.3 ↑
Blade Dynamic
Balance Precision

0.02s ↑
Real-Time
Resistance Response

Nickel-plated Steel Chain



Ergonomics Dynamic seat



Precision Bearings



Image: Close-up view of the adjustable footplates on the MERACH NOVAROW - R50. This image illustrates how users can customize foot positioning for comfort and proper form.

The ergonomic comfort seat is designed to fit your physique, enhancing comfort and support during extended workouts.

Why Choose MERACH R50?



MERACH R50



Professional
Rowing Experience



Unlimited
Resistance



32-Blade Fan
better fluency



Rhythmic
wind sound



Dynamic air
resistance



Others

General Experience

Limited Resistance

unsmooth

boring exercise

Single resistance

Image: The ergonomic comfort seat of the MERACH NOVAROW - R50. This image highlights the design features of the seat for user comfort.

Performance Monitor & App Integration

The professional performance monitor delivers accurate workout data including calories burned, distance, speed, stroke count, and time. It connects via Bluetooth to the Merach APP, which includes a device holder for your smartphone or tablet.

Your browser does not support the video tag.

Video: MERACH Rowing Machine NovaRow R50 Overview. This video demonstrates the features of the rowing machine, including the performance monitor and app connectivity.

The Merach APP offers various training modes, challenges, and virtual videos to enhance your rowing experience. Track your progress, compete with others, and customize your workout plans.

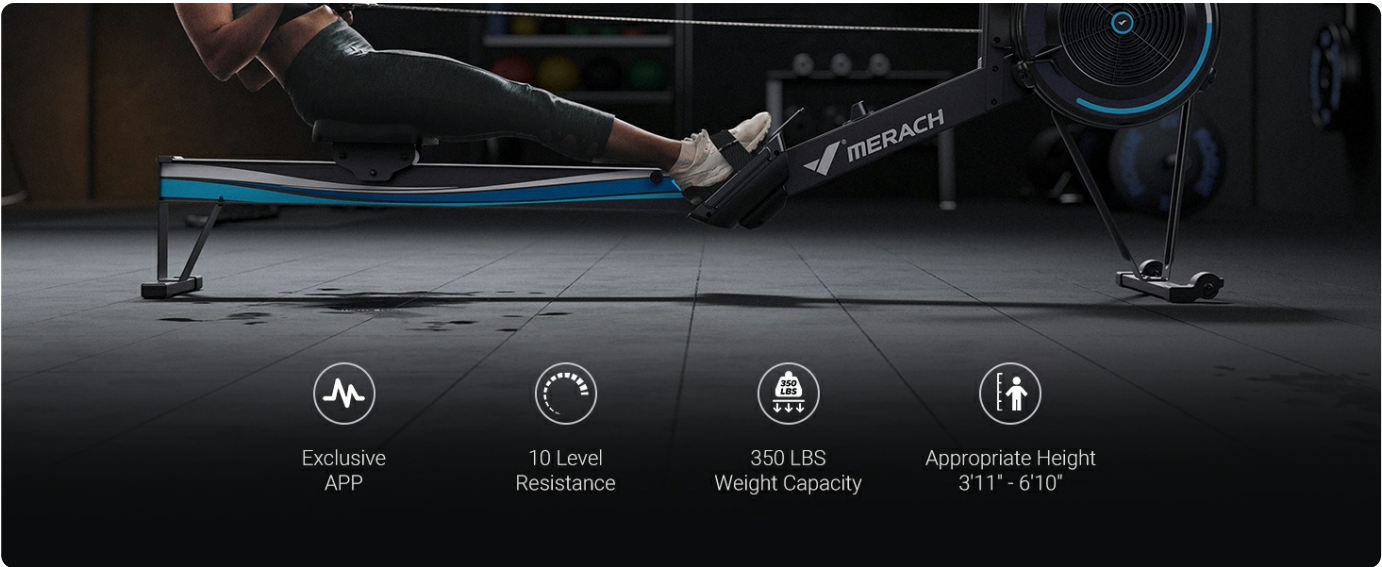


Image: The MERACH App interface displaying virtual rowing routes and workout data. This image illustrates the interactive features available through the app.

Storage

The MERACH NOVAROW - R50 features a foldable design that allows vertical storage in two sections, maximizing space efficiency. Folded dimensions are 32.7L x 28.7W x 54.3H inches.

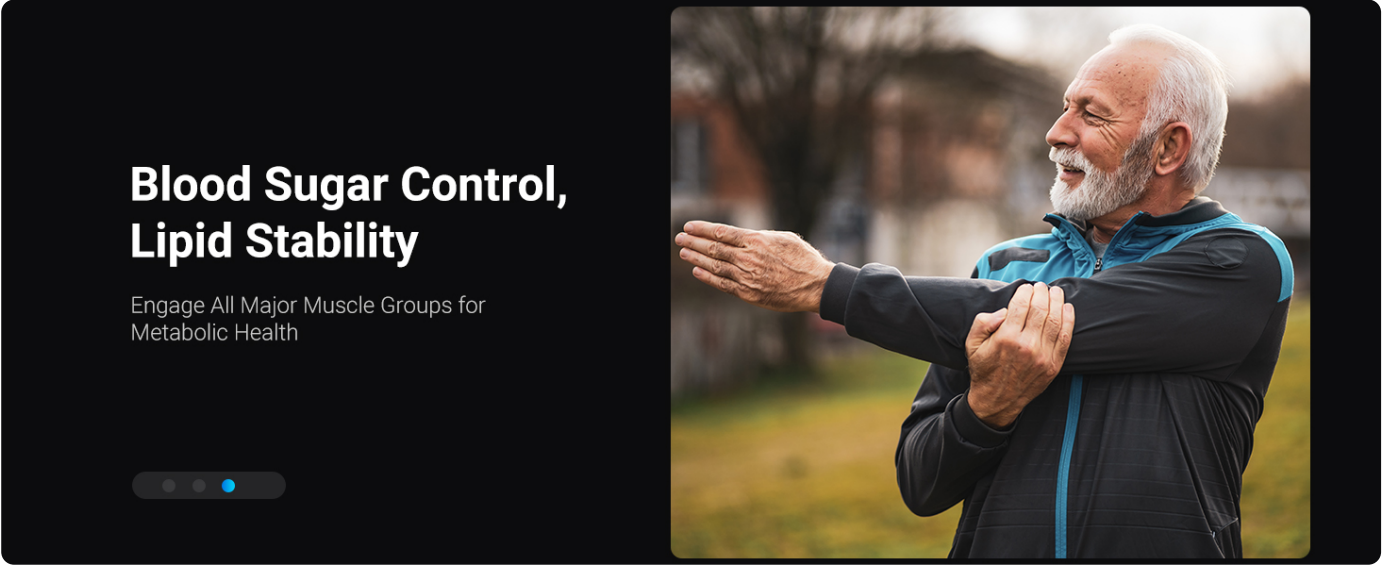


Image: The MERACH NOVAROW - R50 rowing machine folded into its vertical storage position. This demonstrates the space-saving design.

Specifications

Feature	Detail
Brand	MERACH

Model Name	NovaRow R50
Resistance Mechanism	Air
Special Feature	Adjustable Footboard, Ergonomic, 10-Level Adjustable Resistance
Product Dimensions	95"D x 24"W x 40"H
Maximum Weight Recommendation	350 Pounds
Item Weight	72 Pounds
Frame Material	Alloy Steel
Metrics Measured	Calories Burned, Distance, Speed, Stroke Count, Time
Display Type	LCD
Power Source	Battery Powered (2 AA batteries included)

Warranty and Support

The MERACH NOVAROW - R50 comes with a 12-month warranty, with an additional 12-month warranty available upon registration. For any support needs, please contact MERACH Direct.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question