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MERACH R300 Eco

MERACH Water Rowing Machine R300 Eco - Rubberwood User Manual

Model: R300 Eco

Safety | Contents | Setup | Operation | Maintenance & Support | Troubleshooting | Specifications | Warranty

1. Important Safety Information

Read all instructions before using this equipment. Keep this manual for future reference.

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the rowing machine on a flat, stable surface.
- Ensure all bolts and nuts are securely tightened before each use.
- Do not overfill the water tank.
- Wear appropriate exercise attire and footwear.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Maximum user weight: 350 lbs (158 kg).
- Maximum user height: 6 ft 8 in (200 cm).

2. Package Contents

Verify all components are present before assembly:

- R300 Wood Rowing Machine x 1
- Electric Water Pump x 1
- Parts Kit x 1 (includes screws, nuts, wrenches)
- User Manual x 1
- Water Blue Pills x 1

3. Setup and Assembly

Follow these steps for proper assembly. It is recommended that two people assemble the equipment for easier alignment of holes.

3.1. Installing the Slide Rail, Seat Cushion, and Slide Rail Tail Plate

1. Attach the Right Rail (E) to the Main Frame (A) using 3 M8*40 flat head hexagon screws and 3 nuts. Leave screws untightened until assembly is complete.
2. Slide the Seat Cushion (B) onto the Left and Right Slide Rails (D&E). Ensure the seat is correctly positioned on the rails.
3. Attach the Left Rail (D) to the Main Frame (A) using 3 M8*40 flat head hexagon screws and 3 nuts. Leave screws untightened.
4. Assemble the Slide Rail Tail Plate (F) with the Left and Right Slide Rails (D&E) using 4 M8*50 flat head hexagon screws.
5. Tighten all screws on the Right Rail (E) and Left Rail (D) using the provided S13-S16 open-end wrench and 5mm Allen wrench. It is recommended to lift the rail upwards for easier tightening.

▶ **Watch video online**
R23 Installation instructions

Video: Detailed assembly instructions for the MERACH R23 (similar to R300) water rowing machine, covering slide rail, seat cushion, and tail plate installation. This video demonstrates the physical steps for connecting the main frame components and securing them.

3.2. Installing the Slide Rail Bottom Plate

1. Install the Slide Rail Bottom Plate (G) onto the Left and Right Slide Rails (D&E) using 4 M8*70 flat head hexagon screws and a 5mm Allen wrench.
2. Install the 2 T-handle Screws (2) to the Main Frame (A).

3.3. Installing the Monitor

1. Unscrew the 4 pre-installed screws from the Main Frame (A) using a 5mm Allen wrench.
2. Install the Monitor (C) onto the Main Frame (A) using the 4 previously removed screws and a 5mm Allen wrench.
3. Pass the sensing wires through the holes and connect them together.
4. Install 2 AAA batteries into the Monitor (C).
5. Install the 2 Achilles Tendon pads onto the Pedals.



Image: The MERACH R300 Eco Water Rowing Machine shown in both its operational flat position and its upright storage position. A smartphone displaying the MERACH app is also visible, indicating Bluetooth connectivity.

4. Operating Instructions

4.1. Filling the Water Tank

- Remove the rubber stopper from the top of the water tank.
- Use the provided electric water pump to fill the tank with distilled water. Do not exceed the maximum fill line indicated on the tank.
- Add one water blue pill to prevent algae growth. Replace the rubber stopper securely.



Image: A detailed view of the water tank on the MERACH R300 Eco, highlighting the 12-blade design for water resistance and the leak-proof seal. This image illustrates the core resistance mechanism of the rowing machine.

4.2. Adjusting Footpads

- The footpads are adjustable to accommodate various foot sizes. Secure your feet with the straps provided.
- Ensure your feet are firmly strapped in to maintain stability during your workout.

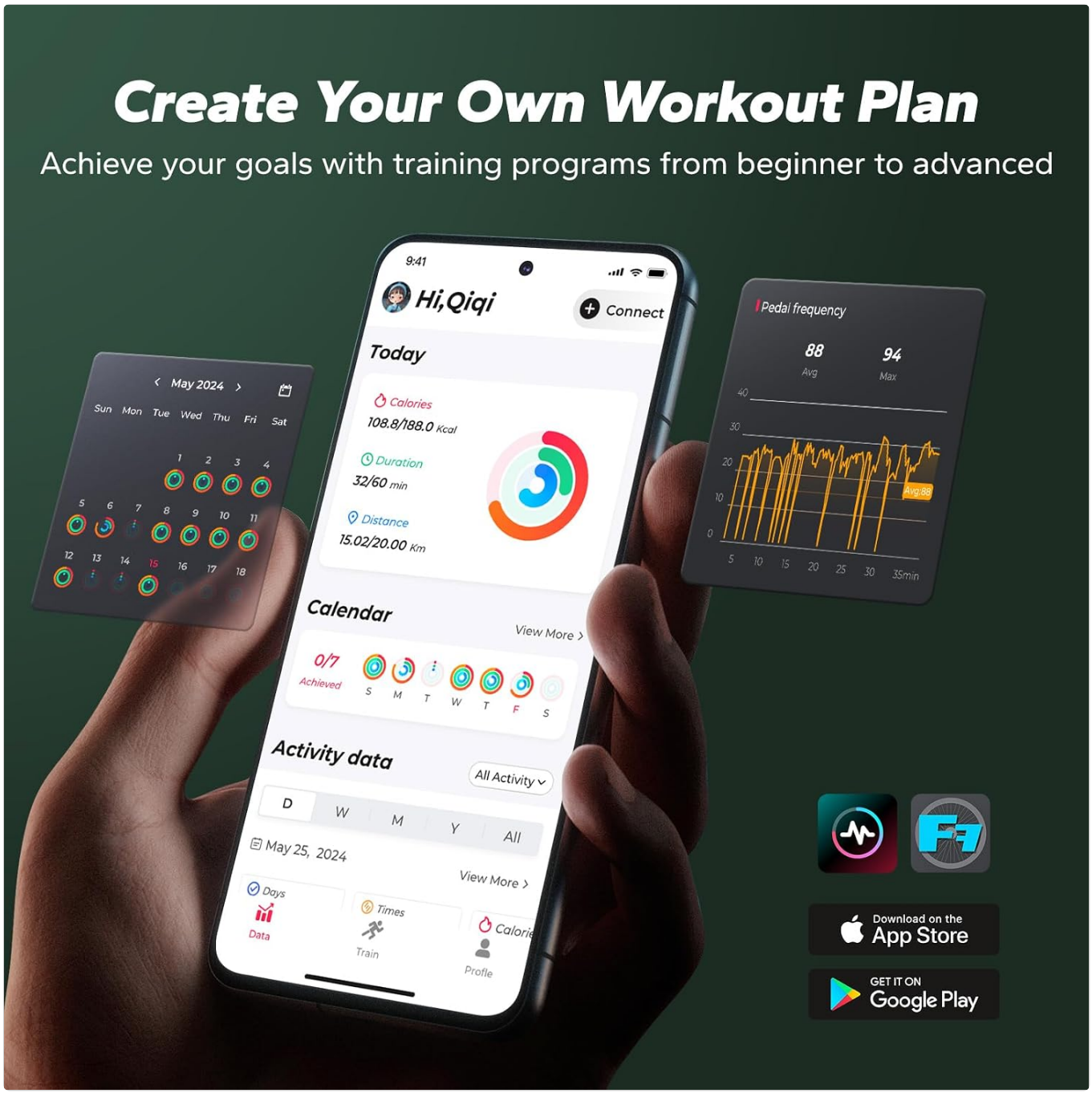

Image: A close-up showing the ergonomic leather handle cover designed for comfort and blister prevention, along with the adjustable foot straps and Achilles tendon support for ultimate foot protection and comfort during rowing.

4.3. Using the Monitor and Bluetooth App

- The LCD-backlit display tracks time, distance, calories, and strokes.
- Press the "MODE" button to cycle through different display metrics.
- Press "RESET" to clear current workout data.
- Connect via Bluetooth to the MERACH app for interactive features, workout programs, and real-time tracking. Download the app from your device's app store.



Image: A smartphone screen displaying the MERACH app, which allows users to create workout plans, track daily goals, view activity data, and engage in scenic workouts or map racing. The app enhances the rowing experience with interactive features.

4.4. Proper Rowing Technique

Achieving an effective and safe workout requires proper technique. The rowing stroke consists of four phases: the catch, the drive, the finish, and the recovery.

1. **The Catch:** Knees bent, shins vertical, arms extended forward, back straight, shoulders relaxed.
2. **The Drive:** Push off with your legs, then lean back slightly, and finally pull the handle towards your abdomen.
3. **The Finish:** Legs extended, body leaning back slightly, handle at your abdomen, elbows past your body.
4. **The Recovery:** Extend arms forward, lean body forward, then bend knees to return to the catch position.

▶ **Watch video online**

PASYOU Water Rowing Machine for Home Use Foldable

Video: A demonstration of proper rowing technique on a water rowing machine. This video illustrates the correct form for each phase of the rowing stroke, from setup to recovery, ensuring an effective and safe workout.

5. Storage

The MERACH R300 Eco is designed for easy storage. It can be folded or stored upright to save space.

- To store upright, lift the rear of the machine until it stands vertically. Ensure it is stable and placed against a wall or in a corner to prevent accidental tipping.
- The integrated wheels allow for easy movement when storing or repositioning the machine.



Image: The MERACH R300 Eco Water Rowing Machine is shown in both its horizontal operational state and its vertical storage position, demonstrating its space-saving design. This image highlights the versatility of the machine for home use.

6. Maintenance

- **Cleaning:** Wipe down the machine with a damp cloth after each use. Avoid abrasive cleaners.
- **Water Treatment:** Add a water blue pill every 6-12 months to keep the water clean and prevent algae. Replace water if it becomes discolored or cloudy.
- **Rail Cleaning:** Periodically clean the slide rails with a soft cloth to ensure smooth seat movement.
- **Belt Inspection:** Regularly check the drive belt for any signs of wear or damage.
- **Fastener Check:** Periodically inspect all bolts and nuts to ensure they are tight. Tighten as necessary.

7. Troubleshooting

Problem	Possible Cause	Solution
Monitor not displaying data.	Dead batteries; loose sensor connection.	Replace batteries; check sensor wire connection.
Squeaking noise during operation.	Dry slide rails; loose components.	Clean and lightly lubricate slide rails; check and tighten all bolts.
Resistance feels inconsistent.	Insufficient water in tank; air bubbles in tank.	Add water to the recommended level; gently rock the machine to remove air bubbles.
Bluetooth connection issues.	App not updated; device too far; interference.	Ensure app is updated; keep device close; restart app/device.

8. Specifications

Brand: MERACH

Model Name: MR-R300

Style: R300 Eco - Rubberwood

Resistance Mechanism: Water

Frame Material: Wood (Rubberwood)

Product Dimensions: 71"D x 16"W x 16"H (180cm D x 40cm W x 40cm H)

Item Weight: 70 lbs (31.75 kg)

Maximum Weight Recommendation: 350 lbs (158 kg)

Tension Level: Adjustable (via water level)

Display Type: LCD (backlit)

Power Source: Manual (for rowing), 2 AAA batteries (for monitor)

Special Features: Adjustable Footpad, Easy Assembly, Foldable, Bluetooth Connectivity

9. Warranty and Support

The MERACH R300 Eco Water Rowing Machine comes with a **12-month warranty** from the date of purchase.
For any questions, technical assistance, or warranty claims, please contact MERACH customer support. Refer to your purchase documentation for specific contact details or visit the official MERACH website.
MERACH offers 24/7 customer support to ensure a hassle-free experience.

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