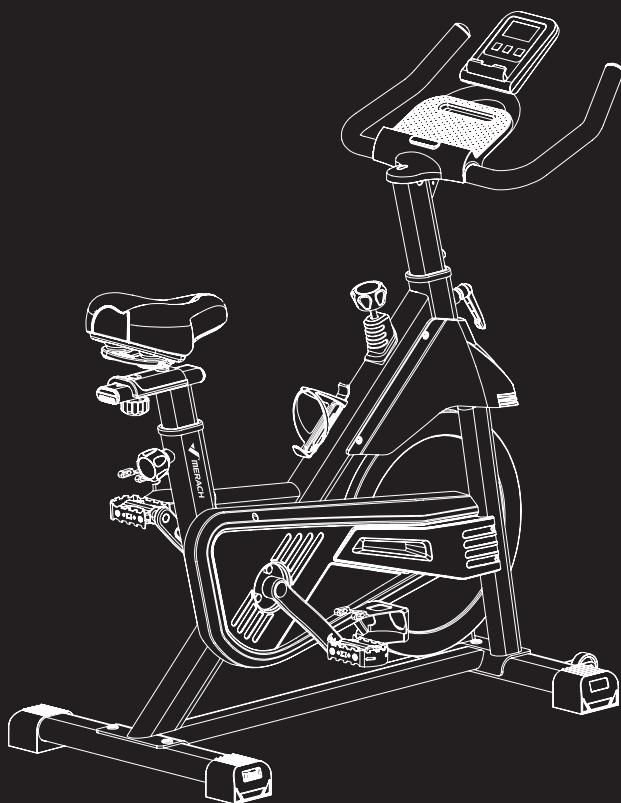


USER MANUAL

MERACH EXERCISE BIKE



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
Phone: 1- (877) 3563730 Mon-Fri 8am-5pm (PST)
support.eu@merach.com

Model: MR-S38

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



CONTENTS

Safety Instructions	01
Specification	04
Installation Guide	05
Product Usage Instructions	06
Monitor Instructions	10
APP Setup Instruction	12
Warm-up	13
Warranty Information	14



Please read the entire manual carefully before installing and using the machine, and save it 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 symptom (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 2.0 ft (0.6m).
- 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 of 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 300lbs.
- 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.
- When using the machine, please put the pedal to the lowest position for easy to get on the machine.
- Before mounting or dismounting move the pedal on the mounting or dismounting side to its lowest position and bring the machine to a complete stop.
- When the product is in use, it follows an elliptical motion trajectory driven by the inertia of the internal flywheel. Resistance needs to be manually adjusted using the knob during usage. This product is not speed-dependent, the speed is reflective of the frequency of the motion trajectory. Before stopping the use of the equipment, there will be a certain level of inertia. Please ensure that the pedals have come to a complete stop before leaving the device.

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.



This symbol stands for "Conformité Européene", which means "Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.



This symbol stands for "UK Conformity Assessed", which means "Conformity with British Standards 11". With the UKCA-marking the manufacturer confirms that this product complies with applicable British Standards.

SIMPLIFIED EU DECLARATION OF CONFORMITY

- Hereby, Zhejiang Yulu Electronic Technology Co.,Ltd. declares that the fitness equipment MERACHMR-S38 is in compliance with Directive 2014/53/EU.
- The full text of the EU declaration of conformity is available at the following internet address: <https://merachfit.com/pages/declarations-of-conformity>

NOTES ON DISPOSAL



Packaging materials are raw materials and can be recycled. Separate the packaging materials correctly and dispose of them properly in the interest of the environment.

Your local administration can provide additional information.



Used devices do not belong in household waste!

Dispose of used devices properly! Doing so helps fulfill our responsibility to protect the environment. Your local administration can provide information on collection points and opening hours.



Batteries do not belong in household waste!

As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

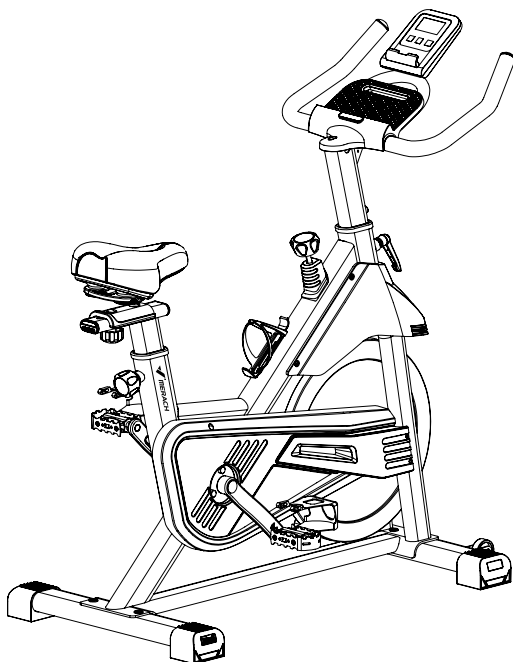
Manufactured by:

Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng
Technology Building, 298 Weiye Road,
Binjiang District, Hangzhou,
Zhejiang Province, China
yulu_mrk@merach.com

Imported by:

HANGZHOU JINGGE E-COMMERCE LTD
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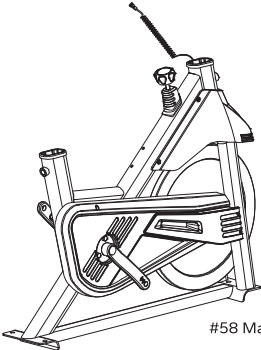
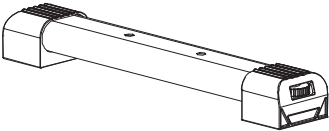
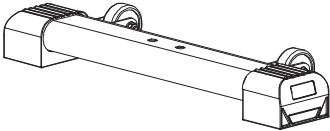
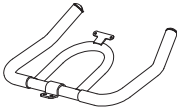
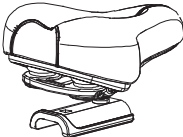
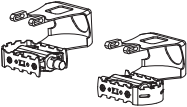
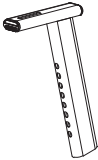
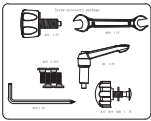
SPECIFICATIONS



Model:	MR-S38
Name:	MERACH Exercise Bike
Resistance:	16 Level
Weight Capacity	300lbs/136kg
Product Dimensions:	44.9*20.5*47.2inch/1140*520*1200mm
Net weight:	58.4lbs/26.5kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	5.40dBm

PARTS LIST

Please make sure all parts and accessories are complete.

 #58 Main Frame		 #54 Rear Foot Tube	
		 #69 Front Foot Tube	
 #6 Handlebar Post	 #7 iPad Holder	 #12 Bottle Holder	
 #5 Handlebar	 #14 Seat	 #36L Left pedal #36R Right pedal	
 #21 Seat Postr	 #1 Monitor	 Screwkit	 User Manual

INSTALLATION GUIDE



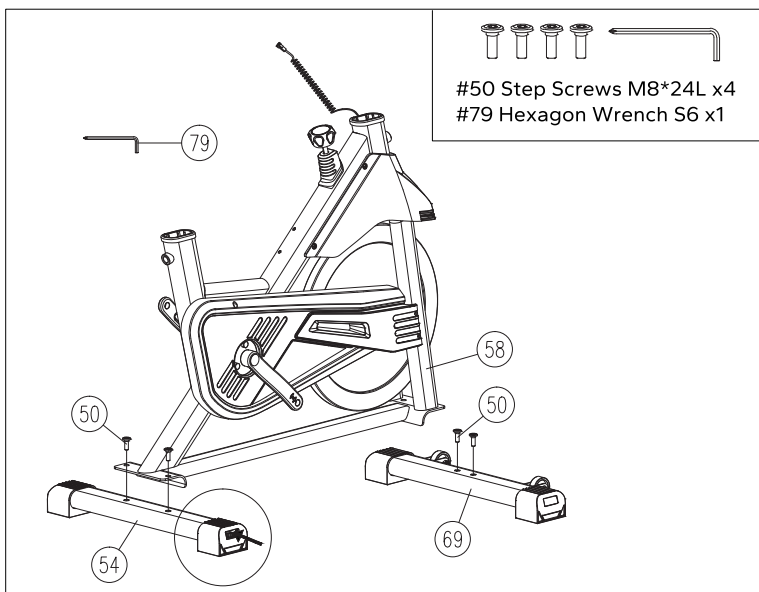
Tips

Scan QR code to watch installation video

Step 1: Install Front and Rear Foot Tube

A. Use 4PCS Step Screws (50) to install the Rear Foot Tube (54) and the Front Foot Tube (69) to the Main Frame (58) respectively, and tighten them with the Hexagonal Wrench (79).

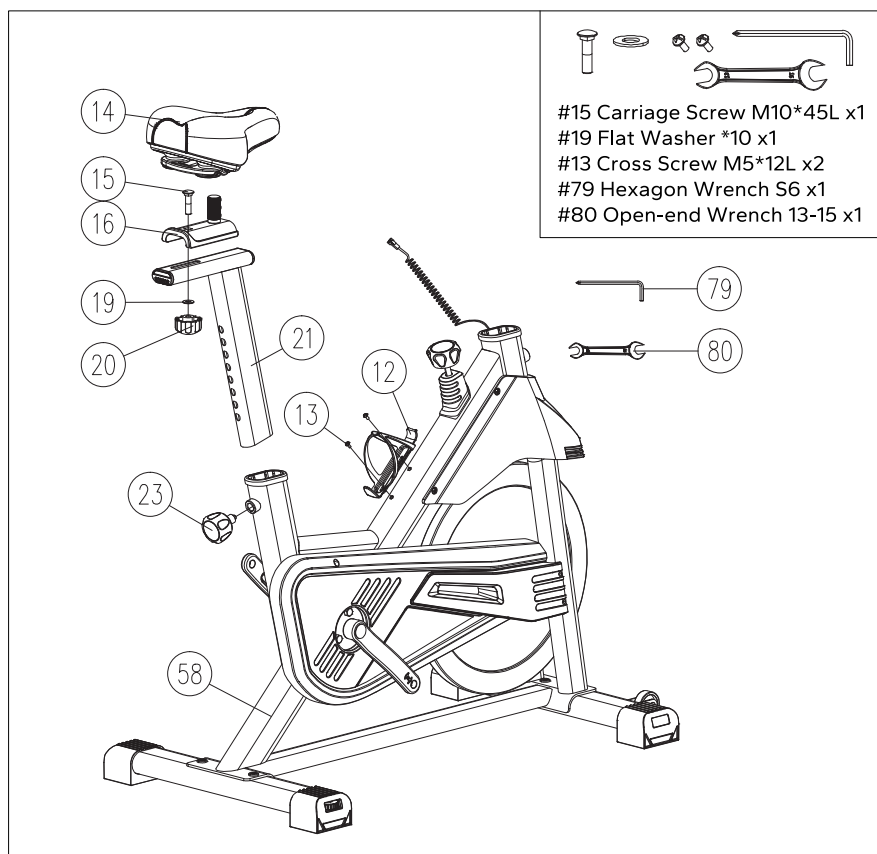
Note: The adjustment wheel of the Foot Covers (53) can be adjusted to adjust the balance of the bike.



Step 2: Install the Seat

- A. First, insert the Seat Post (21) into the Main Frame (58) and fix it with the Tapered Knob (23).
- B. Then use 1PC Carriage Screw (15), Flat Washer (19) and Round Knob M10 (20) to install the Sliding Seat (16) onto the Seat Post (21) as shown in the figure.
- C. Finally, install the Seat (14) onto the Sliding Seat (16), adjust it to the appropriate position and tighten it with an Open-end Wrench (80). Finally, use 2PCS Cross Screw (13) to lock the Bottle Holder (12) onto the Main Frame (58);

Note: Loosening the Round Knob (20) can adjust the front and rear distance of the Seat.

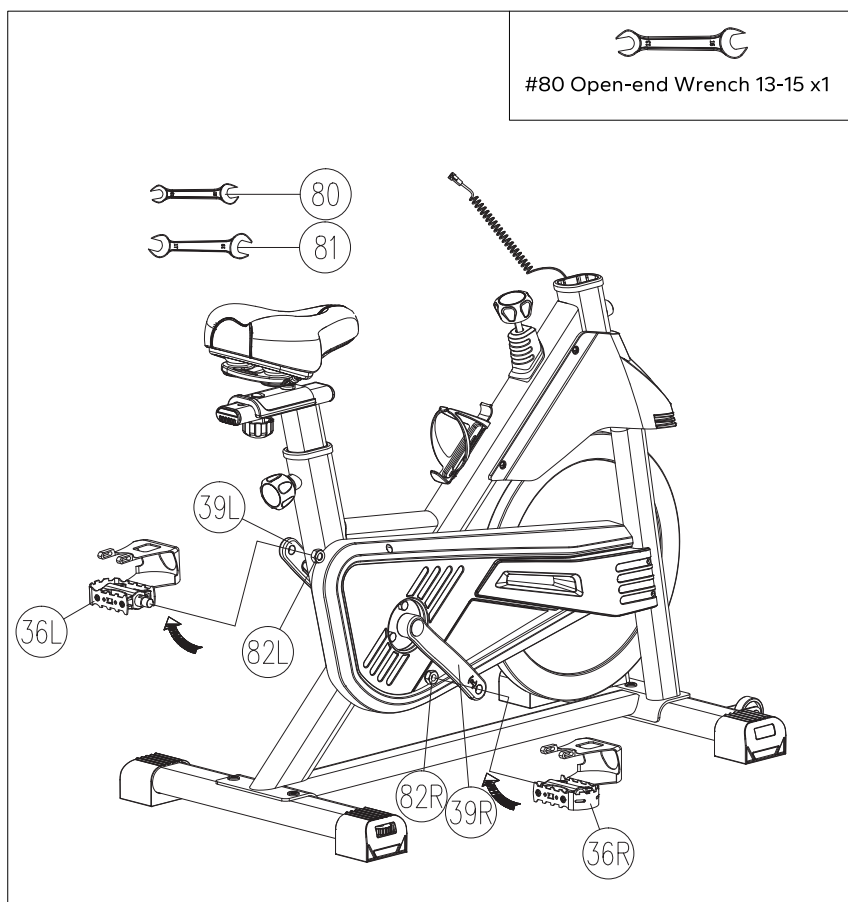


Step 3: Install the Pedals

A. Use Open-end Wrench (80) to rotate the Right Pedal (36R) in the direction of the arrow and lock it onto the Right Crank (39R) and tighten it.

B. Similarly, use Open-end Wrench (80) to rotate the Left Pedal (36L) in the direction of the arrow and lock it onto the Left Crank (39L) and tighten it.

Note: Look carefully at the left (L)/right (R) markings on the pedals and do not lock them blindly, otherwise the screw threads may be damaged.

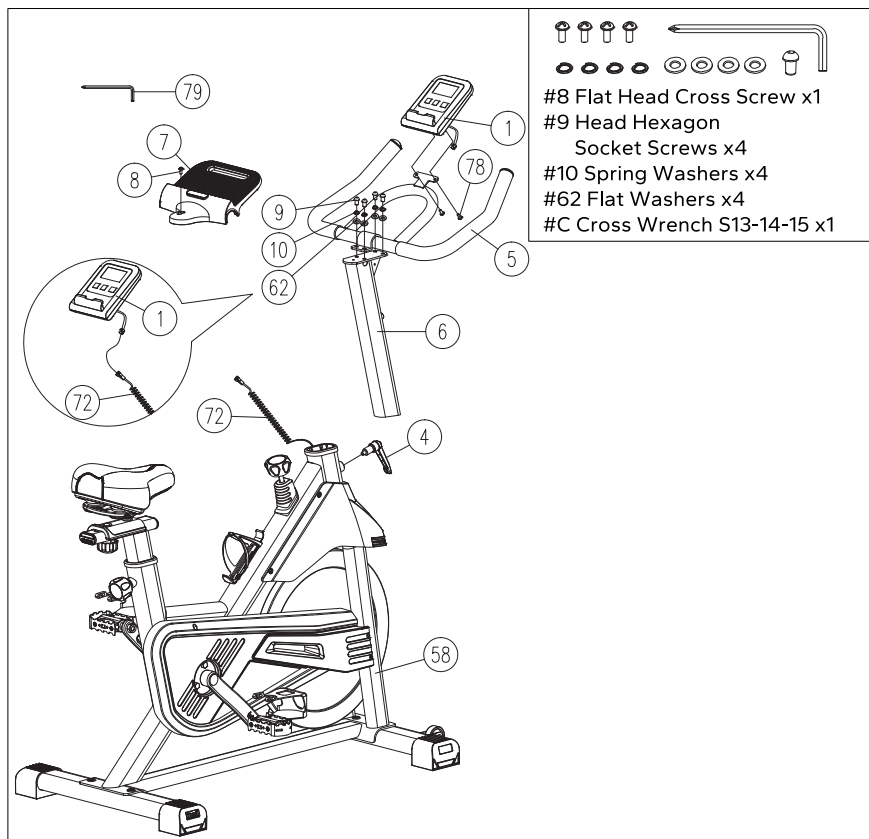


Step 4: Install the Handlebar Assembly

A. First, insert the Handlebar Post (6) into the Main Frame (58) and fix it with the L-shaped Pull Pin (4); then use 4PCS Head Hexagon Socket Screws (9), Spring Washers (10) and Flat Washers (62) to install the Handlebar (5) on the Handlebar Post (6), and tighten the screws with the Hexagonal Wrench (79).

B. Then fix the iPad Holder (7) on the Handlebar Post (6) with 1PC Flat Head Cross Screw (8); use the Hexagonal Wrench (79) and the Round Head Cross Washer Screw (78) to lock the Monitor (1) to the Handlebar (5) and then connect the Sensor Line (72) and the Monitor (1) output line as shown in the figure.

Note: In steps 2/4, the armrest and seat cushion can be adjusted to the appropriate height by adjusting the locking hole position of the tapered pull pin (23) before exercising.



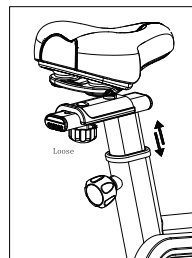
PRODUCT USAGE INSTRUCTIONS

Seat Adjustment

You can adjust the position of the seat according to your height:

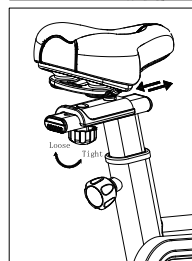
Adjust the up and down of the seat:

First, loosen the Pin Knob (23) counterclockwise and pull it outward, the Seat Post Assembly (21) can move up and down, adjust it to the appropriate position, align the Pin Knob (23) with the Seat Post Assembly (21) hole and then tighten it clockwise.



Adjust the up and down of the seat:

Loosen the Pin Knob (20), the Seat (14) can move forward and backward, adjust it to the appropriate position and then tighten the Pin Knob (20).

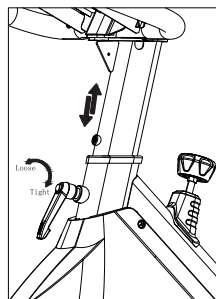


Handlebar Adjustment

You can adjust the position of the handlebar according to your height:

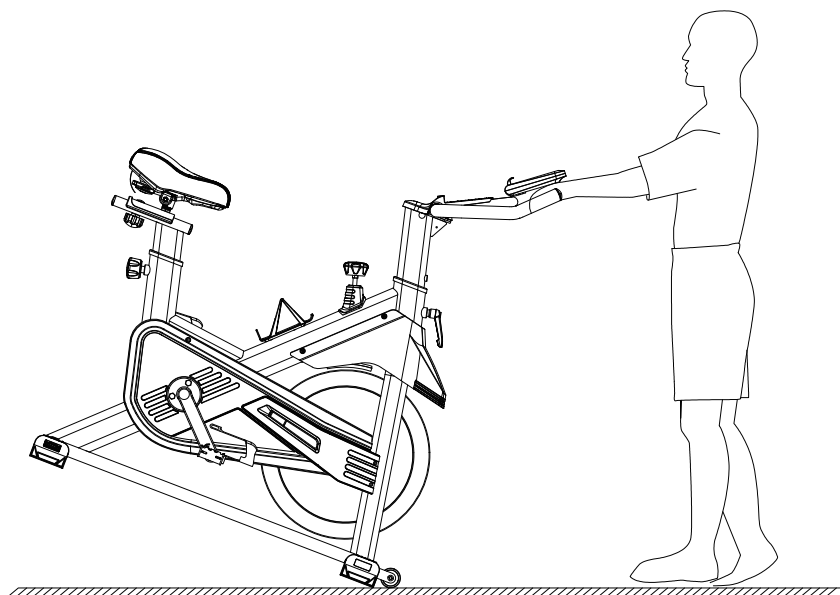
Adjust the up and down of the handlebar:

Loosen the L-shaped Large Spring Pin Knob (4) counterclockwise and pull it outward, so that the Handlebar Post (5) can be moved up and down. After adjusting to the appropriate position, align the L-shaped Large Spring Pin Knob (4) with the Handlebar Post (5) hole and tighten it.



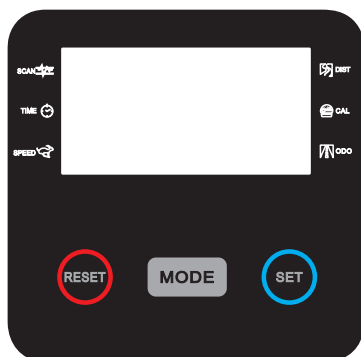
Moving Instructions:

When you want to move the product, hold the front end of the Handlebar and press down hard until the Roller (71) on the bottom tube is completely in contact with the ground. When the body of the vehicle is not in contact with the ground except the Roller (71), you can move the vehicle. When you reach the destination, slowly release your hands.



MONITOR INSTRUCTIONS

FUNCTIONAL BUTTONS:



MODE: Press to select function, longpress 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 0, 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 0, the monitor will stop about 1 second after the start of the time.

5. 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 0, the monitor will stop about 1 second after the start of the time.

6. ODO:

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

Note:

1. If there is no display or the display is blurred, please replace the battery.
2. The electronic watch will automatically shut down after 4 minutes of non-use.
3. After restarting exercise or pressing a button, the electronic watch will automatically turn on.
4. After the exercise starts, the electronic watch will automatically calculate the exercise data. After 4 seconds of stopping exercise, the electronic watch will stop calculating the exercise data.
5. Parameter description:

FUNCTION	Auto Scan	Every 6 seconds
	Time	0:00~99:59
	Speed	Maximum speed 999.9 KM/h
	Distance	0.00~99.99KM
	Total Distance (ODO)	0.0~999.9KM
	Calories	0.0~999.9 Kcal
Battery Type		2PCS of SIZE -AAA or UM -4
Operating Temperature		0°C~+40°C
Storage Temperature		-10°C~+60°C

APP SETUP INSTRUCTION

Download and use of MERACH

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.

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-S38-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

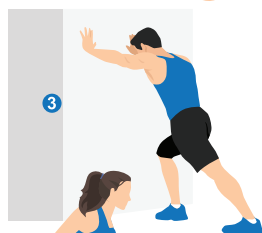
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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).



Note: This machine is full body training equipment, please follow the above steps to warm up.

WARRANTY INFORMATION

Product Name	MERACH Exercise Bike
Model	MR-S38
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 14 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.



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