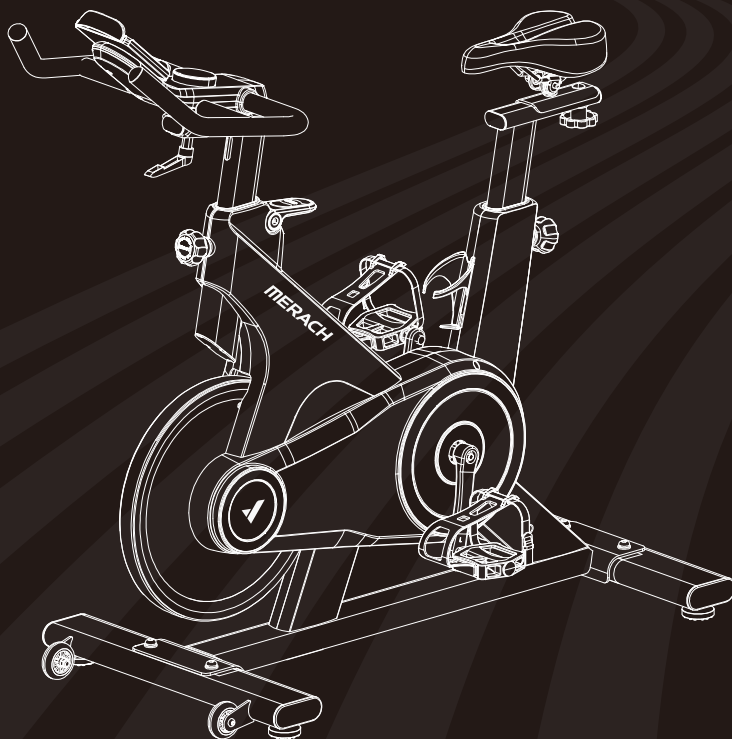


# USER MANUAL

MERACH MR-S09 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  
[support@merach.com](mailto:support@merach.com)



**WHO  
WE ARE**



Our customers aren't just important; their health, fitness, and pure enjoyment for live 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 bike, 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 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 350 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.

## 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.

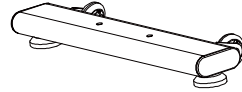
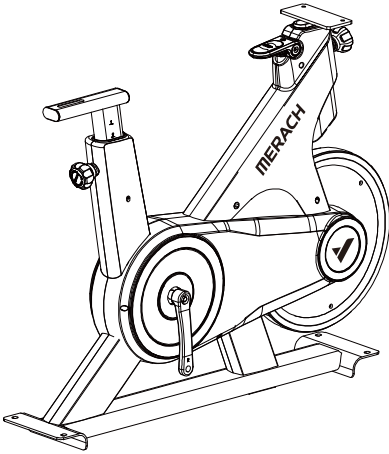


Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditions. Please read all instructions before using the machine.

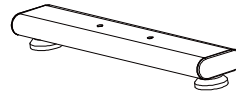
# Packing List

Please be sure to check that all parts and accessories are available.

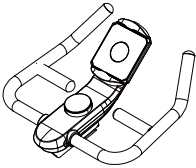
#22 Main Frame x1



#91 Front Stabilizer x1



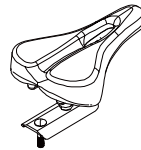
#105 Rear Stabilizer x1



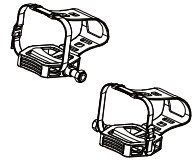
#7 Handle Assembly x1



#10 Handlebar Post x1



#15 Seat Assembly x1



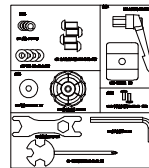
#106R Right Pedal x1  
#106L Left Pedal x1



#79 Bottle Cage x1



#39 Power Adapter x1



Screw Kit x1

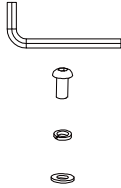


Instruction Manual x1

# Parts Tool List

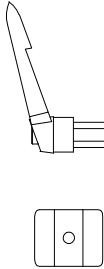
Please check if all the parts and tools are in the package.

## Step 1



#B Allen Key  
#81 Hexagon Socket Pan Head Bolt ×4  
#82 Spring Washer ×4  
#83 Flat Washer ×4

## Step 3



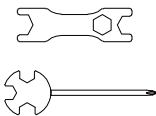
#111 L-Nut ×1  
#112 Handlebar Lock Plate ×1

## Step 4



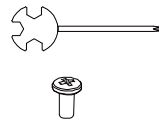
#18 Flat Washer ×1  
#19 Torx Nut ×1

## Step 5



#C Open-end Wrench ×1  
#A Cross Wrench ×1

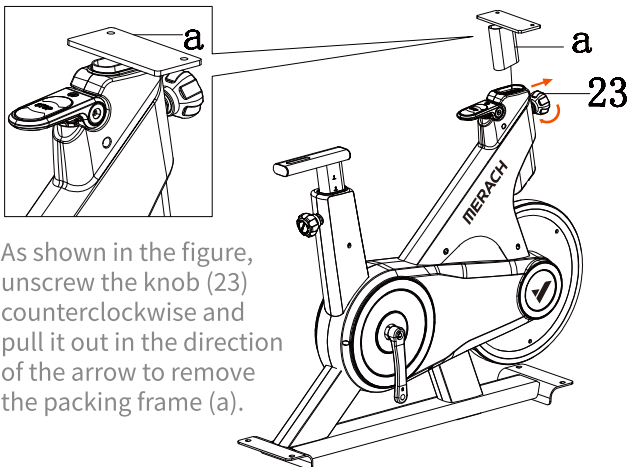
## Step 6



#A Cross Wrench ×1  
#110 Cross Pan Head Bolt ×2

# Pre-installation Instructions

## Instructions for Unpacking the Rack



As shown in the figure, unscrew the knob (23) counterclockwise and pull it out in the direction of the arrow to remove the packing frame (a).

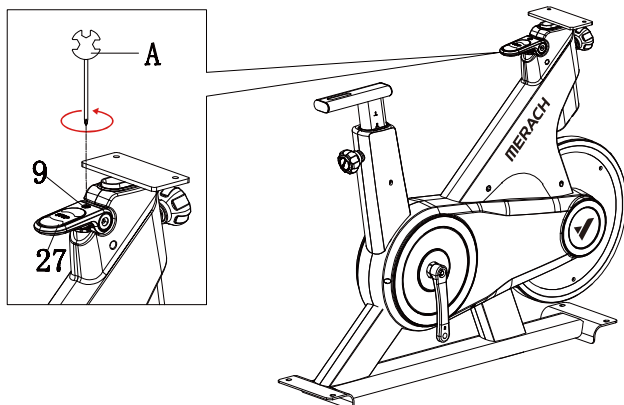


## Tips

Scan QR code to watch installation video

## Security Lock Instructions

As shown in the figure, use the cross wrench (A) to turn the cross-recessed flat-head screw (9) counterclockwise from the brake handle (27) for 3 to 5 turns until the inertia wheel can rotate.

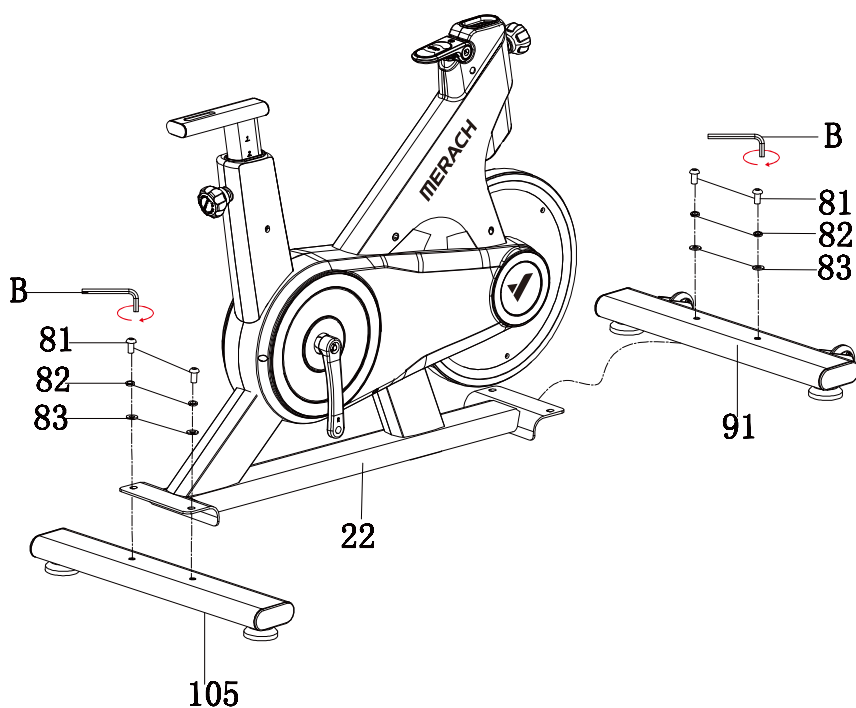




# Installation Steps

## Step 1: Fix the front and rear stabilizers to the main frame

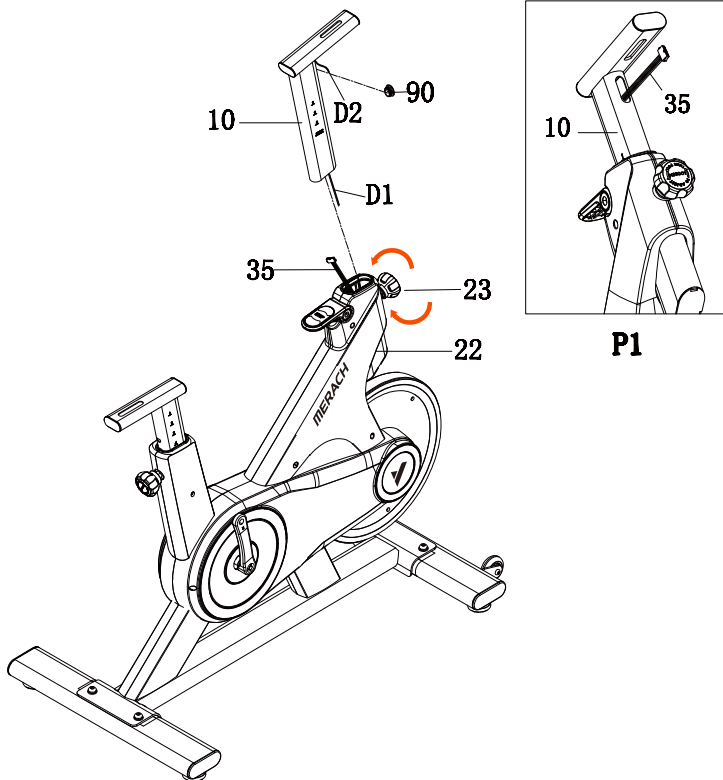
Use the Allen Key (B), flat washers (83), spring washers (82), and hexagon socket pan head bolts (81) to respectively lock the front stabilizer (91) and rear stabilizer (105) on the main frame (22).



## Installation Steps

### Step 2: Fix the handlebar post to the main frame

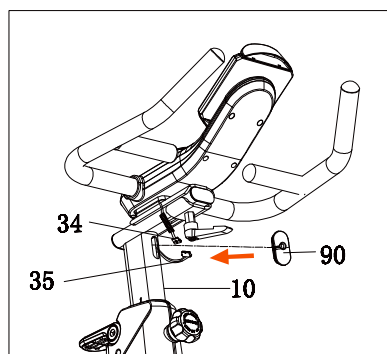
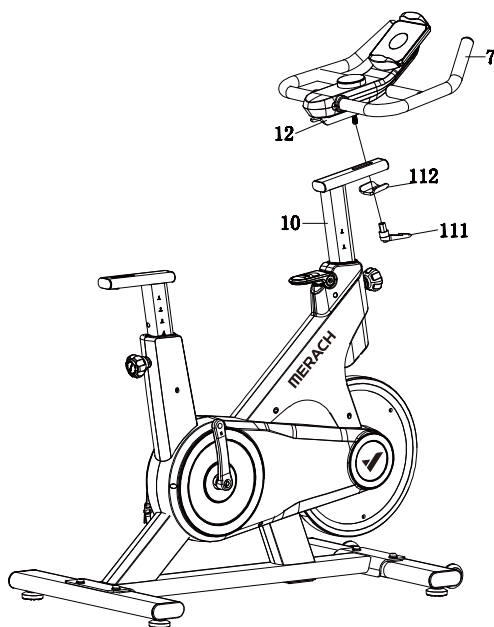
1. Take off the wire hole plug (90) pre-installed on the handlebar post (10). Use the D1 end of the plastic lacing wire pre-installed on the handlebar post (10) to tie the relay wire (35) pre-installed on the main frame, and then grab the D2 end to pull the riser cavity out.
2. Loosen the large pin knob (23) pre-installed in the main frame (22) counterclockwise, and then insert the handlebar post (10) into the front riser of the main frame, the hole needs to be aligned, and finally the handlebar post (10) will be tightened clockwise on the front riser of the main frame with the large pin knob (23). As shown in Figure P1.



# Installation Steps

## Step 3: Attach the handlebar lock plate to the handlebar post

1. As shown in the figure, pass the bolts on the handle assembly (12) through the groove of the handlebar post (10), and use the handlebar lock plate (112) and L-shaped nut (111) to lock the handle assembly (12) Lock on the stem joint (10). Loosen the L-nut (111) according to the exercise distance suitable for oneself to adjust the handle assembly (12) forward and backward.
2. Connect the relay wire (35) to the outlet wire (34) of the electronic monitor, then insert the connected wire into the wire hole of the standpipe, and finally plug into the wire hole plug (90) as shown in Figure P1.

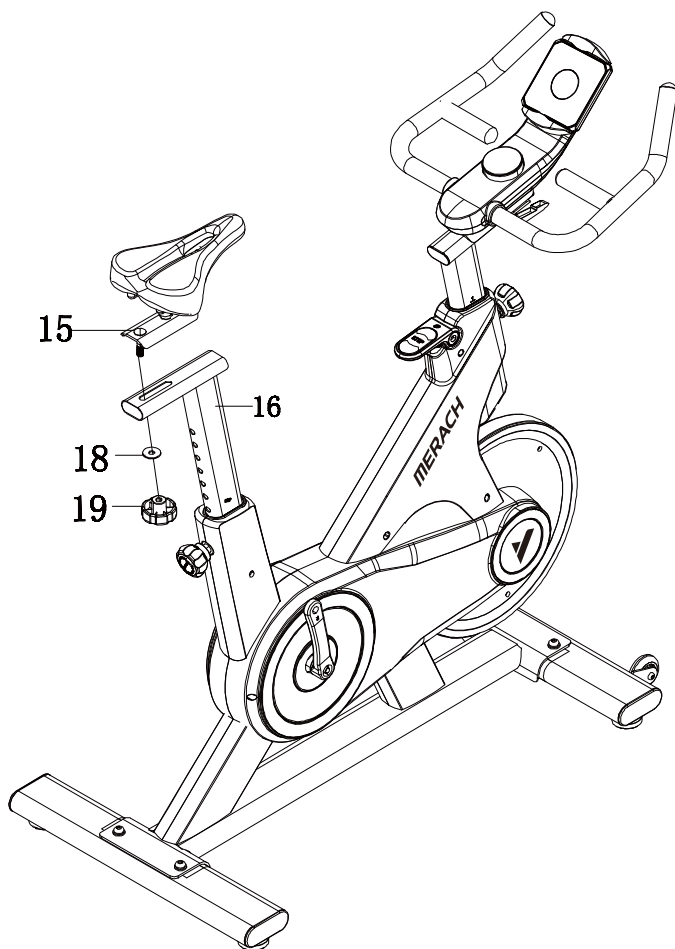


P1

## Installation Steps

### Step 4: Secure the seat assembly to the saddle tube

Lock the seat assembly (15) on the saddle tube (16) with a flat washer (18) and a torx nut (19).

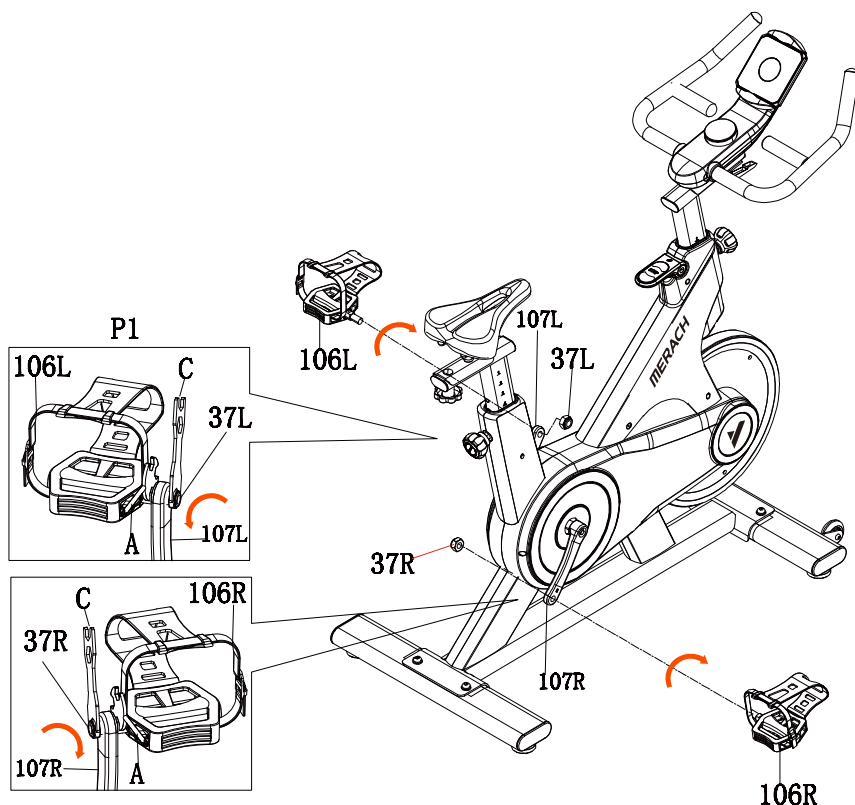


# Installation Steps

## Step 5: Attach the pedals to the main frame

First remove the left nylon nut (37L) on the left pedal (106L), as shown in Figure P1, use the cross wrench (A) to lock the left pedal (106L) on the left crank (107L), and then use the cross wrench (A) to fix the pedal screw, and use the open-end wrench (C) to lock the left nylon nut (37L) on the left crank (107L), and lock the right pedal (106R) in the same way.

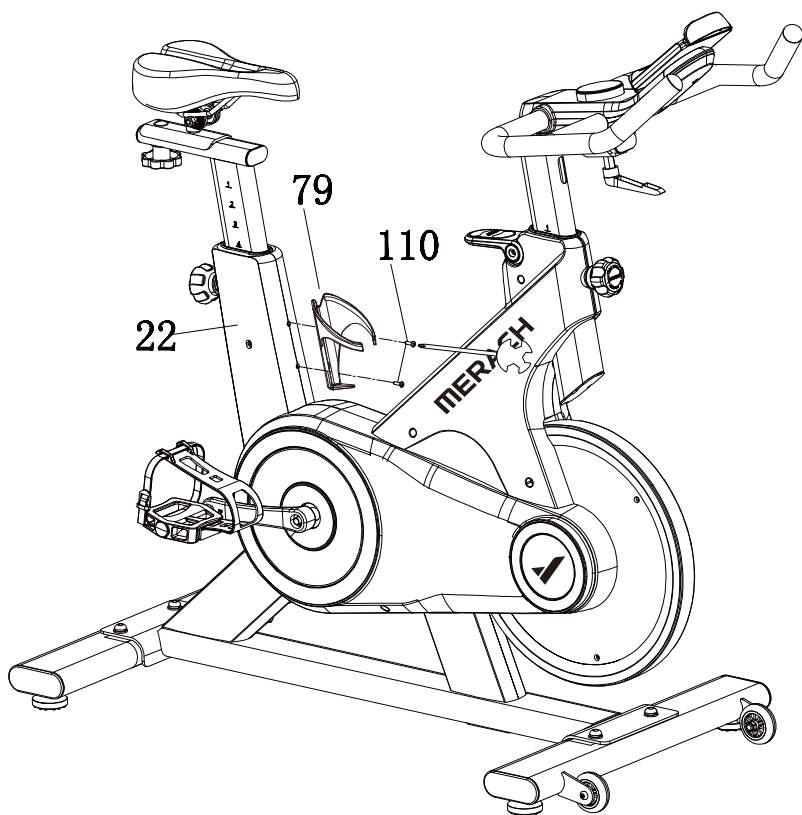
**Note:** The right pedal should be locked clockwise and the left should be locked counterclockwise. During exercise, the left and right pedals should be kept locked at all times to avoid damage to pedal threads.



## Installation Steps

### Step 6: Install the bottle cage on the main frame

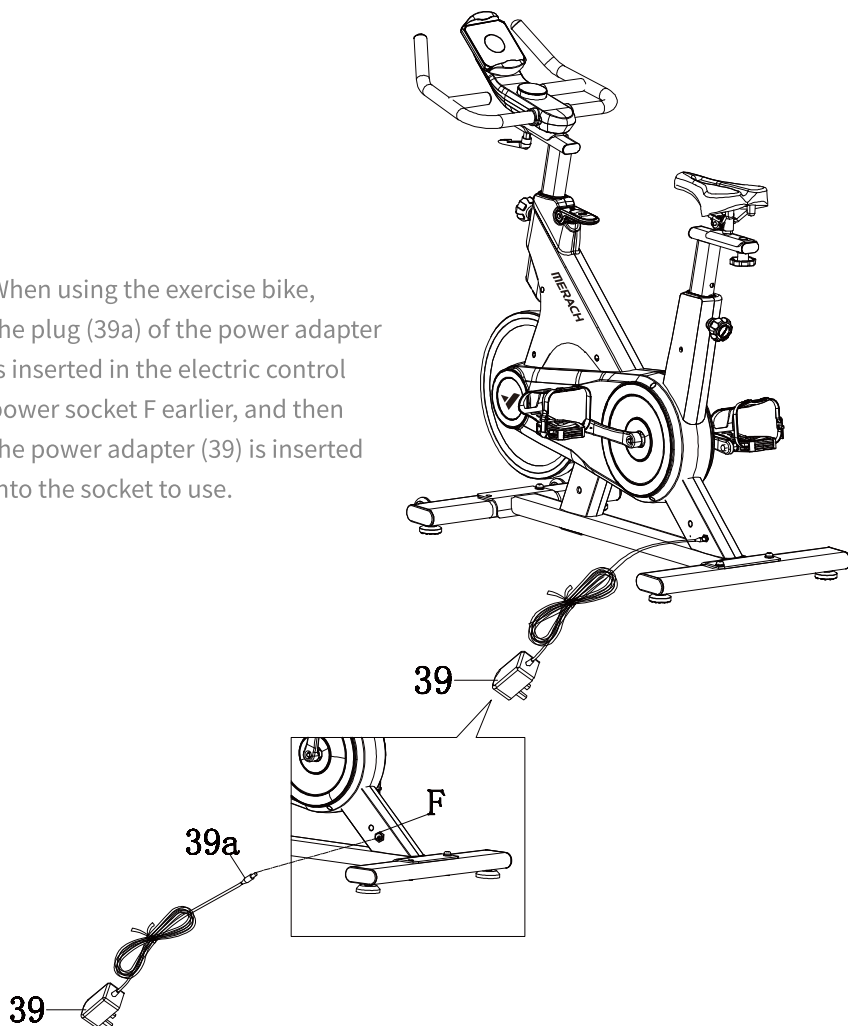
Lock the bottle cage (79) on the main frame (22) with the cross pan head bolts (110) with the cross wrench (A).



# Installation Steps

## Step 7: Power adapter installation

When using the exercise bike, the plug (39a) of the power adapter is inserted in the electric control power socket F earlier, and then the power adapter (39) is inserted into the socket to use.

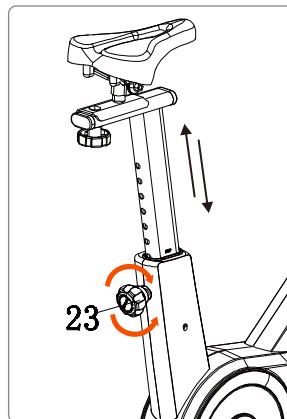


## Seat adjustment instructions

### Up and down adjustment instructions

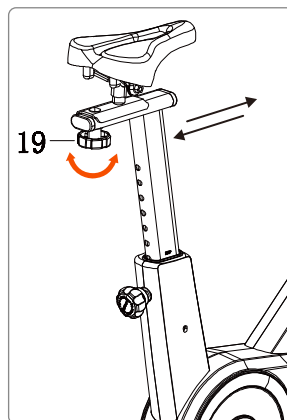
Using one hand, turn the large pin knob (23) to loosen it slightly and pull outward. Grasp the cushion with your other hand and pull it up (or push down). Once adjusted to the desired position, move the saddle post slightly up and down to release the spring back to its original position (when you hear the "click" the knob is already in the hole in the handle post), then retighten the knob.

**Note:** The saddle tube hole and the rear standpipe nut hole must be concentric.



### Front and rear adjustment instructions

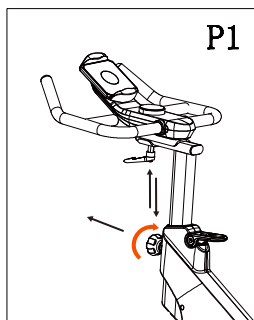
Loosen the torx nut (19) on the bottom of the saddle and slide the saddle back and forth. Once adjusted to the desired position, tighten the knob.



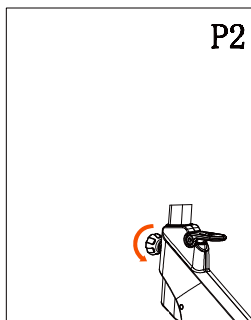


# Instructions for Product Use

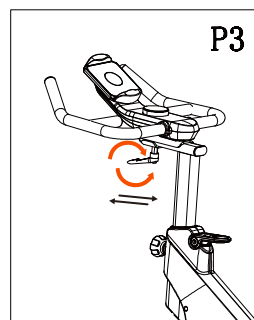
## Handlebar adjustment instructions



P1



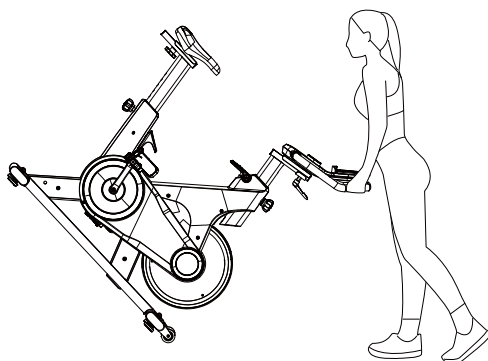
P2



P3

- You can adjust the height of the handlebar and the distance between the front and rear of the handlebar according to your riding posture and height.
- Turn the knob to loosen it and pull it outward to move the handrail column up and down as shown in Figure P1.
- After adjusting to a suitable height, align the pull pin with the hole on the handrail post, and turn it clockwise to tighten it as shown in P2.
- Turn the rotating armrest to loosen it and pull it down. You can move the armrest back and forth as shown in P3. After adjusting to a suitable position, turn the armrest lock clockwise as shown in P3; lock it until the armrest does not shake.

## Machine movement instructions

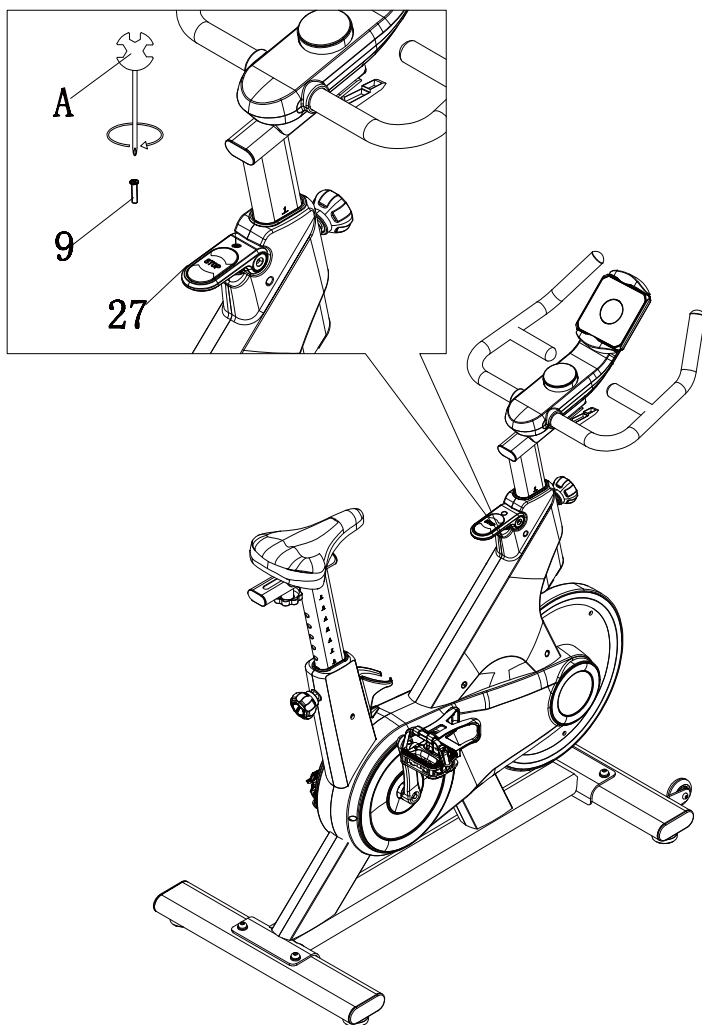


When moving the machine, grasp the front end of the handle and push down, so that the rollers on the foot tube are in full contact with the ground, then start to move the machine, and when you reach the desired position, let go slowly.

# Instructions for Product Use



## Instructions for not using the exercise bike

When the exercise bike is not in use, lock the cross-recessed button head screw (9) on the brake handle (27) with the cross wrench (A) to prevent the inertia wheel from rotating.


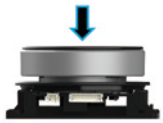



# Knob Instructions

## 1.1 Main Display Description

No	Project	Window	Description
1	Shuffling pattern		<ol style="list-style-type: none"> <li>1. All data are rotated and switched every 3s</li> <li>2. The small window displays "LEVEL" resistance LEVEL digitally</li> <li>3. Digital rotation of "speed", "time", "distance" and "calorie" in main window</li> <li>4. Bluetooth light Indicates the Bluetooth connection status. If the bluetooth connection is on, it is off</li> <li>5. The outer ring is lit by default</li> </ol>
2	Lock mode		<ol style="list-style-type: none"> <li>1. Press the knob to switch the display mode and lock the data you need to see</li> <li>2. Main window can lock display data "speed" "time" "distance" "calorie"</li> <li>3. The small window displays "LEVEL" resistance LEVEL digitally</li> <li>4. The outer ring is lit by default</li> </ol>

## 1.2 Main Operation Instructions

No	Project	Window	Description
1	Sleep wake up		<ol style="list-style-type: none"> <li>1. The hibernation state is off</li> <li>2. Short press the knob or detect riding movement and the knob wakes up</li> </ol>
2	Press the button		<ol style="list-style-type: none"> <li>1. If there is no operation or movement, the knob will go to sleep after 3 minutes</li> <li>2. In sleep state, press the knob to wake up the device</li> <li>3. Wake up state, short press the knob can enter the motion state</li> <li>4. In motion state, press the knob to switch the display mode</li> <li>5. In motion state, long press the knob "2S" to reset the data and enter the wake state</li> <li>6. When pressing the knob, there is a buzzer prompt</li> </ol>
3	Rotate knob		<ol style="list-style-type: none"> <li>1. Rotate clockwise to increase resistance</li> <li>2. Rotate counterclockwise to reduce resistance</li> <li>3. When turning the knob, there is a buzzer prompt</li> </ol>

# Knob Instructions

## 1.3 Detailed Operation Instructions

- ① When the knob is energized, the BUZZER beeps for a long time, and the knob displays light up and enters the READY state (Figure1); After power-on, the resistance automatically reset to "1". No operation for 3 minutes, display full shut down and enter standby state (Figure2) .
- ② READY state, short press the knob or pedal the exercise bike can directly enter the motion state. Small window digital display resistance "LEVEL" (Figure 3).



Figure 1

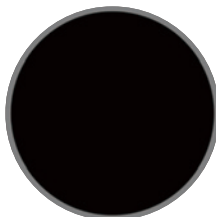


Figure 2



Figure 3

- ③ The numbers in the main window are rotated by default, the "SCAN" icon lights up, and the display of "Speed", "Time", "Distance" and "Calorie" (Figure 4, Figure 5, Figure 6, and Figure 7) is switched every 3s.



Figure 4



Figure 5



Figure 6



Figure 7

# Knob Instructions

## 1.3 Detailed Operation Instructions

④ Short press the knob to adjust the display mode to lock, the "SCAN" icon is not displayed, and the lock displays fixed data: "speed" or "time" or "distance" or "calorie" (Figure 8, Figure 9, Figure 10, and Figure 11).



Figure 8



Figure 9











Figure 10

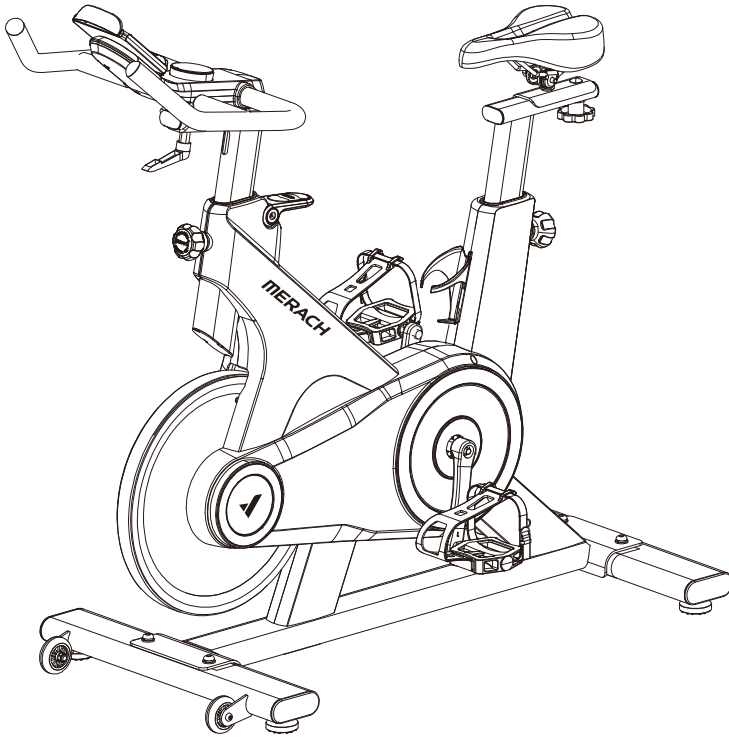


Figure 11

# Knob Instructions

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: 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
8	LOGO		Wake-up state is always on

## Technical Details



Resistance Mechanism :	Magnetic
Model Name :	MR-S09
Max.User Weight :	350 Pounds
Item Weight :	95.9 Pounds
Item Dimensions :	43.7*22*45.5 inch
Item Package Dimensions :	41.9*10.8*33 inch

# 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.



# 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 "Exercise bike", and find your "MRK-S09-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).



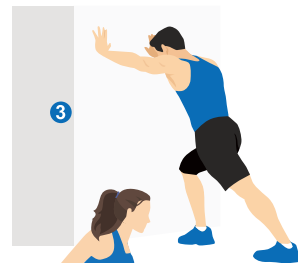
## 2. Seated hamstring stretch

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).



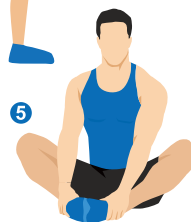
## 4. Quadriceps stretch

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

Problem	Possible Soutlion
Knob adjustment instructions and methods of use.	After connecting to the power supply, the knob has the function of displaying workout data and adjusting resistance
	Clockwise adjustment knob to increase the resistance, counter clockwise adjustment to reduce.
	Data display can be switched by the knob in the workout state, please check the instruction manual knob function description ( <b>refer to page 16-19</b> ).
What should be done when the handrails shake slightly?	Check whether the connecting screw between the handle and the front column tube is firmly fixed.
	Check whether the retaining knob of the upright is locked.
	The exercise bike is still malfunctioning. Please contact <b>Customer Support (see page 26)</b> .
What should be done when the machine shakes in the process of use?	Check whether the front and rear stabilizers are tight.
	The exercise bike is still malfunctioning. Please contact <b>Customer Support (see page 26)</b> .
What should be done when the pedals loosen?	Follow the installation instructions and check whether the left and right pedals are locked in the first step.
	According to the installation instructions, check whether the inner fixing nut of the installation pedal is locked.
	The exercise bike is still malfunctioning. Please contact <b>Customer Support (see page 26)</b> .
What should be done when the machine is slightly tilted?	Check that the four adjustment feet at the bottom of the front and rear stabilizers are on the same plane.
	Adjust and rotate the raised foot pads so they are parallel to the ground.
	The exercise bike is still malfunctioning. Please contact <b>Customer Support (see page 26)</b> .
What should be done when there is no display of data on the knob?	Check if the adapter is connected properly.
	Check if the connection cable on the back of the electronic monitor is connected correctly.
	The exercise bike is still malfunctioning. Please contact <b>Customer Support (see page 26)</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.
	Please check the status of the Bluetooth indicator on the electronic knob, the indicator is always on in blue when connected to Bluetooth.
	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 exercise bike is still malfunctioning. Please contact <b>Customer Support (see page 26)</b> .

# Warranty Information

Product Name	MERACH EXERCISE BIKE
Model	MR-S09
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 and doesn't apply to 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 failure, user negligence, user 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.**

# MERACH



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merachfit.com

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