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> MERACH Rocking Stepper MR-25111 Instruction Manual

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MERACH Rocking Stepper MR-25111 Instruction Manual

Brand: MERACH | Model: MR-25111

PRODUCT OVERVIEW

The MERACH Rocking Stepper MR-25111 offers a unique lateral rocking motion that engages hips, thighs, glutes, and core muscles more effectively than traditional steppers. Its 3D motion technology provides a dynamic workout experience. Engineered for joint safety, the platform remains parallel to the ground, minimizing impact and strain. This compact and lightweight stepper includes resistance bands for an enhanced full-body workout and features an LCD screen for real-time feedback on workout time, steps, and calories burned. Built with commercial-grade steel, it supports up to 330 lbs.

PACKAGE CONTENTS

- Rocking Stepper x 1
- User Manual x 1
- Resistance Bands x 2



Image: The MERACH Rocking Stepper, along with its resistance bands and user manual, shown in its original packaging.

SETUP GUIDE

Initial Assembly

The MERACH Rocking Stepper comes pre-assembled, requiring no complex setup. Simply remove it from the packaging. The only assembly required is attaching the resistance bands if you choose to use them for upper body workouts.

1. Carefully remove the rocking stepper from its box.
2. Place the stepper on a flat, stable surface.
3. To attach the resistance bands: Locate the attachment points on the stepper (usually small hooks or loops near the pedals). Clip the carabiners of the resistance bands securely onto these points.
4. Ensure all connections are firm before use.

OPERATING YOUR ROCKING STEPPER

Getting Started

1. **Placement:** Place the stepper on a firm, level surface. For use on carpet, a thin rubber pad may help prevent movement.
2. **Stepping On:** Step onto one pedal first, ensuring your foot is centered and stable. Then, carefully place your other foot onto the second pedal. Hold onto a sturdy object or wall for balance if needed, especially when first starting.
3. **Rocking Motion:** Begin by gently shifting your weight from side to side, allowing the pedals to rock. Increase the intensity and range of motion as you become comfortable.
4. **Using Resistance Bands:** If attached, hold the handles of the resistance bands. Incorporate arm movements such as bicep curls, tricep extensions, or lateral raises while rocking to engage your upper body.

Gentle on Knees

U-shape glide keeps impact low



Staight Up-Down
More knee drive



3D Rocking Glide
More hip & core

Image: A user demonstrates the rocking motion on the MERACH Stepper, engaging both lower and upper body with resistance bands.

LCD Display Functions

The integrated LCD screen provides real-time workout data to help you track your progress:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout session.
- **COUNT:** Shows the total number of steps taken.
- **CALORIES:** Estimates the calories burned during your workout.

See Your Little Wins

Track steps time and calories at a glance

Daily Goal Hit! 🎉

T D C T C C A
STOP
10:00
SCAN TIME DISCOUNT
T-COUNT CALORIES

Bye Calories 😎

10 Mins Rocking 💪

Image: A detailed view of the stepper's LCD screen, which tracks time, steps, and calories to monitor workout progress.

SUGGESTED WORKOUT ROUTINES

Warm-Up Routine



Image: Visual guide for a warm-up routine using the rocking stepper and resistance bands, featuring front raises, arm circles, and calf raises.

1. **Front Raises x 20:** Stand on the stepper, hold resistance band handles, and raise arms forward to shoulder height.
2. **Arm Circles x 20:** Stand on the stepper, hold resistance band handles, and perform circular motions with your arms.
3. **Calf Raises x 20:** Stand on the stepper, keeping heels slightly off the pedals, and push up onto the balls of your feet.

Core Stepper Routine



Image: Visual guide for a core workout routine using the rocking stepper, including rapid glide, low rapid glide, and push-ups.

1. **Rapid Glide 2 min:** Maintain a quick, continuous rocking motion on the stepper.
2. **Low Rapid Glide 2 min:** Lower your body slightly into a squat position while maintaining a rapid rocking motion.
3. **Push-Ups x 10:** Place hands on the stepper's pedals (or frame for stability) and perform push-ups.

CARE AND MAINTENANCE

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight. Its compact design allows it to fit easily in corners or under furniture.
- **Lubrication:** Periodically check for any squeaking noises. If present, apply a small amount of silicone-based lubricant to moving parts as needed.
- **Inspection:** Regularly inspect the resistance bands and all structural components for wear and tear. Replace any damaged parts immediately.

TROUBLESHOOTING

- **Squeaking Noise:** If the stepper produces squeaking sounds, apply a small amount of silicone lubricant to the pivot points and moving joints.
- **Stepper Moves During Use:** Ensure the stepper is placed on a flat, firm surface. Using a non-slip mat underneath can help stabilize the unit, especially on smooth floors.

- **LCD Display Not Working:** Check if the battery (AAA) needs replacement. The display unit can be easily popped off to access the battery compartment.
- **Difficulty Balancing:** For beginners or those with balance concerns, start by holding onto a sturdy wall or chair. Practice slow, controlled movements until confidence improves.

PRODUCT SPECIFICATIONS

Feature	Specification
Brand	MERACH
Model Number	MR-25111
Color	Black
Material	Alloy Steel
Product Dimensions (L x W x H)	10.63"L x 10.63"W x 19"H
Item Weight	13 Pounds
Weight Capacity Maximum	330 Pounds

WARRANTY AND CUSTOMER SUPPORT

The MERACH Rocking Stepper MR-25111 comes with a **12-month warranty**. For any product-related inquiries, technical assistance, or warranty claims, please contact MERACH customer service. We offer 24/7 customer service to ensure your satisfaction.

Please refer to the contact information provided in your purchase documentation or visit the official MERACH website for support.

FREQUENTLY ASKED QUESTIONS



Image: Quick answers to common questions about using the rocking stepper.

- **Not great at balance?** You can still use it. Start slow by a wall or sturdy chair.
- **Is it safe for my knees?** Yes. Level pedals help reduce stress on your knees and ankles.
- **Can I use it on carpet?** Yes. Use it on flat, firm surfaces like hard floors or mats.