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## MERACH S28

# MERACH S28 Automated Magnetic and Incline Exercise Bike User Manual

Model: S28 (MR-S28B1)

## 1. INTRODUCTION

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Thank you for choosing the MERACH S28 Automated Magnetic and Incline Exercise Bike. This manual provides essential information for the safe and efficient operation, assembly, and maintenance of your new fitness equipment. Please read this manual thoroughly before initial use and retain it for future reference.

## 2. SAFETY INFORMATION

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**WARNING: To reduce the risk of serious injury, read all instructions before using this equipment.**

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment.
- Place the exercise bike on a level surface with adequate clearance around it.
- Inspect the equipment for loose or worn parts before each use. Do not use if damaged.
- Wear appropriate exercise attire and footwear.
- Do not exceed the maximum user weight capacity of 350 lbs (158 kg).
- Stop exercising immediately if you feel faint, dizzy, or experience pain.

## 3. PACKAGE CONTENTS

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Verify that all components are present before assembly. If any parts are missing or damaged, contact customer service.

- Main Frame (pre-assembled)
- Front Stabilizer
- Rear Stabilizer
- Handlebar Assembly
- Seat Post and Saddle
- Pedals (Left and Right)
- Device Holder

- Water Bottle Holder
- Dumbbell Racks
- Hardware Kit (bolts, washers, tools)
- User Manual

## 4. SETUP AND ASSEMBLY

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The MERACH S28 bike is 80% pre-assembled for quick setup. Follow these steps:

1. **Attach Stabilizers:** Secure the front and rear stabilizers to the main frame using the provided bolts and tools. Ensure they are tightened for stability.
2. **Install Pedals:** Identify the Left (L) and Right (R) pedals. Thread the left pedal counter-clockwise and the right pedal clockwise into their respective crank arms. Tighten securely.
3. **Mount Seat Post:** Insert the seat post into the main frame. Adjust to your desired height and secure with the adjustment knob.
4. **Attach Handlebar:** Connect the handlebar assembly to the front post. Ensure all cables are properly connected and secure the handlebar with the provided hardware.
5. **Install Device Holder:** Attach the device holder to the handlebar assembly.
6. **Install Accessories:** Attach the water bottle holder and dumbbell racks to their designated locations on the frame.

# Heavy Duty Magnetic Flywheel

Stronger Resistance Better Fat Burn



**5000GS**  
Strong Magnet

**40LBS**  
Flywheel

Figure 1: Fully assembled MERACH S28 Exercise Bike.



## Strong and Sleek Build

Perfect for HIIT and cross-training



**350 LBS**  
Maximum Capacity



**4'8" to 6'4"**  
Recommend Height

Figure 2: Visual guide for quick assembly steps.

For a visual guide, refer to the assembly video provided by MERACH.

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Video 1: Official MERACH S28 Smart Off-Road Racing Bike overview and features. This video demonstrates the product's capabilities and design.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Powering On/Off

The MERACH S28 is self-powered. Begin pedaling to activate the console and app connectivity.

### 5.2 Resistance Control

The bike features 16 levels of automated magnetic resistance. Resistance can be adjusted manually via the console or automatically through the MERACH App during guided workouts.



Figure 3: Console displaying smart magnetic resistance controls and workout data.

### 5.3 Incline and Decline System

The S28 includes an exclusive  $\pm 6\%$  automatic incline and decline system. This feature simulates varied terrains, engaging different muscle groups. Incline/decline can be controlled via the app or specific buttons on the handlebars.

# Heavy Duty Magnetic Flywheel

Stronger Resistance Better Fat Burn

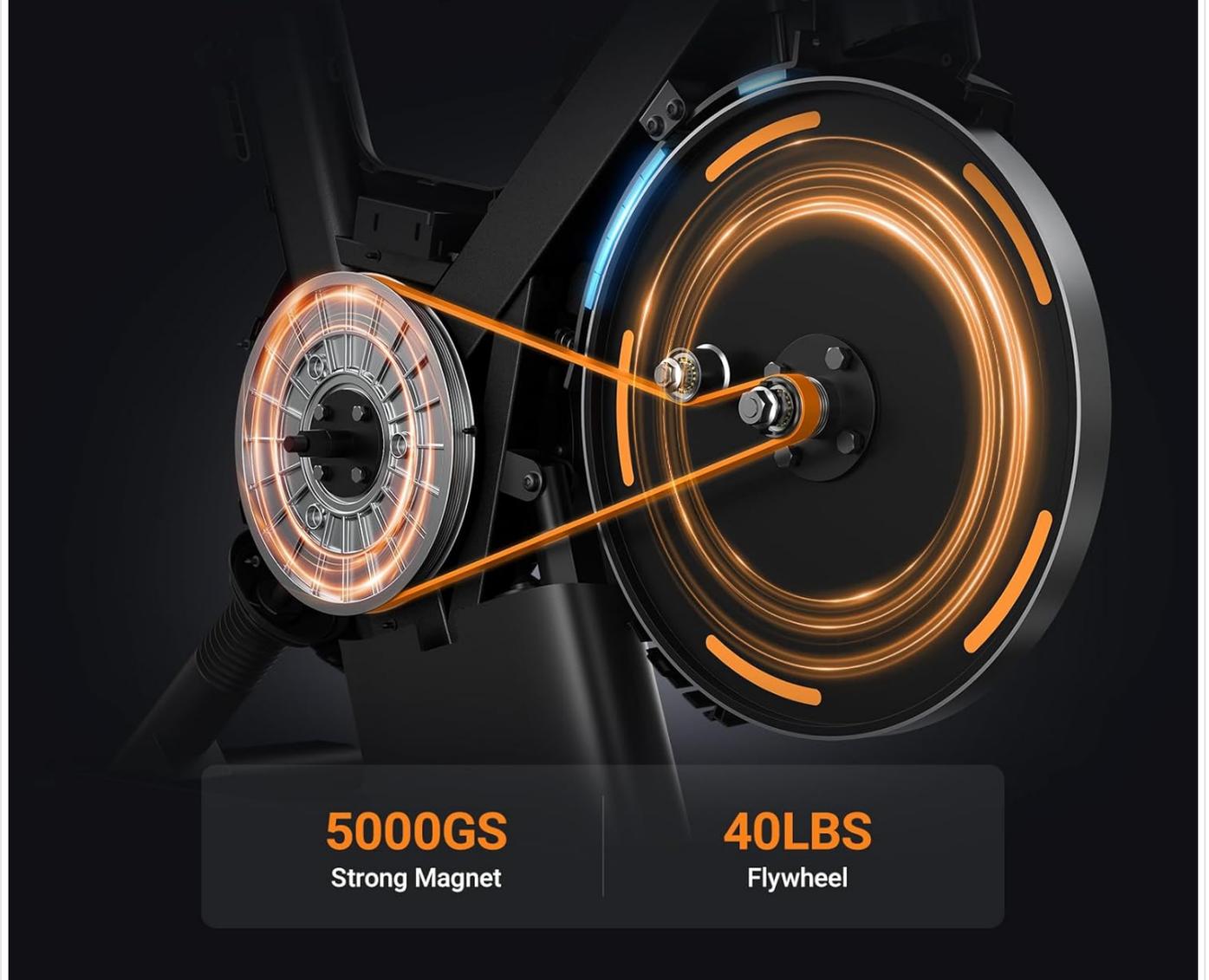


Figure 4: Illustration of the automatic incline (+6%) and decline (-6%) system during cycling.

## 5.4 MERACH App Connectivity

Download the free MERACH App from your device's app store. Connect your bike via Bluetooth to access thousands of classes, interactive games, global routes, and track your fitness data. The app is compatible with Kinomap, Zwift, Apple Health, and Google Fit.

# Create Your Own Workout Plan

Achieve your goals with training programs from beginner to advanced.

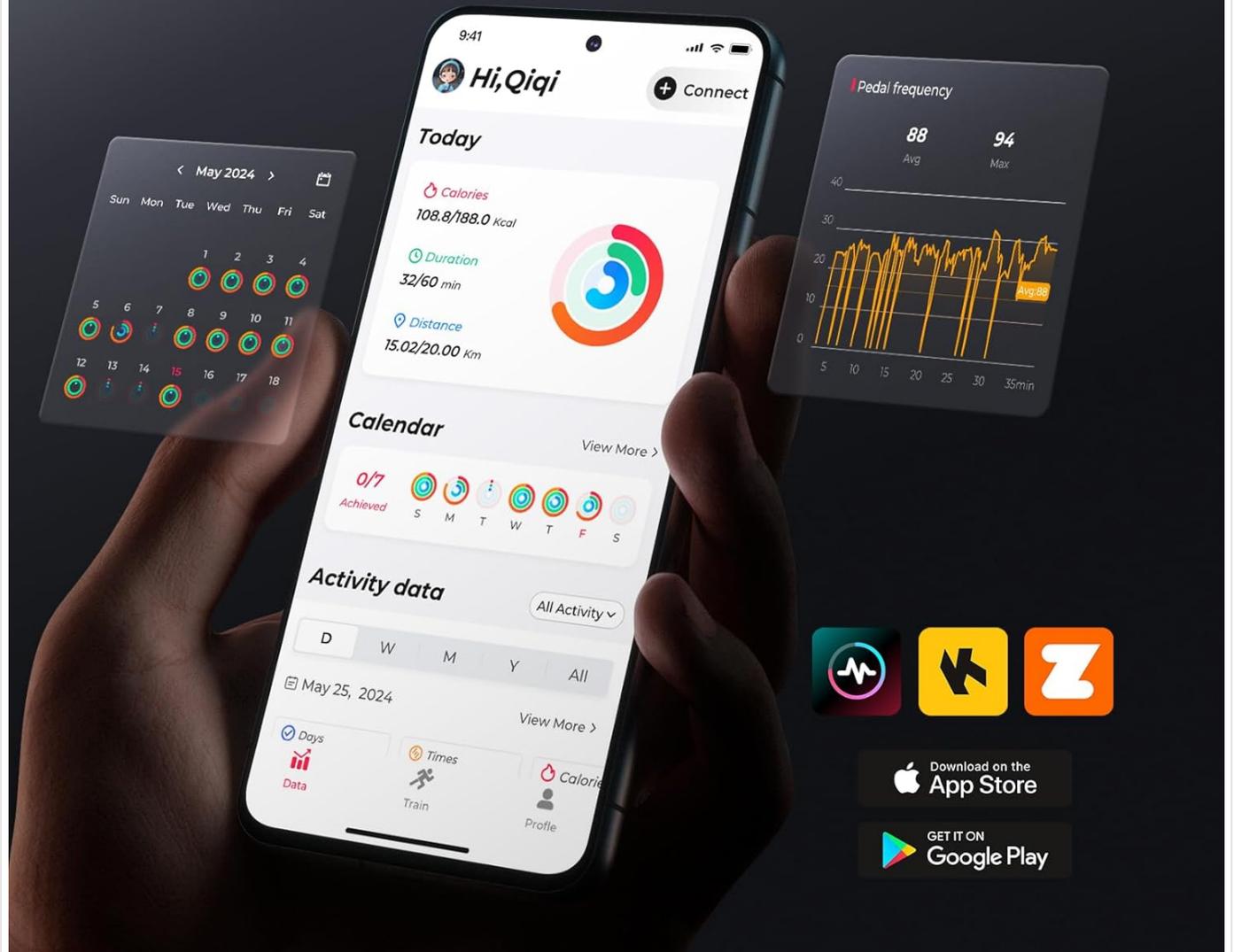


Figure 5: The MERACH App interface showing workout plans and compatibility with other fitness platforms.

## 6. ADJUSTMENTS

Proper adjustment ensures comfort and efficiency during your workout.

### 6.1 Seat Adjustment

The seat is 4-way adjustable (up/down, forward/backward). Loosen the adjustment knobs, move the seat to your preferred position, and tighten the knobs securely. The bike accommodates users from 4'8" to 6'4".

### 6.2 Handlebar Adjustment

The handlebars are 2-way adjustable (up/down). Loosen the adjustment knob, raise or lower the handlebars to a comfortable height, and tighten the knob securely.

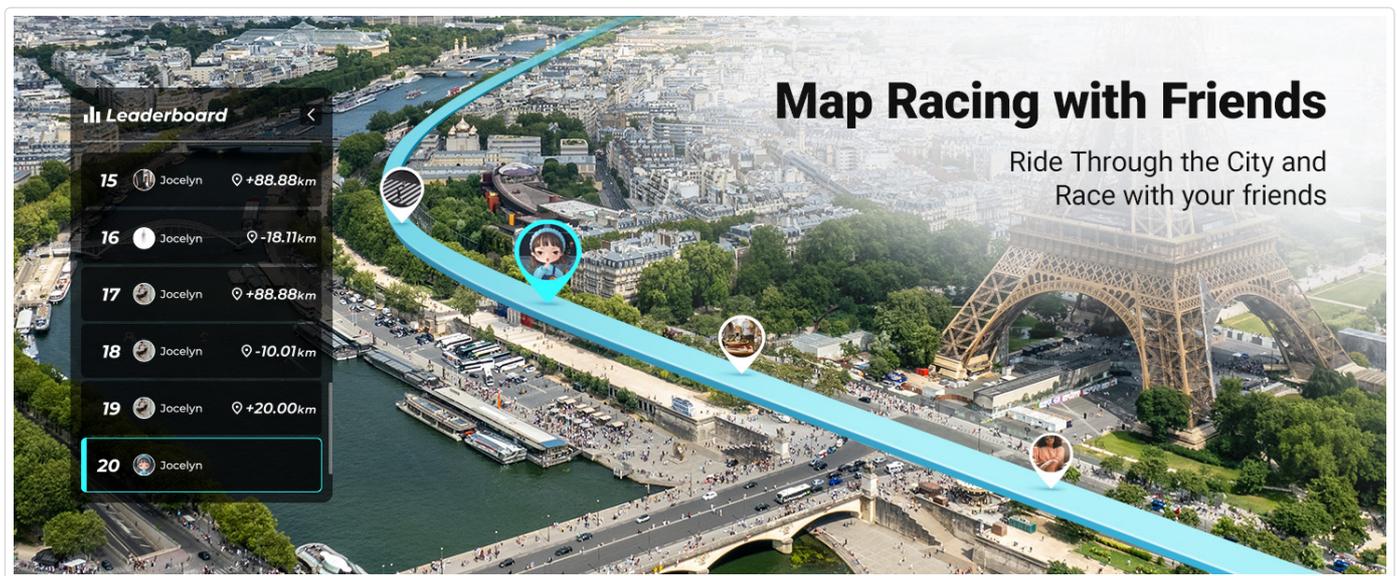


Figure 6: Illustration of 4-way seat adjustment and 2-way handlebar adjustment.

## 7. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your exercise bike.

- **Cleaning:** Wipe down the bike with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Lubrication:** The magnetic resistance system is low-maintenance and does not require lubrication.
- **Storage:** Store the bike in a dry, cool place away from direct sunlight and extreme temperatures.

## 8. TROUBLESHOOTING

Problem	Possible Cause	Solution
No display on console	Batteries are dead or incorrectly installed.	Replace batteries or ensure correct polarity.
Resistance not changing	Loose cable connection or app synchronization issue.	Check all cable connections. Restart the app and bike, then re-pair.
Unstable during use	Bike not on a level surface or stabilizers are loose.	Adjust the leveling feet on the stabilizers. Tighten all stabilizer bolts.
Unusual noise during pedaling	Loose components or internal friction.	Check and tighten all visible bolts. If noise persists, contact customer support.

## 9. SPECIFICATIONS

- **Model:** S28 (MR-S28B1)
- **Brand:** MERACH
- **Resistance Mechanism:** Automated Magnetic Resistance
- **Number of Resistance Levels:** 16
- **Flywheel Weight:** 40 lbs
- **Incline/Decline System:** ±6% Automatic

- **Maximum Weight Recommendation:** 350 lbs
- **Recommended User Height:** 4'8" to 6'4"
- **Item Weight:** 109.5 lbs
- **Product Dimensions (LxWxH):** 45.27"D x 10.62"W x 35.03"H
- **Material:** Alloy Steel
- **Power Source:** Battery Powered
- **Special Features:** Auto Incline and Decline, Automated Magnetic Resistance, Self-Developed App, 5 x 2000GS Magnets

## Stable Dual Triangle Frame

The dual triangle structure evenly distributes weight and absorbs shocks, providing a smoother and more stable riding experience.



Figure 7: The stable dual triangle frame design of the MERACH S28 Exercise Bike.

# Smart Magnetic Resistance Controls

16 adjustable resistance levels to suit various fitness needs



Figure 8: Detailed view of the heavy-duty magnetic flywheel and strong magnets.

## 10. WARRANTY AND SUPPORT

MERACH offers a comprehensive 1-year warranty on the product and lifetime access to our professional technical support team. For any inquiries or assistance, please contact MERACH customer service. We are committed to ensuring your complete satisfaction.

**Customer Service Response:** Guaranteed within 12 hours.

For further information, visit the [MERACH Store](#).