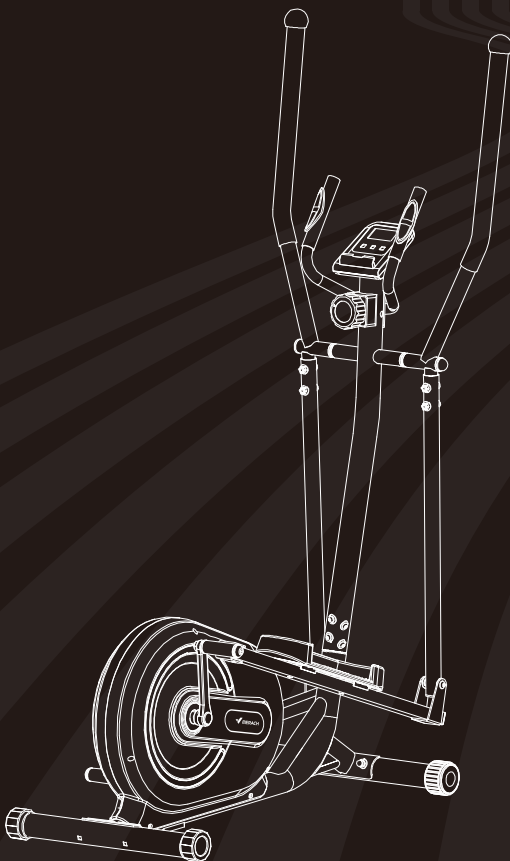


# USER MANUAL

— MERACH MR-E07 ELLIPTICAL MACHINE —



## Questions or Concerns?

### IMPORTANT!

Please read all details before use, and keep this user manual for future reference.

PLEASE CONTACT US BEFORE THE RETURN: Mon-Fri, 9:00 am-5:00 pm PST/PDT

[support@merach.com](mailto:support@merach.com)



**WHO  
WE ARE**



Our customers aren't just important; their health, fitness, and pure enjoyment for life is at the core of everything we do at MERACH. From innovative fitness research and cutting-edge product development, to our exceptional purchasing & after-sales service, we are our customers' life-long partner in crafting a better fitness future.

Through quality fat-burning & muscle-building fitness equipment such as our quality rowing machines and exercise bikes, plus our innovative MERACH APP, and digital courses, we give the opportunity and support to all to pursue their health and fitness goals and discover a new way of healthy living.

***Welcome to MERACH***

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This device contains a radio transmitter module with type approval code FCC ID ENTIFIER: 2A6QWMR-BLE001.



Please read the entire manual carefully before installing and using the machine, and save for further use.

# Safety Instructions

- Please keep this manual in a safe place for future reference.
- It is very important to read the entire manual thoroughly before installing and using the machine. Safe and effective training can only be achieved if the machine is properly assembled, properly maintained and used. Make sure all users are familiar with all warnings and precautions of this machine.
- Please consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
- Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any symptoms (including headache, chest pain, irregular heartbeat, shortness of breath, dizziness, or any discomfort), stop exercising immediately and consult your physician, get the permission before training again.
- Always keep children and pets away from the machine. The machine is for adult use only.
- Please use this machine on stable and horizontal ground level, and put a protective layer on the floor or carpet to prevent a floor from damaging. Make sure the distance between the machine and each obstacle is at least 1.6 ft (0.5m).
- Please check all screws and nuts are properly tightened before using the machine.
- The safe use of the machine can only be guaranteed if the regular maintenance and repairs are undertaken, and worn out and broken parts are changed.
- Please follow the instructions in this manual to use this machine. Please stop using and operating immediately when you find any defective parts or hear any abnormal sound. Make sure all issues are resolved before using it again.
- Please wear sports clothes, sports shoes, or other proper clothes. Loose-fitting clothing is not recommended, as loose clothing may get caught in the machine, hindering operation and possibly causing an injury.
- This machine is only for home use. The Maximum user weight is 265 lbs.

# Safety Instructions

- This machine is not for professional medical treatment.
- This product is only for family use.
- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.
- If the moving parts are damaged, please do not use the machine until the parts are repaired.
- Keep the children away from the machine. The equipment is not for children to use or play with. They can injure themselves accidentally.
- When using the machine, please put the pedal to the lowest position for easy to get on the machine.

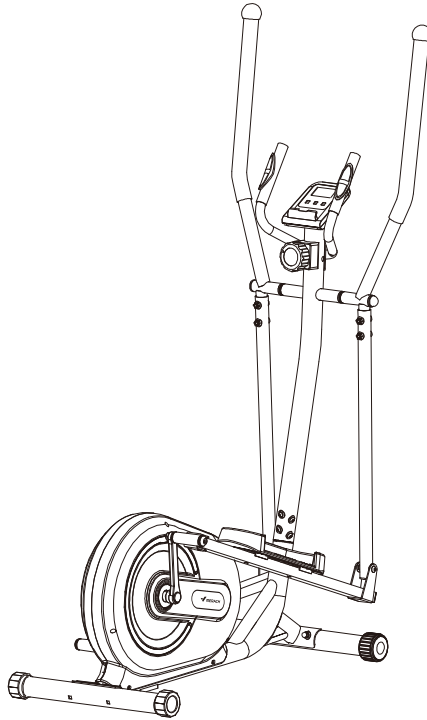
## Care & Maintenance

- Do not store the machine in a place exposed to direct sunlight, wind and rain, or with high humidity. If needed, please pack the machine to keep children away from touching or playing with it.
- Please check if there's rust or cracks after long-term storage.
- Please understand that for the consumable parts, the wear and tear may also occur even with proper maintenance.
- For long-term use of this machine, please wipe the dust regularly. Do not water it directly, or wipe with gasoline, abrasive powder, etc. Otherwise, it might cause cracks on the parts or main body, electric shock or fire. Please use Dilute neutral detergent for maintenance.



Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditions. Please read all instructions before using the machine.

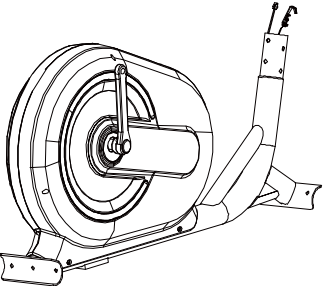
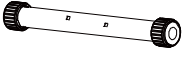

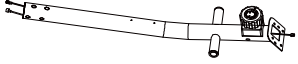
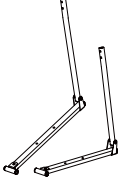


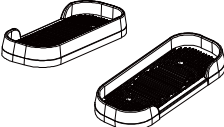

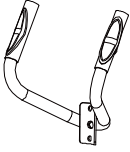


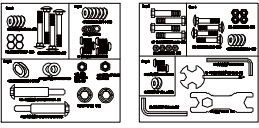

# Specifications



Mode:	MR-E07
Name:	MERACH Magnetic Elliptical Machine
Recommend Max Weight:	265 lbs
Net Weight:	59.08 lbs
Product Dimensions:	43.9*22.24*61.42 inch

# Packing List





Check if all parts and accessories are in the package.

<p>#33 Main Frame X 1</p> 	 <p>#35A Front Foot Tube X 1</p>	 <p>#35B Rear Foot Tube X 1</p>
	 <p>#12 Handlebar Post X 1</p>	
	 <p>#41L Left Foot Pedal Connecting Tube X 1 #41R Right Foot Pedal Connecting Tube X 1</p>	
 <p>#16L Left Handrail X 1 #16R Right Handrail X 1</p>	 <p>#15 Long Axis X 1</p>	 <p>#38L Left Pedal X 1 #38R Right Pedal X 1</p>
 <p>#92 Pedal Backing Plate x 4</p>	 <p>#5 Middle Handrail X 1</p>	 <p>#1 Monitor X 1    AA battery X 2</p>
 <p>#90 Bottle Cage X 1</p>	 <p>Screw Kit X 1</p>	 <p>User Manual X 1</p>

# Parts Tool List

Check if all bolts and tools are in the package.





## Step1

-  #36 Square Neck Bolt M8\*62\*60 X 4
-  #6 Flat Washer d8\*Φ20\*1.5 X 4
-  #23 Cap Nut M8\*S13 X 4
-  #A Multi-function Cross Wrench S13-14-15 X 1





## Step2

-  #7 Hexagon Socket Pan Head Bolt M8\*15\*56 X 6
-  #6 Flat Washer d8\*Φ20\*1.5 X 4
-  #20 Spring Washer D8 X 6
-  #B Allen Key S6\*30\*80 X 1

## Step3

-  #37 Small Hexagon Head Bolt M10\*45\*15 X 4
-  #43 Nylon Nut M10\*S17 X 4
-  #92 Pedal Backing Plate X 4
-  #D Open Spanner S17-19 X 1




## Step4

-  #24 Square Neck Bolt M8\*42\*15 X 4
-  #6 Flat Washer d8\*Φ20\*1.5 X 4
-  #39 Nylon Nut M8\*S13 X 4
-  #A Multi-function Cross Wrench S13-14-15 X 1


## Step5

-  #14 Wave Washer d20\*Φ26\*0.3 X 2
-  #19 Flat Washer d8.5\*Φ28\*2.0 X 2
-  #93 Plastic Flat Washer d16\*Φ25\*1.0 X 2
-  #20 Sparing Washer D8 X 2
-  #21 Outer Hexagon Bolt M8\*20\*S14 X 2
-  #22 Spherical Nut Cap S13 X 2
-  #45L Left Pedal Screw Bolt X 1
-  #45R Right Pedal Screw Bolt X 1
-  #46 Wave Washer d16\*Φ26\*0.3 X 2
-  #49 Flat Washer d16\*Φ26\*0.3 X 2
-  #50L Left Nylon Nut X 1
-  #50R Right Nylon Nut X 1
-  #A Multi-function Cross Wrench S13-14-15 X 1
-  #C Allen Key S8\*30\*80 X 1
-  #D Open Spanner S17-19 X 1

## Step6

-  #7 Hexagon Socket Head Screws M8\*15\*56 X 2
-  #6 Wave Washer d8\*Φ20\*1.5 X 2
-  #B Allen Key S6\*30\*80 X 1

## Step7

-  #2 Cross Recess Head Screw M5\*10 X 2
-  #91 Cross Recessed Pan Head Tapping Screws S
-  #A Multi-function Cross Wrench S13-14-15 X 1



# Assembly Instructions

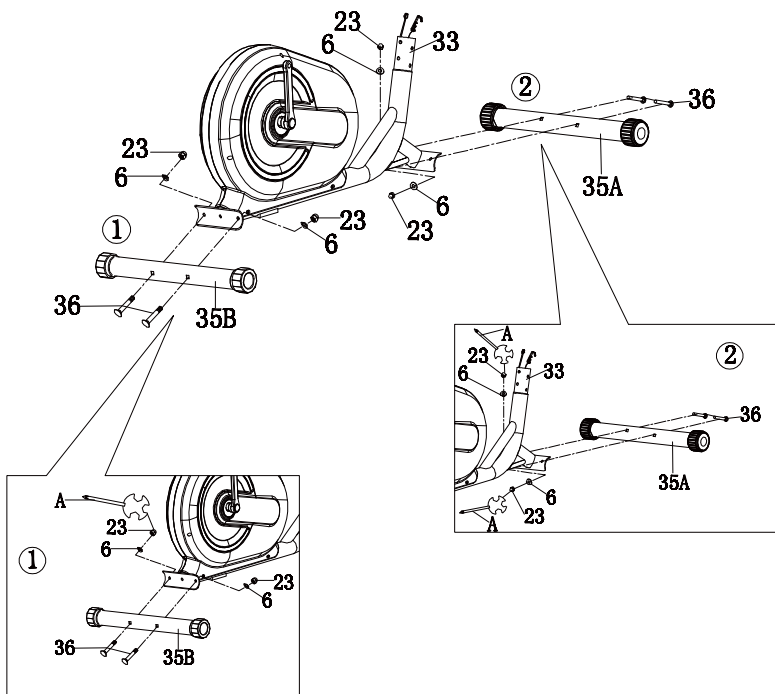
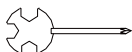


## Tips

Scan QR code to watch installation video

## Step 1: Install the Foot Tubes

A. Use the Square Neck Bolt(#36), Flat Washer(#6) and Cap Nut(#23) to fix the Front Foot Tube(#35A) and Rear Foot Tube(#35B) on the Main Frame(#33) by the Multi-function Cross Wrench(#A) as shown below.



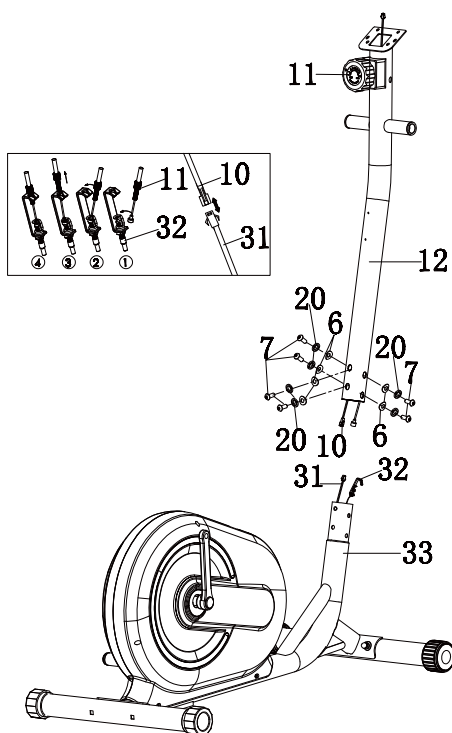
# Assembly Instructions

## Step 2: Fix the Handlebar Post

A. Connect the Trunk link(#10) of Monitor to the Induction Wire(#31), and then join the Resistance Knob(#11) and Wire(#32) as shown in figure.

B. Install the Handlebar Post(#12) into the Main Frame(#33), align the hole of bolts.

C. Use the Hexagon Socket Pan Head Bolt(#7), Spring Washer(#20) and Flat Washer(#6) to tighten the Handlebar Post(#12) on the Main Frame(#33) by Allen Key(#B).

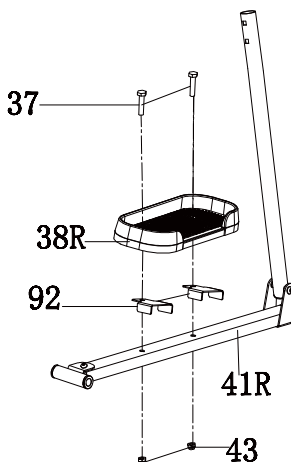
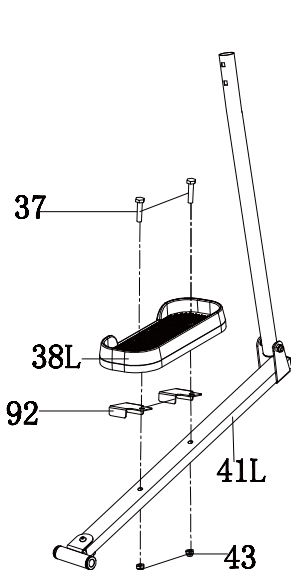
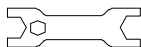


# Assembly Instructions

## Step 3: Assemble the Pedals on the Foot Pedal Connecting Tube

A. Assemble the Left Pedal(#38L) and the Pedal Backing Plate(#92) onto the Left Foot Pedal Connecting Tube(#41L) with the Small Hexagon Head Bolt(#37) and Nylon Nut(#43).

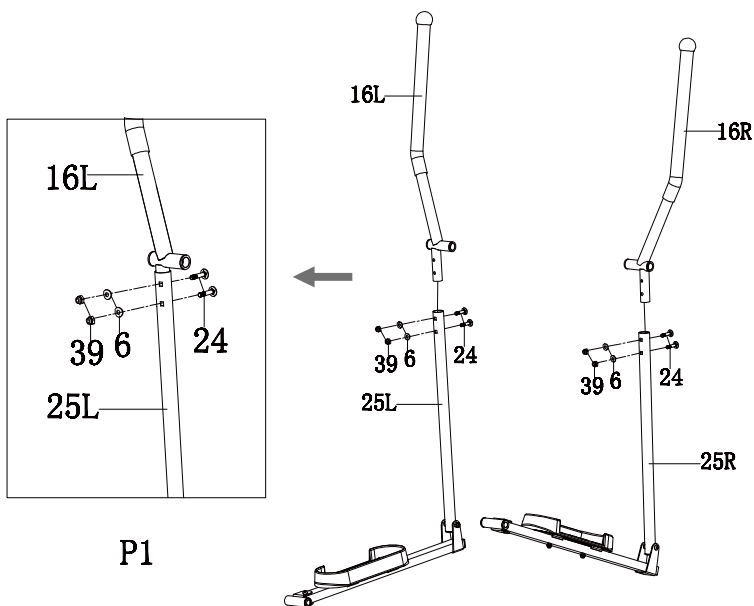
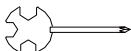
B. Assemble the Right Pedal(#38R) and the Pedal Backing Plate(#92) onto the Right Foot Pedal Connecting Tube(#41R) with the Small Hexagon Head Bolt(#37) and Nylon Nut(#43).



# Assembly Instructions

## Step 4: Install the Handrails

- A. Insert the Left Handrail(#16L) into the Left Rocker(#25L), align the hole of bolts.
- B. Use the Multi-function Cross Wrench(#A) to tighten the Left Handrail(#16L) with the Square Neck Bolt(#24), Flat Washer(#6) and Nylon Nut(#39).
- C. Insert the Right Handrail(#16R) into the Right Rocker(#25R), align the hole of bolts.
- D. Use the Multi-function Cross Wrench(#A) to tighten the Right Handrail(#16R) with the Square Neck Bolt(#24), Flat Washer(#6) and Nylon Nut(#39).



# Assembly Instructions

## Step 5: Connect the Foot Pedal Connecting Tube to the Main Frame

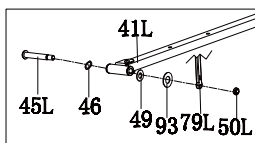
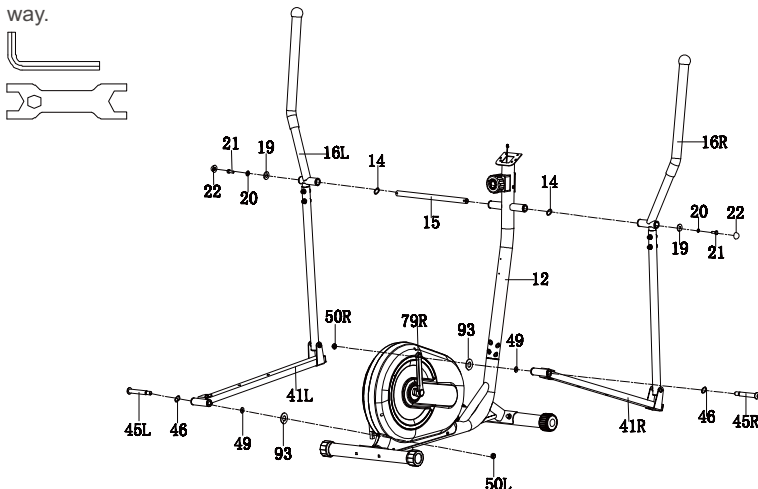
A. Remove the pre-assembled Wave Washer(#14), Flat Washer(#19), Sparing Washer(#20) and Outer Hexagon Bolt(#21) from the Long Axis(#15).

B. Insert the Long Axis(#15) into the Handlebar Post(#12) horizontally, and then assemble the Wave Washer(#14), Left Handrail(#16L) and Right Handrail(#16R) on the Long Axis(#15) separately.

C. Use the Multi-function Cross Wrench(#A) to tighten the Handrails onto the Handlebar Post(#12) with Flat Washer(#19), Sparing Washer(#20), Outer Hexagon Bolt(#21), and finally close the Spherical Nut Cap(#22).

D. Use the Allen Key(#C) and Open Spanner(#D) to install the Left Foot Pedal Connecting Tube(#41L) to the Left Crank(#79L) with the Left Pedal Screw Bolt(#45L), Wave Washer(#46), Flat Washer(#49) and Plastic Flat Washer(#93). Meanwhile, screw up the Left Pedal Screw Bolt(#45L) to the Left Crank(#79L) with hand, and then tighten it with Left Nylon Nut(#50L) as show in Figure 1.

E. Install the Right Foot Pedal Connecting Tube(#41R) onto the Right Crank(#79R) in the same way.



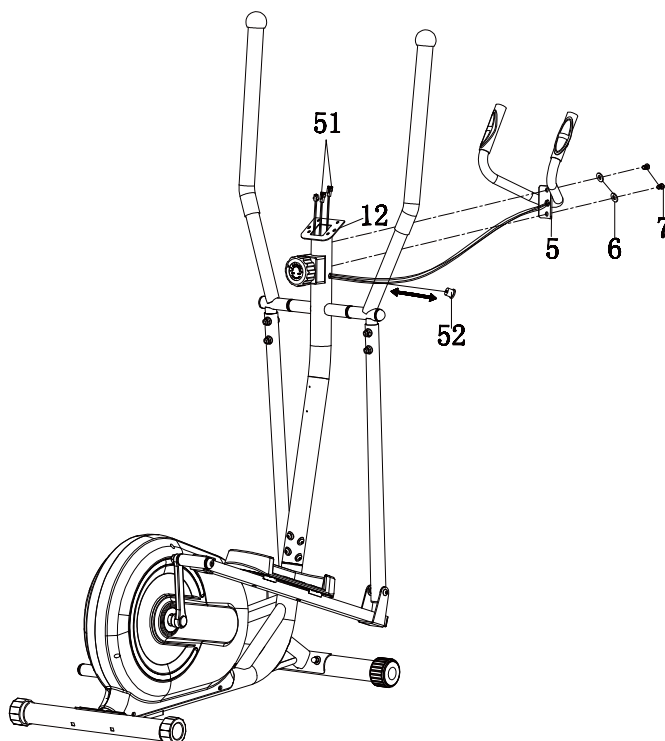
P1

**Note:** The pedal bolt has right and left side.  
Right "R" : Screw it in clockwise.  
Left "L": Screw it in counter clockwise.  
Turn the Left/Right Crank(#79L/R) to choose an optimal angle to screw into the bolt easy.

# Assembly Instructions

## Step 6: Install the Middle Handrail

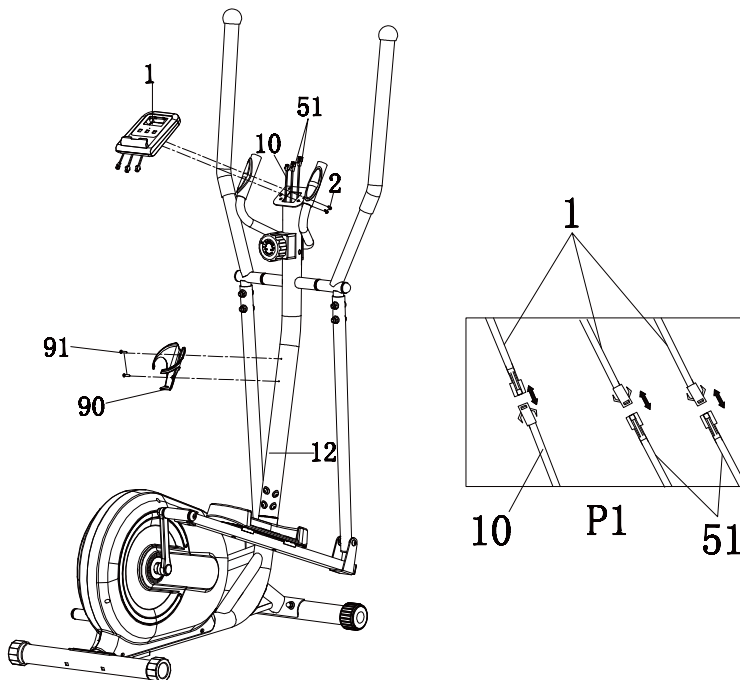
- A. Remove the pre-assembled Stopper(#52) from the wire hole of Handlebar Post (#12).
- B. Put the Heart Rate Wires(#51) of the Middle Handrail(#5) through the wire hole of Handlebar Post(#12), and draw it from the plate of the monitor.
- C. Tighten the Middle Handrail(#5) onto the Handlebar Post(#12) with the Hexagon Socket Pan Head Bolt(#7), Arc Washer(#6) by the Allen Key(#B).
- D. Put the Stopper(#52) in it.



# Assembly Instructions

## Step 7: Install the Monitor and Bottle Cage

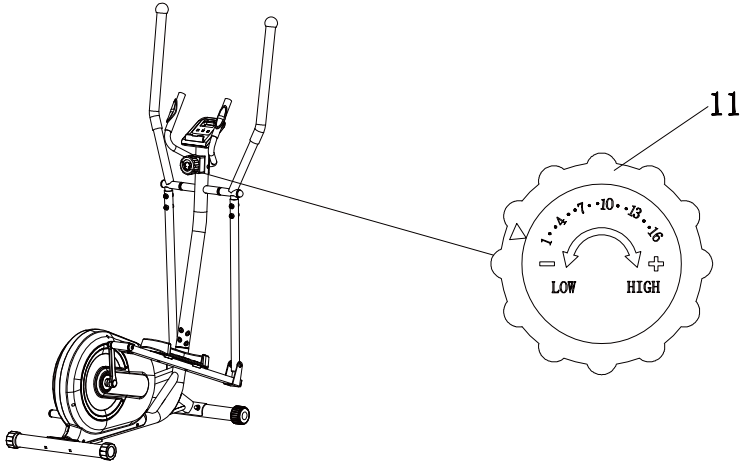
- A. Screw the pre-assembled Cross Recess Head Screw(#2) off from the Monitor(#1) by the Multi-function Cross Wrench(#A).
- B. Screw the pre-assembled Cross Recessed Pan Head Tapping Screws(#91) off from the Handlebar Post(#12).
- C. Connect the Wires of Monitor(#1) with the Trunks lines(10) and Heart Rate Wires(#51), and then tighten the Monitor(#1) with the Cross Recess Head Screw(#2) by the Multi-function Cross Wrench(#A).
- D. Tighten the Bottle Cage(#90) onto the Handlebar Post(#12) with the Cross Recessed Pan Head Tapping Screws(#91) by the Multi-function Cross Wrench(#A).



# Product Usage Instructions

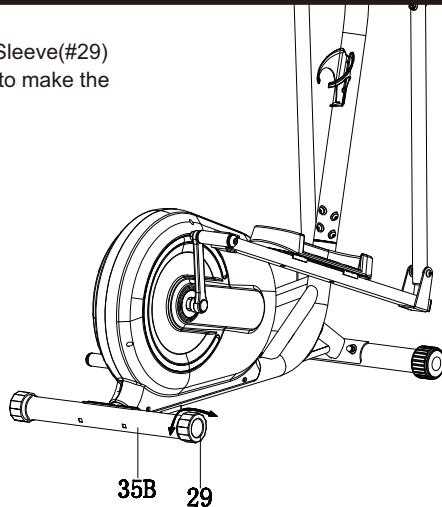
## Resistance Adjustment Instruction

Rotate the Resistance Adjusting Knob(#11) with the arrow aligned with the gear digit as shown. Rotate clockwise to increase resistance and counterclockwise to decrease resistance(1-16).



## Rear Foot Tube Adjustment Instruction

Please adjust the Twelve Eccentric Foot Sleeve(#29) on the Rear Foot Tube(#35B) as needed to make the machine stable without shaking.

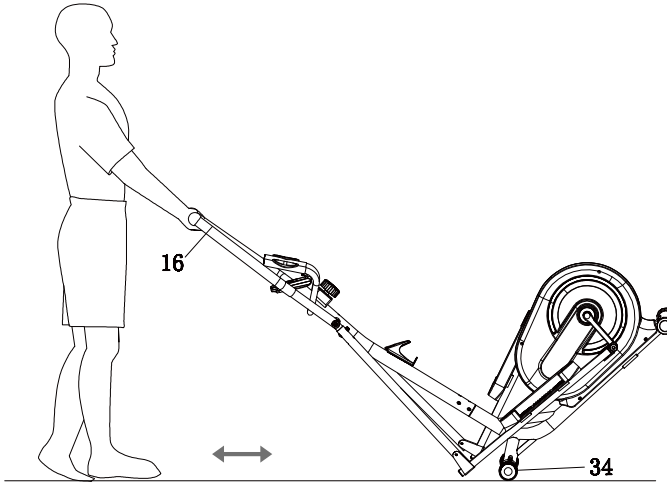




# Product Usage Instructions

## Machine Movement Instructions

Drag back and forth by grasping the Left and Right Handrail(#16L/R) with your hand and the Front Foot Tube(#34) touching the ground.



## Batteries Installation Instructions

Remove the back cover by hand (Figure A), then prepare the batteries (Figure B), then install two batteries, install the back cover (Figure C), and the battery assembly is completed (Figure D).

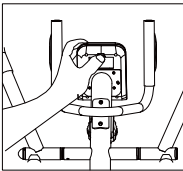


Figure A

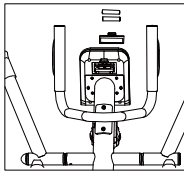


Figure B

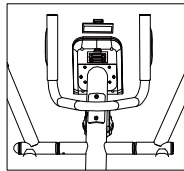


Figure C

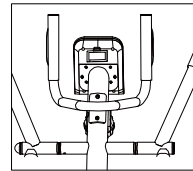
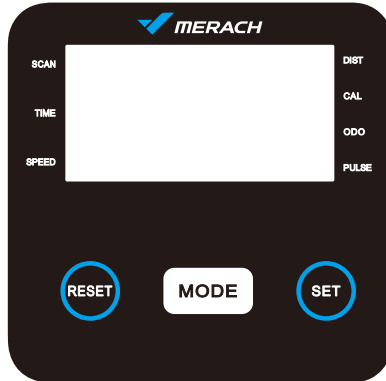


Figure D

**PLEASE NOTE:** The device is equipped with two trial AA batteries that have passed MSDS certification. These batteries may not provide the same life as standard batteries. In order to ensure a functioning, please replace them in time.

# Instructions for the Monitor



## FUNCTIONAL BUTTONS:

**MODE** - Press to select function. Long press to reset time/distance/calorie.

**SET** - To set the values of time/distance/calories and pulse when not in scan mode.

**RESET** - Press to reset time/distance/calories and pulse.

## FUNCTION AND OPERATIONS:

### 1. SCAN:

Press "MODE" button until "SCAN" appears, the monitor will switch the display every 6 seconds in the following order : Time/speed/distance/ODO/calorie/pulse .

### 2. TIME:

(1) Count the total time from exercise start to end.

(2) Press "MODE" button until "TIME" appears, press "SET" button to set exercise time.

When the "SET" is zero, the monitor will stop 1 second after the start of the time.

**3. SPEED:** Display current speed.

### 4. DIST:

(1) Count the distance from exercise start to end.

(2) Press "MODE" button until "DIST" appears, press "SET" button to set exercise distance.

When the "SET" is zero, the monitor will stop about 1 second after the start of the time.

### 5. ODO:

The total distance which this function is refers to from battery capacity period runs.

### 6. CALORIES:

(1) Count the total calories from exercise start to end.

(2) Press "MODE" button until "CAL" appears, press "SET" button to set exercise calories.

When the "SET" is zero, the monitor will stop about 1 second after the start of the time.

# Instructions for the Monitor

## 7. PULSE RATE:

(1) Press MODE button until “PULSE” appears. Before measuring your pulse rate, please place your palms of your hands on both of your contact pads and the monitor will show your current heart beat rate in beats per minute (BPM) on the LCD after 6~7 seconds.

**Remark:** During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value can not be regarded as the basis of medical treatment.

(2) Press “MODE” button until “pulse” appears, press “SET” button to set exercise calories. When the “SET” is zero, the computer will stop about 1 seconds after the start of the time.

## MONITOR MANUAL

FUNCTION	Auto Scan	Switch data every 5 seconds
	Time	0:00-99:59
	Current Speed	Maximum speed 999.9 km/h
	Trip Distance	0.00~9999 (ML) KM
	Total Distance (ODO)	0.0~9999 (ML) KM
	Calories	0.0~9999 Kcal
	Pulse Rate	40~240 BPM
Battery Type		2 pcs AAA or UM - 4 batteries
Operating Temperature		0°C~+40°C
Storage Temperature		-10°C~+60°C

### Note:

1. If the display is faint or shows no figures, please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will turn on automatically after restarting the exercise or pressing the button.
4. The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds.

# MERACH APP Setup

## Download and Use of MERACH

- \* **Our customer can get a 180-day MERACH membership. Please contact us through [support@merach.com](mailto:support@merach.com) after receiving the product to get an exclusive redemption code. Please include your order ID and MERACH app Username.**

1. To download the MERACH app, scan the QR code or search "MERACH" in the Apple App Store® or Google Play Store.



MERACH APP Download



APP Connection Guide



2. Open the MERACH app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.

## USING YOUR ELLIPTICAL MACHINE

Note:

1. Using the MERACH app allows you to get free workout courses and access additional functions and features.
2. Coaching courses are only available in English.

# KINOMAP APP Setup

## Download and Use of KINOMAP



1. To download the Kinomap app, scan the QR code or search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose Merach.
5. Select "Ellipticals", and find your "MRK-E07-XXXX".
6. Start training and explore different workout methods.

# Warm-up

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then do some stretches shown below - 5 times, 10 seconds or more per leg. Do it again after the workout.

## 1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax.

Repeat 3 times (see Figure 1).



## 2. Seated hamstring stretch

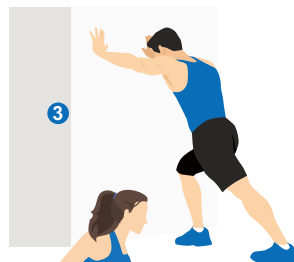
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

Repeat 3 times for each leg (see Figure 2).



## 3. Calf and Achilles tendon stretch

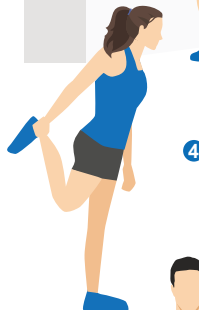
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



## 4. Quadriceps stretch

Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax.

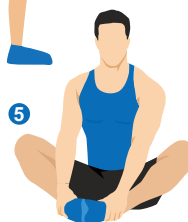
Repeat 3 times for each leg (see Figure 4).



## 5. Sartorius (inner thigh muscle) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax.

Repeat 3 times (see Figure 5).



# Troubleshooting

Questions	Solutions
How to adjust the knob and how to use it?	Rotate the knob clockwise to increase resistance, and rotate the knob counterclockwise to reduce resistance.
	Elliptical machine resistance is adjustable, the mechanical knob is to help achieve multi-gear variable speed.
	The elliptical machine is still malfunctioning. Please contact <b>Customer Support (see page 22)</b> .
What should be done when the handrails shake slightly?	Check whether the four bolts connecting the left and right armrests are fixed firmly.
	The elliptical machine is still malfunctioning. Please contact <b>Customer Support (see page 22)</b> .
What should be done when the machine shakes in the process of use?	Check whether the twelve angles of the two ends of the rear foot pipe are leveled.
	The elliptical machine is still malfunctioning. Please contact <b>Customer Support (see page 22)</b> .
What should be done when the pedals loosen?	Check that the two bolts on the pedal are locked tight.
	The elliptical machine is still malfunctioning. Please contact <b>Customer Support (see page 22)</b> .
What should be done when there is no display on the monitor?	Replace the batteries.
	Check whether the positive and negative battery terminals are installed correctly.
	The elliptical machine is still malfunctioning. Please contact <b>Customer Support (see page 22)</b> .
What should be done when Bluetooth cannot connect to the machine?	Please make sure the Bluetooth of your cell phone is open.
	Please make sure the machine is disconnected from other devices Bluetooth before connecting.
	The device can only be connected to the APP when in motion, when connected, please step on the pedals more than twice to activate the Bluetooth.
	The elliptical machine is still malfunctioning. Please contact <b>Customer Support (see page 22)</b> .

# Warranty Information

Product Name	MERACH Magnetic Elliptical Machine
Model	MR-E07
Default Warranty Period	12 Months
For your own reference, we strongly recommend that you record your order number and date of purchase.	
Date of Purchase	
Serial Number	

## Terms & Policy

The MERACH products are premium in material, craftsmanship, and service. MERACH 1-year limited warranty is effective from the date of purchase.

MERACH will replace defective products based on eligibility. Refunds are available to the original purchasers of our products within the first 30 days of purchase. This warranty extends only to personal use, doesn't apply to the commercial, rental, or any other uses for which the product is not intended for. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferable. MERACH is not responsible for any damages, losses or inconveniences caused by equipment's failure, user's negligence, user's abuse, or improper operation that does not follow the included user manual.

### This warranty does not apply to the following situations:

- Damage due to abuse, accident, alteration or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 18 years old.

MERACH and its subsidiaries are only responsible for damages caused by the intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses, so the above disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state.

**All expressed and implied warranties, including the warranty of merchantability, are limited to the period of the limited warranty.**



# Warranty Information

## Additional 12-month Warranty:

You can enjoy an additional 12-month warranty. Just active your warranty by sending the product's model name via ***register@merach.com***, or log onto ***merachfit.com/pages/warranty*** and enter your order number (i.e. Amazon) within the first 14 days of purchase to register your new product for the extended warranty. If you are unable to provide the order number for your product, please type a short note in the order number field along with the date you received your product.

## Defective Products & Returns:

Should your product prove defective within the specified warranty period, please contact the Customer Support via ***support@merach.com*** with your invoice and order number. ***DO NOT*** dispose of your product before contacting us. Once our Customer Support team has approved your request, please return the product with a copy of your invoice and order number.

## Customer Support

Your satisfaction is our goal! Should you encounter any issues or have any questions about your new product, feel free to contact our Customer Support Team via ***support@merach.com***

**\* Please have your Order ID and serial number (usually on the rear foot pipe) ready before contacting Customer Support.**

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merachfit.com

Customer Service: [support@merach.com](mailto:support@merach.com)

Official Website: [merachfit.com](http://merachfit.com)