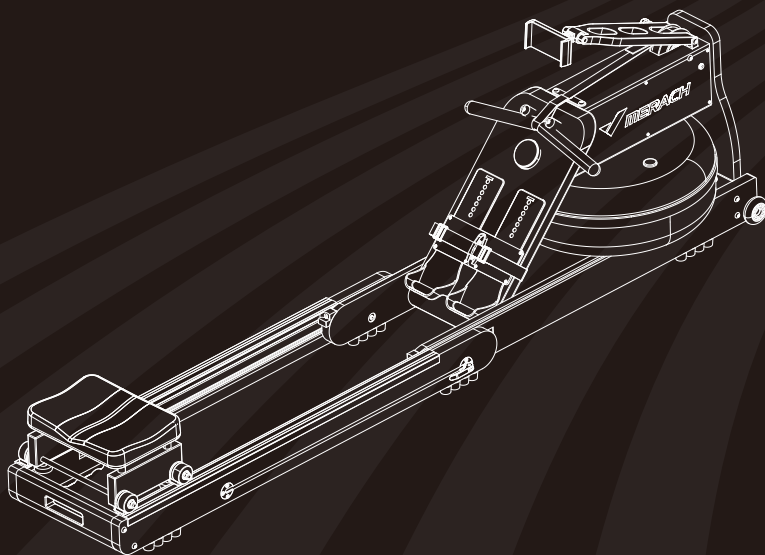


USER MANUAL

WATER & ELECTROMAGNETIC ROWING MACHINE MR-950



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



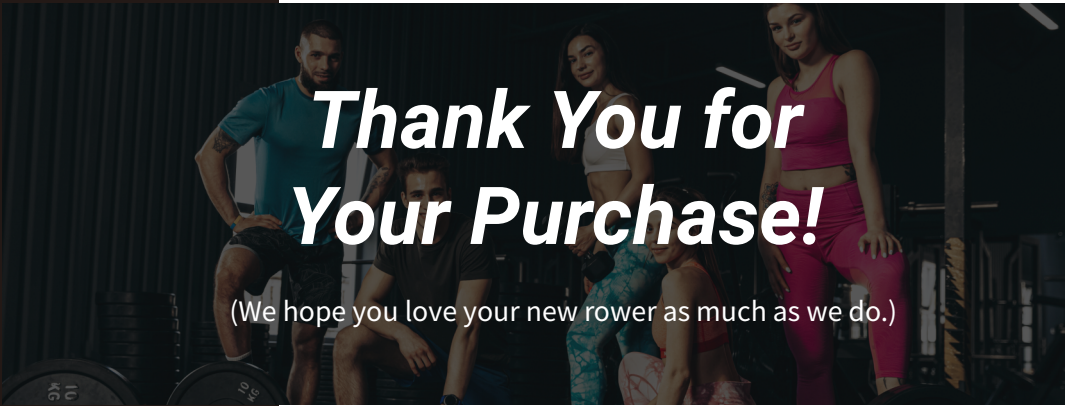
**WHO
WE ARE**



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.



Thank You for Your Purchase!

(We hope you love your new rower as much as we do.)



JOIN

the MERACH Fitness Community on Facebook
facebook.com/groups/merachfitness



EXPLORE

fitness courses
merachfit.com/blogs/courses



ENJOY

weekly, featured courses
made exclusively by our in-house fitness instructor



Hey!

**Please register your warranty to
keep yourself protected!**



Email your item model to
register@merach.com



Register your warranty via
merachfit.com/pages/warranty

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Read all the descriptions carefully in the specification before the rowing machine is installed and use, and properly keep the specification.

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

Important Safety Notes

Please make sure to fully understand the instruction and safely use the product.

- Use of this machine with weakened parts such as chains, sprockets, chain/ball joints, or bungee cords may result in injury to the user. If in doubt about the condition of any part, MERACH strongly recommends its immediate replacement. Use only original MERACH parts. The use of other parts may cause injury or reduce the performance of the machine.
- This product is designed for general household use. Please DO NOT use it for commercial use. Please DO NOT use the product for any purpose other than sports.
- The machine must not be bolted or permanently attached to the floor. Doing so may cause permanent damage to the frame.
- Pull back with both hands. Do not row with one hand. Abuse of chains can cause injury.
- DO NOT twist the chain or pull from side to side.
- DO NOT store the product in a place with direct sunlight, wind and rain, or high humidity.
- DO NOT water directly, or wipe with gasoline, abrasive powder, etc. Otherwise, it may cause cracks in parts and the main body, an electric shock, or cause a fire.
- The product falls into non-speed-related product. The reciprocating trajectory will arise when it's used. The movement is dragged by the resistance arising from blades and water in the water tank after the blades in the water tank are pulled by the stay cord to rotate. The resistance can be changed by the manual adjustment knob in the use; The resistance is unrelated to the speed of movement, and the speed reflects the frequency of movement path.
- The equipment cannot be used by two or above persons at the same time.

Attentions

- 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.
- Keep children, pets, fingers and clothing away from the seat rollers. Seat rollers can cause injury.
- During use of this training device, please wear simple clothes as much as possible.
- Loose clothes shall be avoided, as it may be struck by the training device, that operation may be hampered, and you may be trapped in the training device.
- The machine should be used on a stable and level surface.
- The maximum weight capacity of this unit is 350 pounds.

Maintenance

- The water quality in the water tank shall be maintained periodically. We strongly recommend the use of regular municipal tap water because the tap water contains chlorine elements and other chemical substances preventing the water tank from being corroded by the bacteria, alga, etc.
- The chlorine in the water tank must be updated by the purification tablet (or water blue agent) .
- The chlorine is resolved due to the sunniness: The resolving time of chlorine is about 6 months under the direct sunniness; The resolving time of chlorine is about 2 years under the artificial lighting. Generally, the purification tablet(s) (or water blue agent(s)) shall be added to the water tank every 6 months averagely.
- If the water starting to go bad is found, a purification tablet (or water blue agent) shall be added to the water tank immediately. If the water becomes muddy, we suggest emptying the water tank, and then injecting clean tap water to the water tank and adding a purification tablet to the water tank after the clear water is used for flushing.
- Don't add chlorine bleach to the water tank because the water tank made from polycarbonate material will be destroyed irreparably. To maintain the beauty and integrity of your rowing machine, it's very necessary to clean the equipment.
- Especially, the accumulation of dust on the clutch and driving structure between top plate and bottom plate is forbidden. The dust outside the machine shall be timely cleaned.
- The track surface must be always clean and the dust blocking the seat roller shall be avoided. The track surface can be cleaned by the wet cloth.
- The water tank surface can be cleaned, too, but the detergent description must be read ahead of time. Don't use the detergent with chlorate or ammonia.

Precautions

Detection and precautions before the use

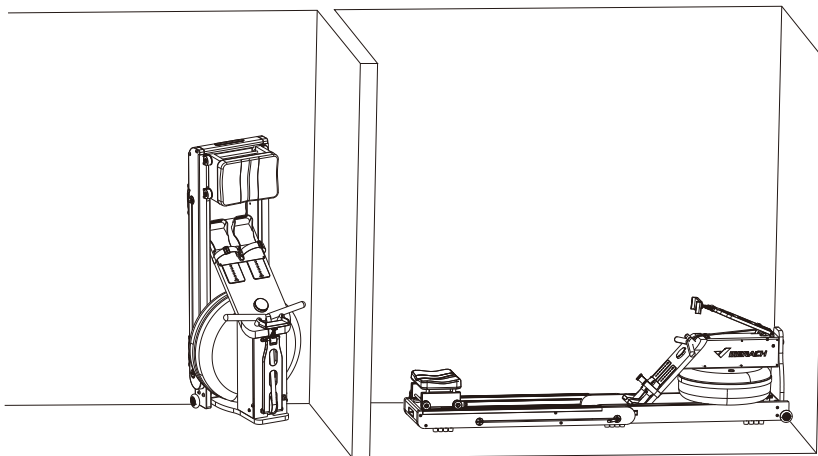
1. Slide rail

Check whether there are dirt and debris on the cushion, wheel and slide rail before sitting on the rowing machine. A little thing may block seat wheels and slide rails and damage their surfaces. Whether there are sundries on the slide rail must be checked before each use and the regular cleaning shall be conducted.

2. Fastener

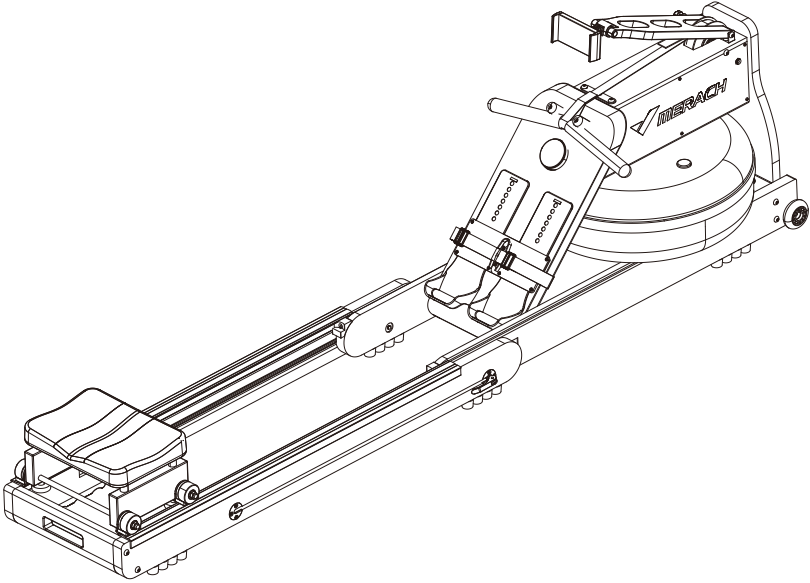
Whether the framework bolt is screwed down shall be regularly checked. The inspection shall be performed at the end of the first month, and after the use or every 12 months.

3. A proper location shall be chosen when the rowing machine is placed vertically.



4. The flat ground shall be selected for using the rowing machine to avert shake and early wear.

Specification

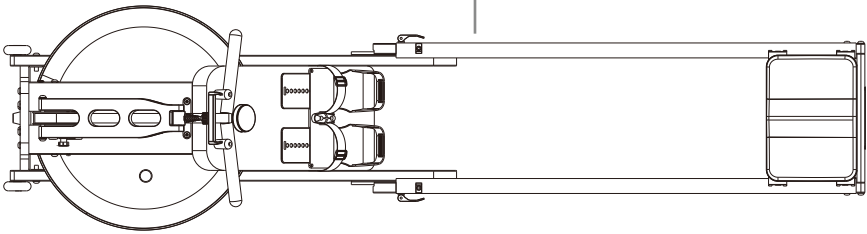


Input Voltage	9V - 1A
Applicable Height	4'11" to 6'7"
Weight Capacity	350 lbs
Recommended Use Time	Within 60 minutes
Machine Dimensions	79.8*20.3*19.7inches

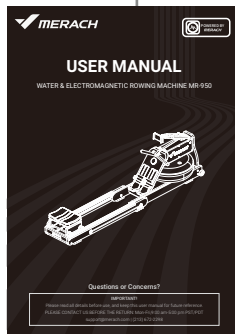
Packing List

The rowing machine main body, user manual, water pump (giveaway) are included in the package.

1 Main body

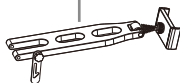


2 User manual

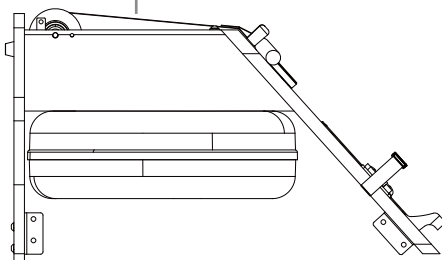


Rowing Machine Parts

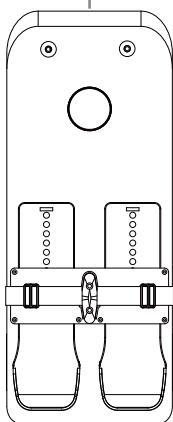
1 Multimedia support



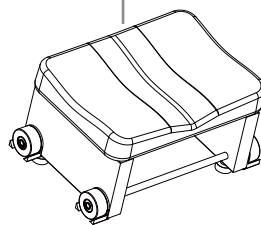
2 Resistance assembly



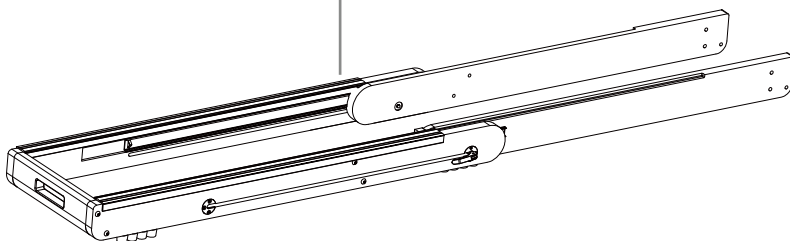
3 Pedal



4 Cushion

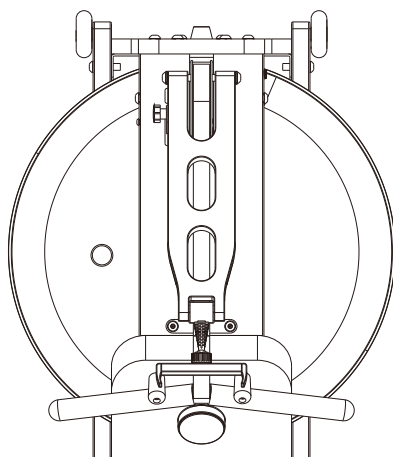


5 Slide rail



Self-adaption Resistance Water Tank

The self-adaption resistance water tank is with a real rowing experience. The water is stored in the activity cabin of the water tank, and the resistance is determined in line with speed of rowing and water capacity of water tank and adapts to the different resistance preferences of different people in the home environment.



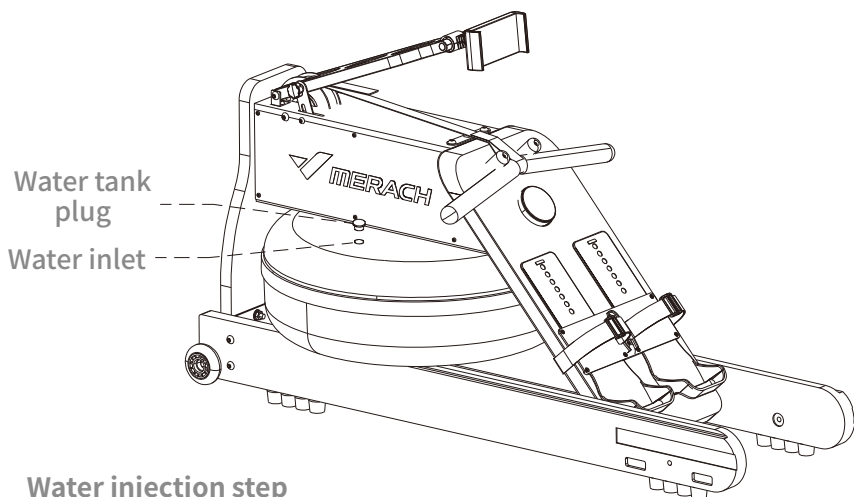
Exercise advancement

Once you find an exercise rhythm suitable for you, you can make some changes in rate of stroke and number of times of paddling to further increase the amount of exercise. Most rowing athletes exercise by the interval training subject to the combination of low intensity and short-time high intensity.

Water Treatment of the Tank

1. Water injection

(Note: when water injection, the dry cloth shall be used for padding under bottom of the water tank to prevent the floor and carpet from being wetted.)



Water injection step

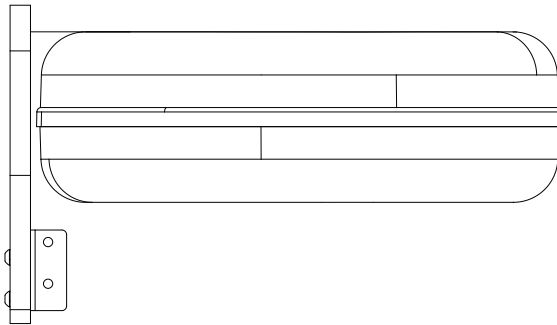
1. Remove the rubber plug at the top of the water tank.
2. Put a barrel of water near the rowing machine, and insert the water outlet of the water pump and the hose at the bottom into the water tank.
3. Enable the water pump to start water injection and confirm the water injection rate as per the water level scale on one side of the water tank. Caution! Avoid excessive water injection!
4. Remove the water pump after the expected water level arises by water injection.
5. Ensure the hole has been plugged by the water tank plug anew.

[Note] If the local water quality is too poor, it's suggested to use the distilled water to replace the tap water.

Water Treatment of the Tank

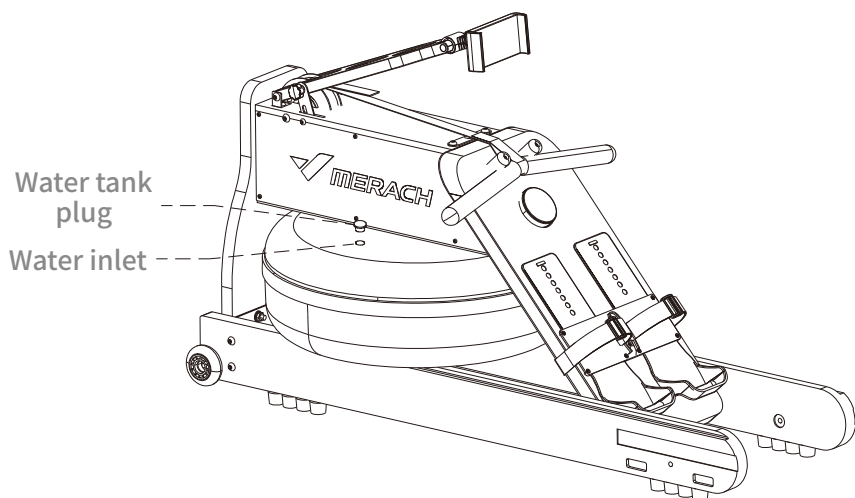
2. Handling of regularly changing the water

Note: the water shall be timely replaced when the water discolours or the bacterium or alga reproduction occurs.



Water Treatment of the Tank

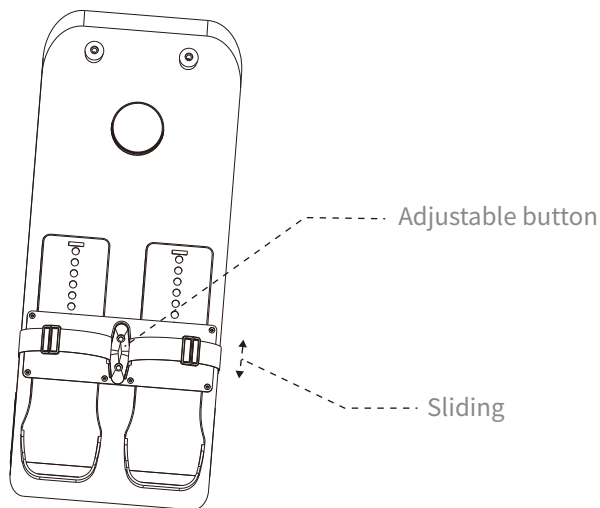
3. Changing the water



Changing the water step

1. Remove the water tank plug.
2. The hose at the bottom of the water pump shall be inserted into the rowing machine water tank, and the water pump water outlet shall be inserted into the water tank.
3. Enable the water pump to drain away water.

Water Treatment of the Tank

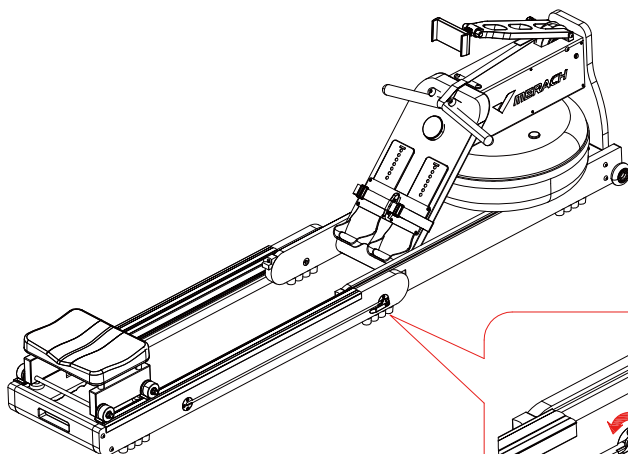


1. The pedal is suitable for feet in different sizes and can be used very conveniently.
2. Press the one-word button in the middle to find the suitable position suitable for user foot rest by adjustment up and down.
3. Fasten the bandage to start exercise.

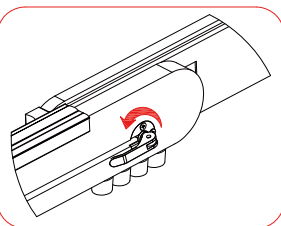
[Warning] Ensure the feet are fixed onto the pedal before the rowing machine is used for exercise.

Folding Instructions

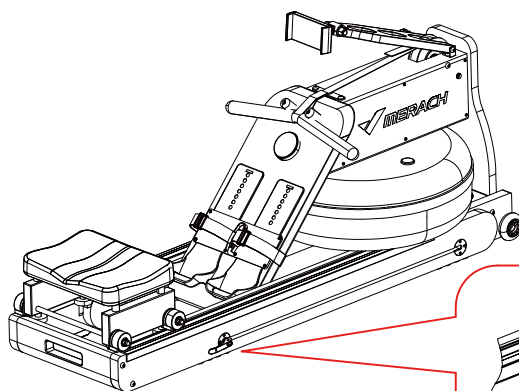
1. Storage



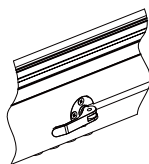
- Anticlockwise rotate the whistle aluminium alloy spanner to be loose, and push forward the rear frame assembly for storage.



2. Training



- Anticlockwise rotate the whistle aluminium alloy spanner to be loose and pull back the rear frame assembly for expansion, and then clockwise rotate to make it fixed to start exercise.



Instructions for console



The image that all the central control knobs are on

A. Main operation instruction:

- When the machine stand is not powered on, the screen of the central control knob is blank. (Figure 2)
- When the knob is powered on, there is a BUZZER, the display is on and ready (Figure 1); After powering on, the resistance resets to Gear "1" automatically. If there is no operation or movement for 3 minutes, the display will be off, and the machine will be under dormant state (Figure 2).
- A short press to the knob or pull the handbar to enter sport status. The figure in the window displays resistance "LEVEL" (Figure 3)



Figure 1

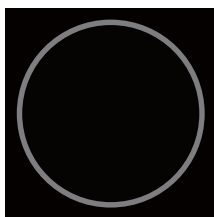


Figure 2



Figure 3

- When rowing, the figure in the main screen displays in order, "SCAN" icon will be on, and the following functions will be displayed every 3 seconds in turns: speed, duration, distance, calorie, times of oar and speed allocation for 500m. The window displays rate of stroke and resistance level in turns. (Figure 4/5/6/7)



Figure 4



Figure 5



Figure 6



Figure 7

Instructions for console

● To lock the mode, keep a short pressure to the knob screen during normal use, then the required functions can be switched to. (Figure 8/9/10/11)



Figure 8



Figure 9



Figure 10



Figure 11

● During sport, the resistance level can be adjusted by rotating the direction of the central control knob. Clockwise rotation is to increase the level, level 16 is the maximum; anticlockwise rotation is to reduce the level, level 1 is the minimum. (Figure 12)



Figure 12

- Precautions: Please correctly use the power supply. If the machine is not used, please unplug. When the machine is used by juveniles, guardian has to be here to prevent misoperation which leads machine stand damage and personal injury.
- The firmware version of this instruction will be upgraded, in case of any difference, the material object shall prevail.
- Note: Please pay attention to the correct use of the power supply. When not in use, the power plug must be pulled out. Minors must be accompanied by a guardian to avoid misoperation, causing damage to the machine and accidental injury to personnel.
- The version of this instruction will be upgrade In case of any difference, visit us at merachfit.com

Instructions for knob

B. Instructions for data display

Item No.	Project	Display window	Display instruction
1	Resistance level		1 ~ 16
2	SCAN carousel		Display: Indicating that the data will not be displayed under carousel mode: Indicating that the data are locked
3	Speed		0.0 ~ 9999 mph
4	Time		00:00 ~ 99:59
5	Distance		0.0 ~ 9999 mile
6	Calorie		0.0 ~ 9999 Kcal
7	Bluetooth icon		Display: Bluetooth has been connected Non-display: Bluetooth is not connected

Download and use of MERACH

- * Our customer can get a 180-day MERACH membership. Please contact us through 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 SMART DUAL RESISTANCE ROWER

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.

Instructions for [KINOMAP] APP Connection and Use

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 "Rowing Machine ", and find your "MRK-950-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).



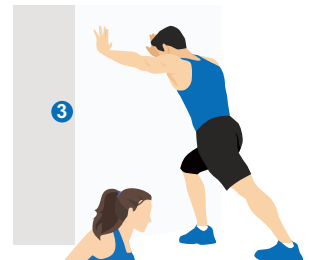
2. Seated hamstring stretch

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).



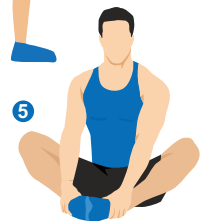
4. Quadriceps stretch

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).



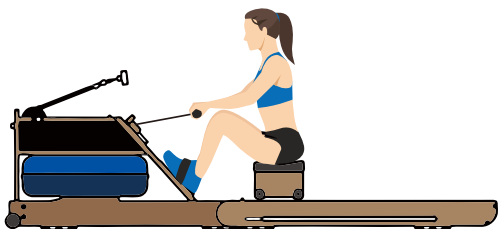
5. Sartorius (inner thigh muscle) stretch

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).



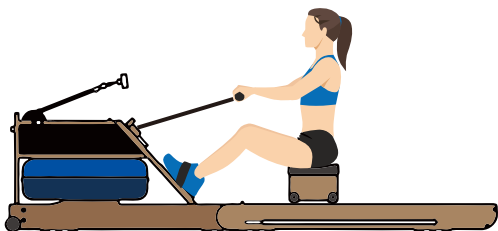
Note: This machine is full body training equipment, please follow the above steps to warm up.

Instructions for Using the Rowing Machine



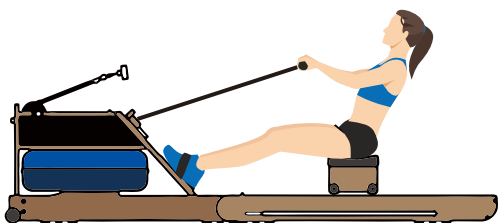
The Catch

Keep your wrists flat and grip the handle. Place your feet on the footrests and slightly lean forward. Keep your back and arms straight.



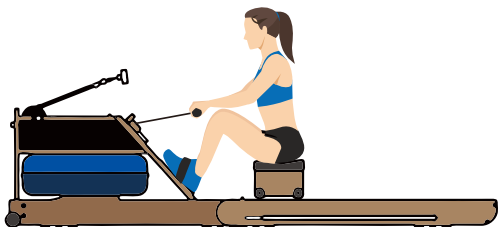
The Drive

Begin by using your legs. Press through the foot pedals with your posture firm and upright. When your legs almost reach full extension, start to pull the handle.



The Finish

Pull the handle to the space between the chest and navel.



The Recovery

Reverse the motion and return to the starting point. Then repeat.

Troubleshooting

Questions	Solutions
How to adjust gear?	Turn the knob clockwise to increase resistance and counterclockwise to decrease resistance. The resistance of the rowing machine is adjusted to an intelligent electric console, with a resistance level (1-16 adjustable).
What should be done when there is noise in rowing?	You can apply some car polishing wax on belt.
What should be done when feeling no rowing resistance?	Check whether the handle falls off during the movement. The belt may be stuck in the pulley groove. Adjust the belt to the center of the pulley.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 23) .
What should be done when the machine body shakes slightly or the footpads are lifted during exercise?	Check whether the front and rear leg tubes are fastened.
	Adjust the foot pads under the tubes until the whole machine is stable.
	Use the rower on a surface that has a better grip on the floor stabilizer, or purchase an exercise mat to hold the rower in place.
What should be done when the rower can not be connected to the APP?	Check whether other members are connected to Bluetooth at the same time. If so, unbind and reconnect.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 23) .
What should be done when the water discolors or becomes muddy?	Change the placement location of the rowing machine to reduce the direct solar radiation.
	Change the water or conduct water treatment pursuant to the description of the manual. Consider the use of distilled water for water injection anew.
What should be done when the panel isn't on after the power supply is switched on?	Check the power adapter, connect anew.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 23) .

Warranty Information

Product Name	Water & Electromagnetic Rowing Machine
Model	MR-950
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 **fit 1-year limited warranty**, they are 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 instead of commercial, rental, or any other uses for which the product is not intended for. Each product has no other warranties other than the already provided warranties.

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 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

Official Website: merachfit.com