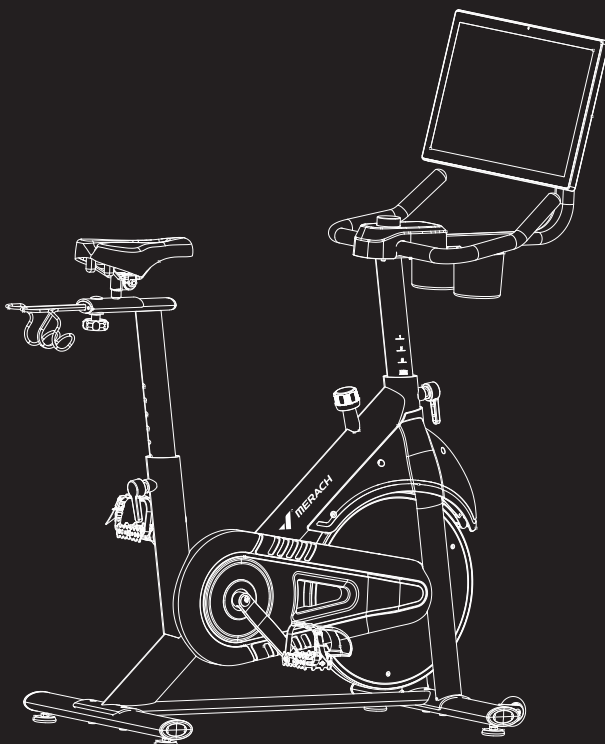


USER MANUAL

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: 44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL

support.eu@merach.com

MODEL: MR-S36

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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Parts Tool List	06
Installation Guide	07
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Warm-up	24
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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 330lbs.
- 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.

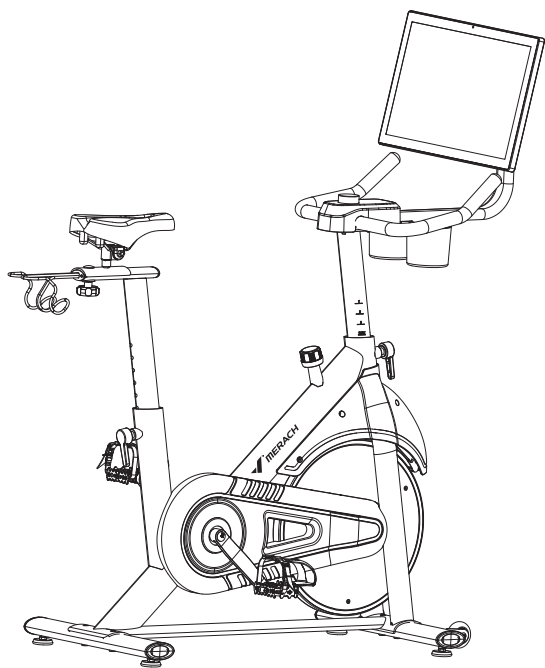
Manufactured by:

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
Room 1205, Xianfeng Technology Building,
298 Weiye Road, Puyan Subdistrict,
Binjiang District, Hangzhou,
Zhejiang Province,China
jingge_mrk@163.com

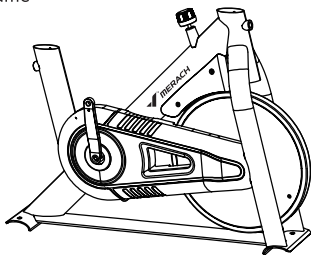
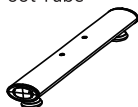
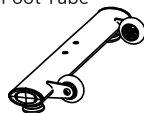
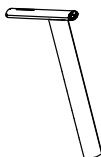
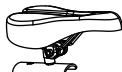
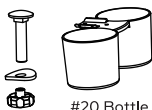
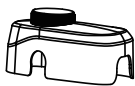
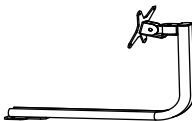
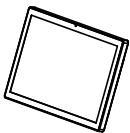
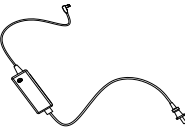
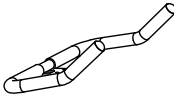
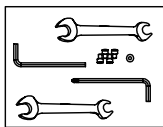
SPECIFICATIONS



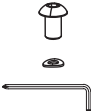
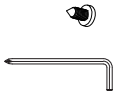
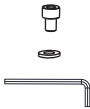
Name:	MERACH Exercise Bike
Model:	MR-S36
Resistance:	16 Level
Weight Capacity:	330lbs/150kg
Product Dimensions:	55*19.3*58.2inch/1400*490*1478mm
Net weight:	75lbs/34kg
Radio Frequency	2.4GHz
Radio Frequency Band	2402-2480MHz
Maximum RF Power	5.4dBm

PARTS LIST

Please make sure all parts and accessories are complete.

#1 Main Frame 		#6 Rear Foot Tube 	
		#7 Front Foot Tube 	
#2 Seat Post 	#3 Handlebar Post 	#4 Seat Assembly 	
#14 Carriage bolt #15 Curved washer #16 Locking knob  #20 Bottle Holder		#27 Decoration Cover 	#22 Flat Plate Fixing Tube 
#26 HD-Display 	Adapter 	#5 Handlebar 	#12 Dumbbell Rack 
#8 Left Pedal #10 Right Pedal 	#30 L-shape Pop Pin Knobs x2 	Screw&Kit 	User Manual 

PARTS TOOL LIST

Step 1  #28 Hexagon Socket Head Screws M10*16 x4 #29 Arc Washers Φ10 x4 #D #6 Allen Key x1	Step 2  #B #17-#19 Open Wrench x1 #A #13-#15 Open Wrench x1
Step 3  #30 L-shape Pop Pin Knob x1	Step 4  #13 Cross Screws x2 #D #6 Allen Key x1
Step 5  #30 L-shape Pop Pin Knob x1	Step 6  #17 Hexagonal Screws x4 #18 Gaskets x4 #D #6 Allen Key d x1
Step 7  Socket Screws 4PCS #D #6 Allen key 1PC	Step 8  #17 Hexagon Socket Screws x2 #18 Flat Washer x2 #C #5 Allen Key x1
STEP 10  #21 Hexagon Socket Screws X2 #C #5 Allen Key x1	

INSTALLATION GUIDE



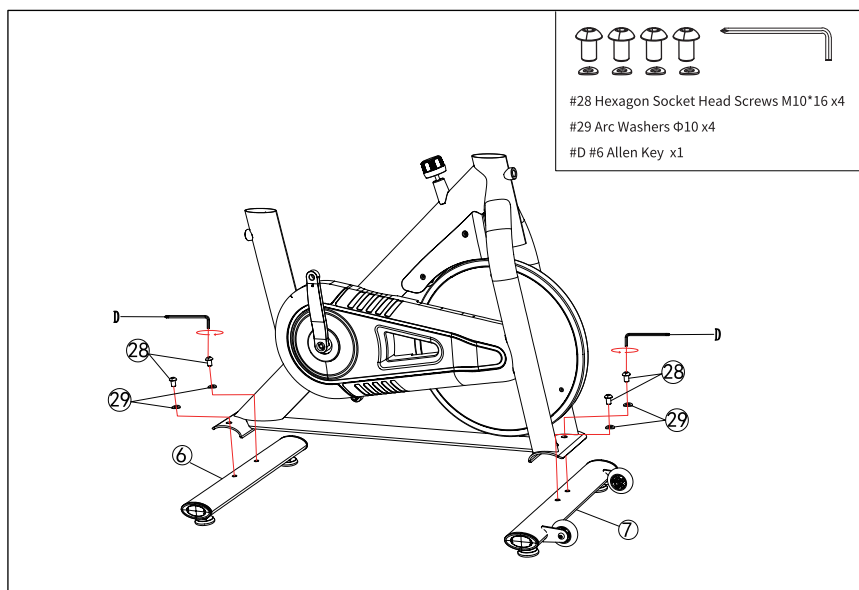
Tips

Scan QR code to watch installation video

Step 1: Install Front and Rear Foot Tube

A. Take out the D tool, 4PCS Hexagon Socket Head Screws (28) and 4PCS Arc Washers (29) from the tool kit. Pass the Hexagon Socket Head Screws (28) through the Arc Washers (29) to fix the Front Foot tube (7) to the frame. Fix the Rear Foot tube (6) in the same way.

NOTE: The bottom Foot pad of the Foot Tube(6) &(7) can be adjusted to keep the balance of the bike.



Step 2: Install the Pedals

A. Use tool B to remove the Left Hexagonal Nut (11) on the Left Pedal (10) and set aside.

NOTE: The direction of removing the screw is always in the direction of the Pedal.

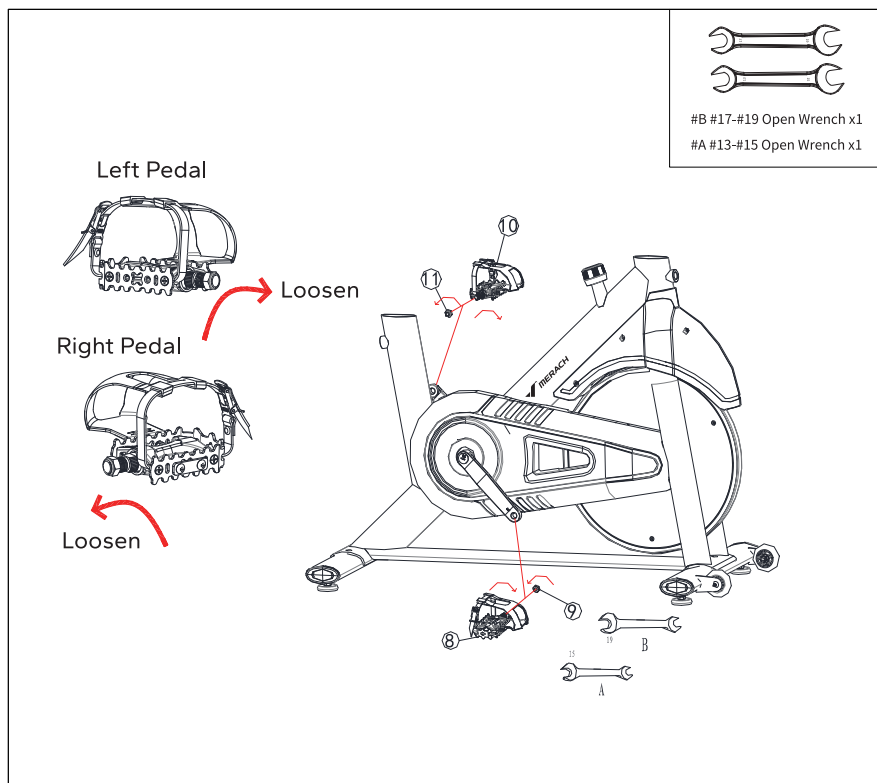
B. Then align the Left Pedal (10) with the left crank hole and install it vertically. Gently turn it 3 times in the direction shown in the figure (note the direction of the flywheel), and then use tool A to tighten the pedal.

C. Finally, use tool B to install the left hexagonal nut (11) removed from the pedal back on the pedal and tighten it.

NOTE: That the direction of tightening the hexagonal nut is always opposite to the direction of the pedal foot cover.

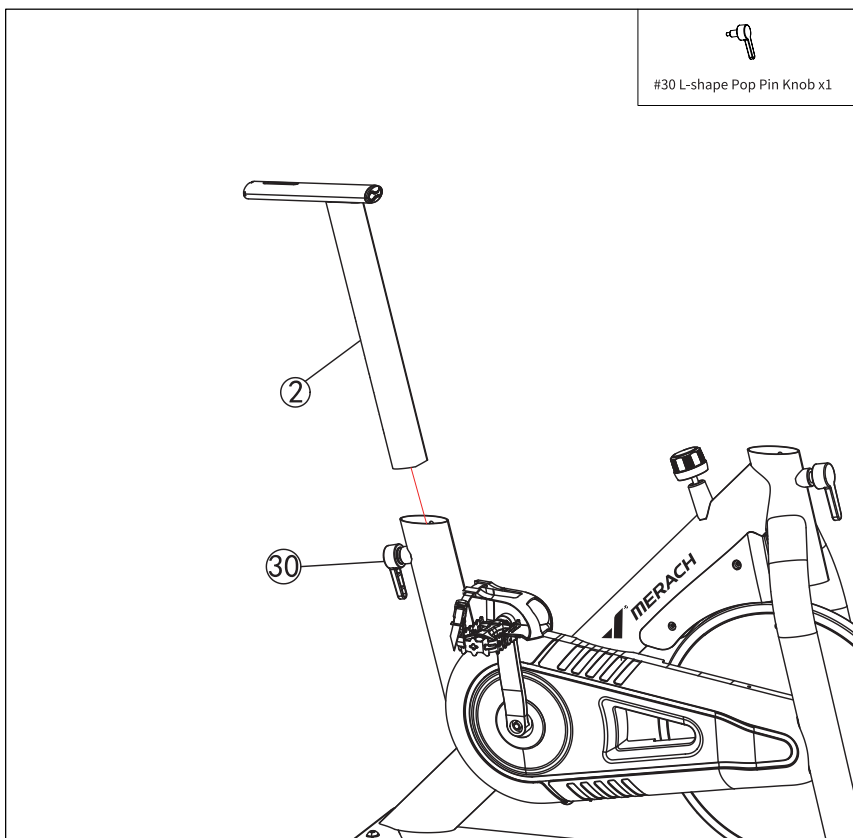
D. Install the Right Pedal (8) in the same way.

NOTE: The direction of tightening the pedal is always towards the direction of the flywheel.



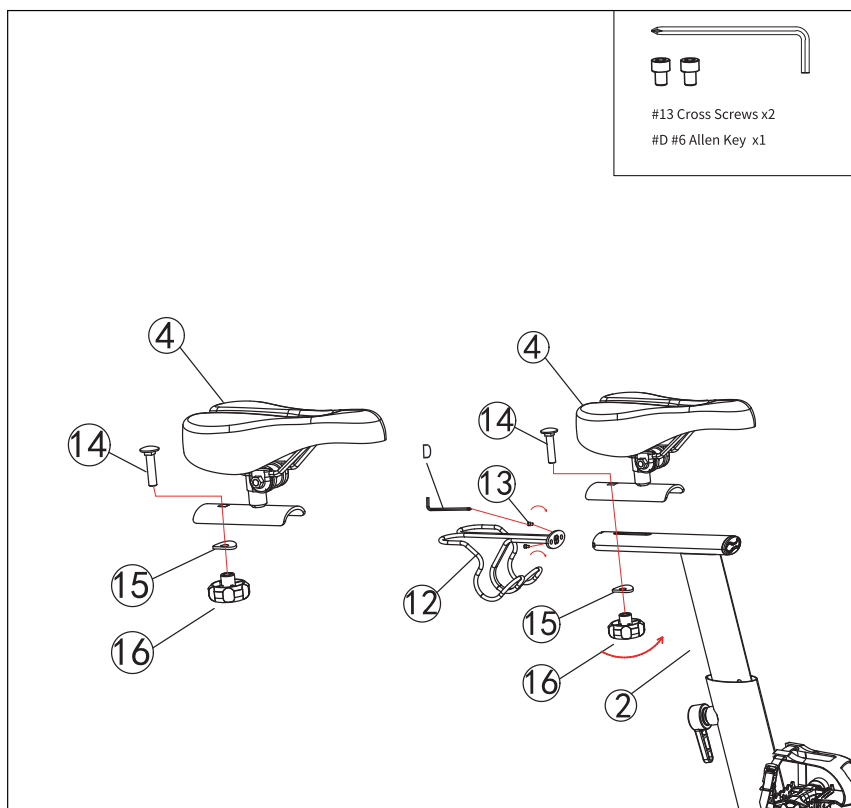
Step 3: Install the Seat Post

- A. Take out the seat cushion up and down Seat Post (2) and set it aside for use. Take out the Knob (30) from the inner package. As shown in the figure, install the Knob (30) to the corresponding frame hole and turn it 3 times to fix it on the frame.
- B. Pull the Knob (30) outward and insert the seat cushion up and down Seat Post (2) into the frame at a suitable height. You will hear a click, indicating that the knob is correctly inserted into the hole. Then tighten the knob.



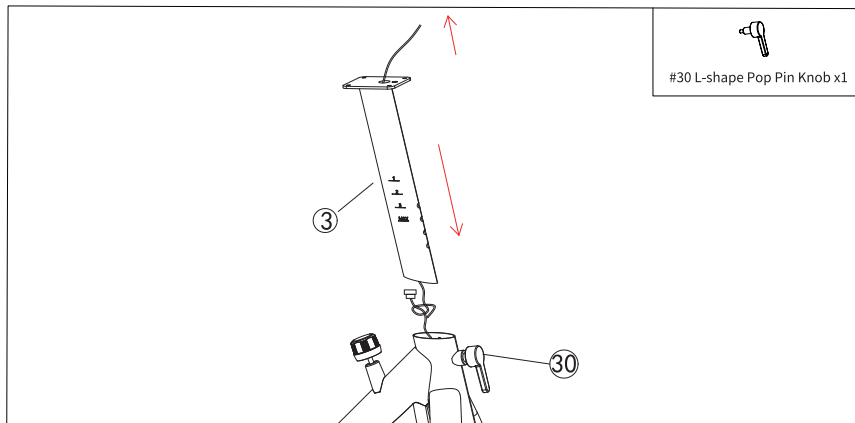
Step 4: Install the Seat Assembly

- A. Place the Seat Assembly (4) on the seat upper and lower Seat Post (2), and then use the carriage screw (14) to pass through the Seat Assembly (4) and the seat upper and lower Seat Post (2), Washer (15) in sequence, and then use the locking Knob (16) to lock it.
- B. Align the Dumbbell Rack (12) with the seat upper and lower Seat Post (2) and lock it with 2PCS Cross Screws (13), lock it with tool D.



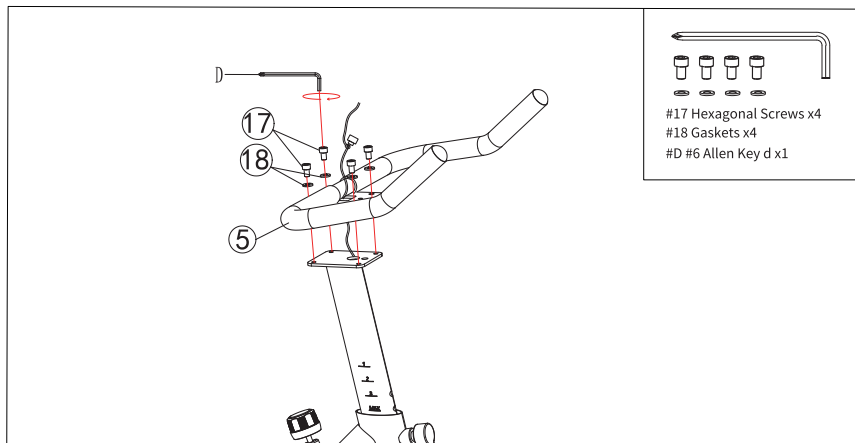
Step 5: Install the Handlebar Post

- A. First, untie the wire fixed on the main frame, wrap the wire at the bottom of the armrest up and down Handlebar Post (3) to fix the wire, pull the wire at the top of the armrest up and down Handlebar Post (3) to pull the wire to the top. At the same time, insert the armrest up and down Handlebar Post (3) downward into the frame, adjust the appropriate position, and then lock it with the Pull Pin Knob (30).



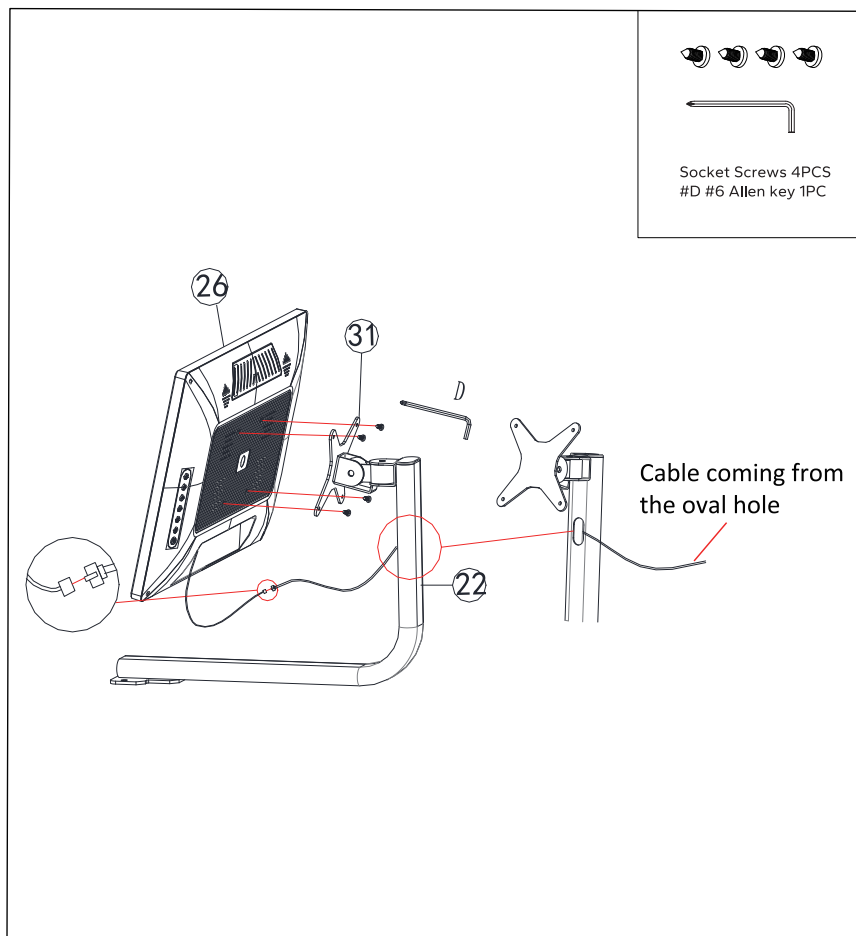
Step 6: Install the Handlebar

- A. Pull the wire bundled with the wire through the Handlebar (5) fixing plate step by step as shown in the figure and align the hole of the Handlebar (5) with the hole of the fixing plate at the top of the handrail upper and lower adjustment tube. Use the Hexagonal Wrench D, 4PCS Hexagonal Screws (17) and Gaskets (18) to fix it.



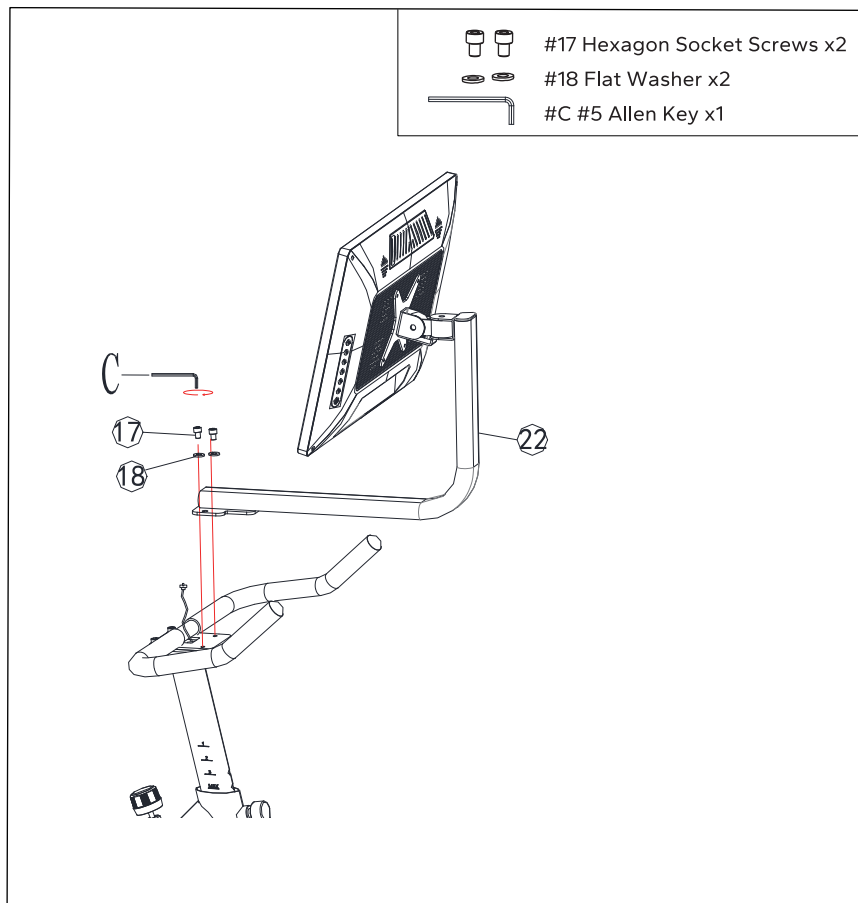
Step7: Install the Display

- A. Take out the Display Support Tube (22) from the package.
- B. Use tool D to remove the four screws on the back of the Display (26) for later use.
- C. Align the holes of the Display (26) with the holes on the Display Fixing Plate (31) and fix them with the screws removed previously. Be careful to tighten them appropriately to avoid damage to the color screen caused by over-tightening. Connect the wires coming out of the Display (26) with the wires coming out of the oval hole of the Display Support Tube (22).



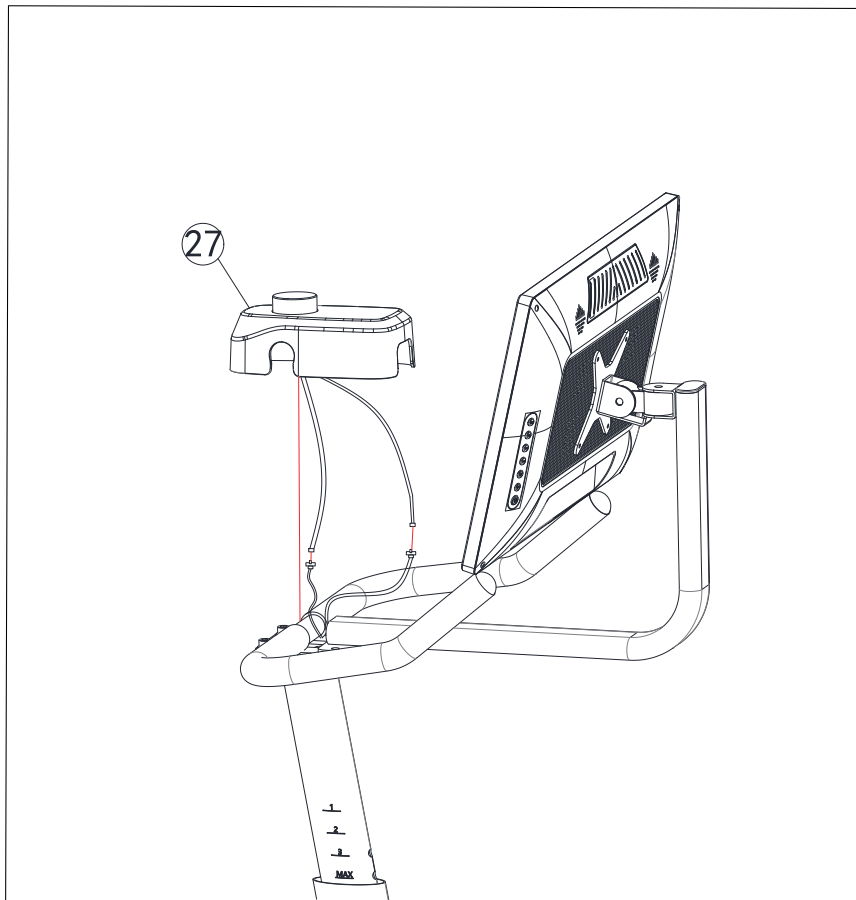
Step 8: Install the Display Support Tube

As figure shows, align the holes fo the Display Support Tube (22) with the holes on the handlebar plate. And then use tool C to pass through the Hexagon Socket Screw(17) and Flat Washer (18) in turn to secure the screen support tube to handlebar as shown in the figure.



Step 9: Connect the cables

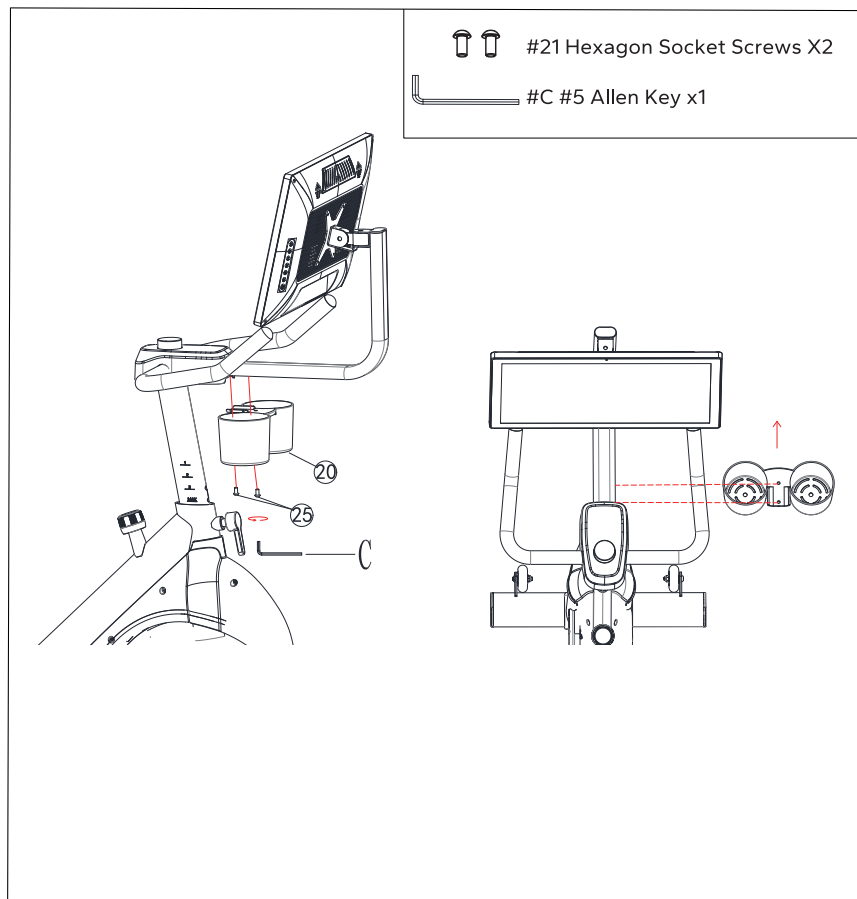
- A. Connect the red cable connector coming from the left end of the Display Support Tube (22) with the red cable connector of Decoration Cover (27).
- B. Connect the white connector of the cable coming from the top of the Handlebar Post(3) with the white connector of Decoration Cover (27).



Step 10: Install the Bottle Holder

As shown in the figure, align the hole of the Bottle Holder (20) with the hole below the Display Support Tube (22). Then tighten it with tool C and 2PCS screws (25). Please make sure to tighten it in the correct direction as shown in the figure.

NOTE: After installation, please check all mounting screws and make sure they are tightened.



PRODUCT USAGE INSTRUCTIONS

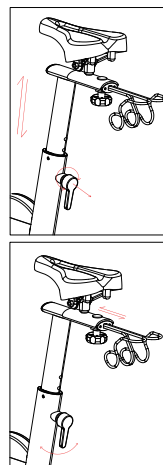
Adjustment method of cushion

Up and down adjustment method

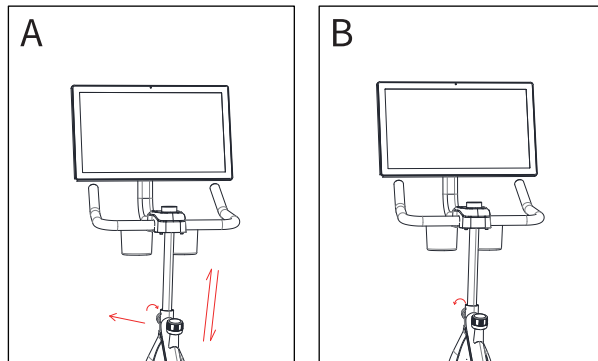
Turn the cushion column knob with one hand, loosen it slightly and pull out ward. Grab the cushion with other hand, and pull it up (or down). Slightly move the saddle column up and down after adjusting to the desired position, loosen the spring to restore it to its original position (the knob is already in the hold of the cushion column when you hear a "clicking" sound) and then retighten the knob.

Front and rear adjustment method

Loosen the knob at the bottom of the saddle and slide the saddle back and forth. Tighten the knob after adjusting to the desired position.



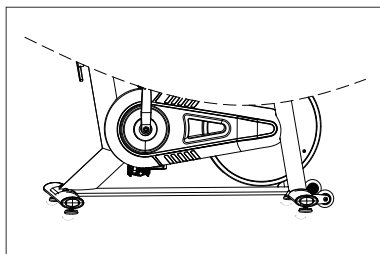
Adjustment of handrail height



1. You can adjust the handrail height according to your height.
 - Rotate the pull pin, loosen it and put it outward to move the handrail column up and down (Figure A).
 - After adjusting to the appropriate height, please align the pull pin and the hole of the handrail column, and tighten it by turning clockwise (Figure B).
 2. If the handle lever can not be moved up and down smoothly, you can apply the lubricating oil. Please note that your hands may get dirty if you touch them directly.
- Note:** When adjusting, do not exceed the "STOP" mark at the minimum insertion depth.

Adjustment of foot pad

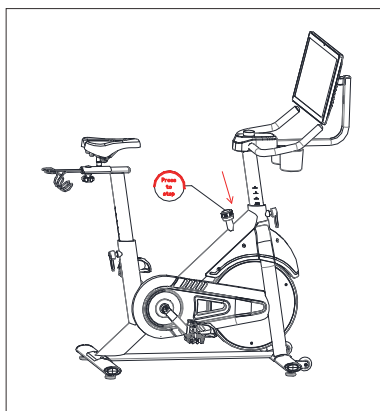
In order to achieve a smooth and comfortable ride, you must ensure that the spinning bike is stable and safe. If you find that the spinning bike is unstable during use, you should adjust the adjustment foot pads on the front and rear leg tubes (as shown below) until the spinning bike and the bottom surface reach a stable state.



Emergency stop and use method of brakes

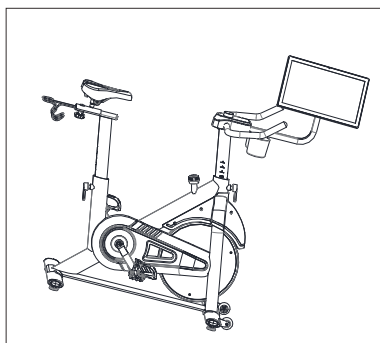
1. About emergency stop

The flywheel and the pedal of the dynamic bicycle belong to the linkage state. If the flywheel does not stop rotating, the pedals will not stop rotating. It is dangerous to leave the pedals while the pedals are rotating or to take your foot off the pedals immediately. If you need to stop the pedals in an emergency, please press the brake knob downward until the motorized bike stops.



Machine handling instructions

1. When moving the product, hold the front of the handle and push it down so that the moving wheels of the forefoot tube completely touch the ground.
2. For women and the elderly, it is easier to hold the front leg tube with your feet and press down on the front of the steering wheel. After lifting up, the movement becomes simple. The method is the same when putting it down, first fix the front leg tube with your feet before putting it down.



HD DISPLAY INSTRUCTIONS

Power On

Please use the supplied adapter to connect to the HD Display before inserting the adapter into a suitable power outlet.

The power on HD Display interface is as follows:



Interface Instructions

- 1. Serial Port Interface:** 12V power supply, ground, TX, RX. Connect to the Exercise Machine serial port interface for communication and data transmission.
- 2. Type-C Interface:** Can be used for wired screen projection or for upgrading the main chip firmware.
- 3. 3.5mm Interface:** Earphone audio Output.



Buttons Functions Instructions

Button:

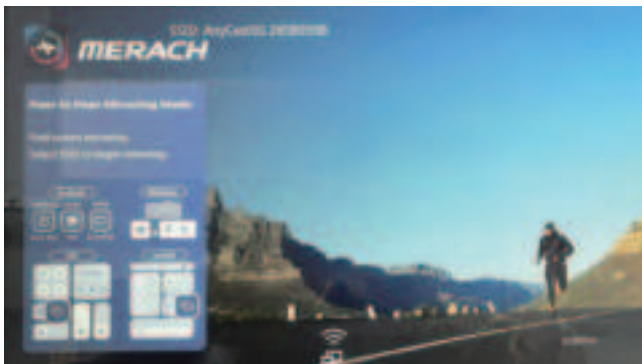
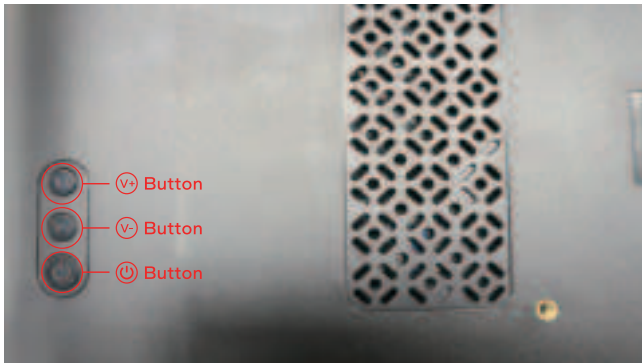
1. Click the V+ button to call out the volume adjustment menu:
Click the V+ button to increase the volume, and click the V- button to decrease the volume.
2. Long press the V+ button to switch to the Mirror Guide.

Button:

- Click the V- button to call out the screen brightness adjustment menu:
- Click the V+ button to brighten the screen, and click the V- button to dim the screen brightness.

Button:

1. Long press the  button to TURN ON/OFF the device.
2. In the projection mode, click the power button to TURN OFF the menu bar.



Wireless Projection Mode Operation Guide

1. Connect the adapter to **Turn On** the display.
2. When the **SSID Code** appears in the upper of the display, open **Screen Mirroring** on your phone and search for the devices that can be mirroring. As shown in Figure 1.
3. Select the same **SSID code** as the display and connect. As shown in Figure 2.

Note: If it is the first time to connect an iPhone, you need to enter the four-digit password in the upper right corner of the display screen, and then wait for the screen to be projected. As shown in Figures 3 and 4.



Figure 1



Figure 2



Figure 3

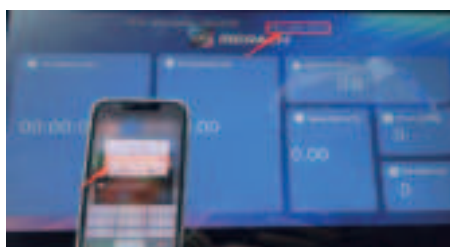


Figure 4

Wired Projection Mode Operation Guide

1. Prepare a TYPE-C data cable(not attached) with data transmission.

Note: The data cable must support data transmission with a maximum bandwidth of 40Gbps and video expansion functions.



2. Connect one end of the data cable to the mobile phone/tablet interface and the other end to the TYPE-C interface of the display.

Note: If the power supply capacity of the data cable projection device is weak, it is necessary to use a 12V=3A power supply on the serial port interface for power supply.



3. After devices are connected as shown in Figure.



CONNECTOR TYPE: USB-C to USB-C with Power Delivery.

NOTE: Please accept our apology for the Wired Projection Mode currently is not compatible with devices under iPhone 15, we recommend that operating it with the Wireless Projection Mode.

Display Mirroring Supported Devices

Brand	Wireless projection supported devices	Wired projection supported devices
Samsnug	J7 Prime(SM-G610F),Samsnug S21, Samsnug A80,Samsnug S6(SM-G9200)GalaxyS23,58,58+,59+,510, 510+,510E,S20,S20+,S20Ultra,Note8, Note9,Note10,Note10+	GalaxyS23,SamsnugS21,58,S8+,S9+, S10,S10+,S10E,S20,S20+,S20Ultra, Note8,Note9,Note10.Note10+
iphone	phone8,iphone9,iphone10,iphone11, iphone12,iphone13,iphone14,iphone15, iphone16	iphone15,iphone16
HUAWEI	nova 3i,MAIMANG 7,Honor 8X, Honor 20,P40 Pro,Mate40 Pro,Mate10, Mate10Pro,Mate20,Mate20Pro, Mate20X,MateRs,Mate20Rs,Mate30, P20,P20Pro,P20RS,P30,P30Pro, HuaweiNote10,HuaweiV20, Mate50 Pro,Mate60 Pro	Mate10,Mate10Pro,Mate20, Mate20Pro,Mate20X,MateRS, Mate20Rs,Mate30,P20,P20Pro, P20RS.P30,P30Pro,P40, HuaweiNote10,HuaweiV20, Mate50Pro,Mate60 Pro
OPPO	R9tm,r15,Find X,Reno7 5G,Find X2 Pro	R17Pro
LG	G5,G7,G8X	G5,G7
XIAOMI	xiaomi10,xiaomi11,xiaomi12,xiaomi13, xiaomi14,xiaomi15	\

NOTE: Since different brands of mobile phones use different wireless screen projection technologies, please confirm whether the devices not included in the list support the same functions.

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 "Exercise bike", and find your "MRK-S36C-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

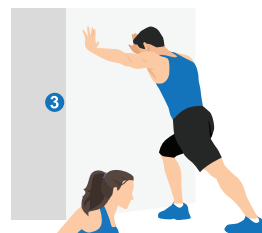
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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).



WARRANTY INFORMATION

Product Name	MERACH Exercise Bike
Model	MR-S36
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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