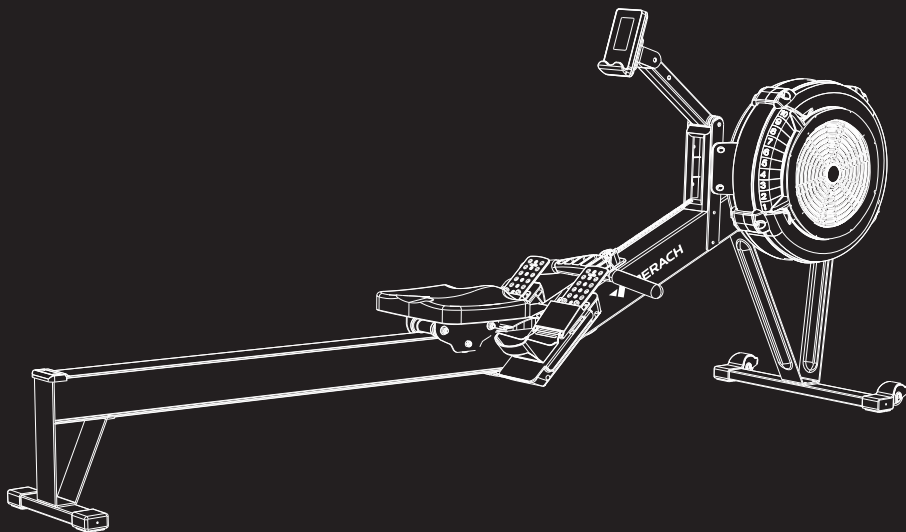**MERACH**

POWERED BY
MERACH

USER MANUAL

MERACH NovaRow R5O AIR ROWING MACHINE

Questions or Concerns?

IMPORTANT!

Please read all details before use, and keep this user manual for future reference.
PLEASE CONTACT US BEFORE THE RETURN: Mon-Fri,9:00 am-5:00 pm PST/PDT
Phone: 44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL
support.eu@merach.com

MODEL: MR-R11

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

CONTENTS

⚠ 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.

- 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.

- 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 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.

- 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.

- 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 check all screws and nuts are properly tightened before using the machine. Always keep children and pets away from the machine. The machine is for adult use only.

- This machine is only for home use. The Maximum user weight is 350lbs/158kg.

- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.

- Keep the children away from the machine. The equipment is not for children to use or play with. They can injure themselves accidentally.

- If the moving parts are damaged, please do not use the machine until the parts are repaired.

- This machine is not for professional medical treatment.

- This product is only for family use.

- The Rowing Machine is a non-speed related training equipment.

- When lifting or moving the training equipment, pay attention to safety. If necessary, use the correct operating methods or seek assistance from others.

- When storing upright, make sure to place the training equipment against a wall or on a fixed surface. Also, position it in a safe location away from children to prevent any potential injuries from falling.

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.

Precautions before Use

- ▲ **Slide Rail:** Before sitting on the machine, please firstly check if the seat wheels and slide rail for dust and foreign bodies. Little small things will obstruct the seat wheels and slide rails and damage their surface. The slide rails must be checked for debris before each use and cleaned regularly.
- ▲ **Fasteners:** The bolts need to be checked for tightness at the end of the first month after use and every 12 months.
- ▲ **Placement:** When storing your rowing machine vertically, choose a suitable location. Choose a flat surface to use your rower on to avoid shaking and premature wear.

> ⚠️ 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 MERACH MR-R11 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
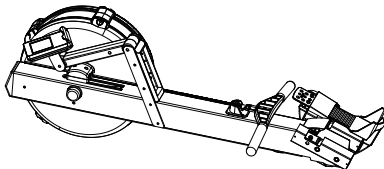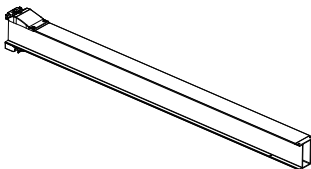jingge_mrk@163.com

SPECIFICATIONS

Main Frame

Monitor

Pulling Handle

Adjustable Foot Pedal

Cushion

Silde Raile

Support Plate
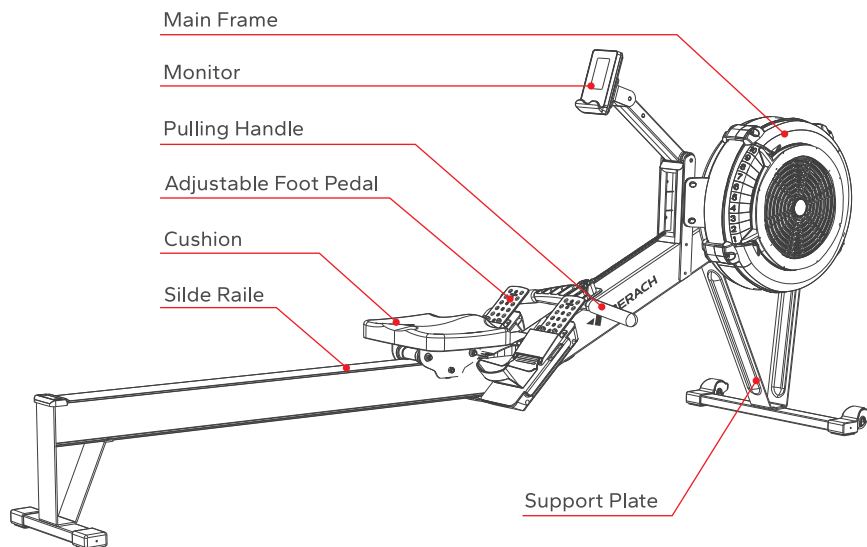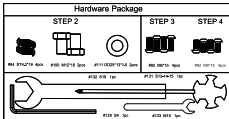
Model:	MR-R11
Name:	MERACH NovaRow R50 Air Rowing Machine
Resistance:	10 Level Air Resistance
Power:	AA Battery x 2
Max Load:	350lbs/158kg
Dimensions:	L93.7*W24*H40.2inch / L2380**W610*H1020mm
Net Weight:	73.4lbs/33.3kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	1.48dBm

PARTS & ACCESSORIES LIST

Please check if all parts and accessories are in the package firstly.

	#1 Main Frame x1
	#11 Silde Rail x1

|		
#2 Front Foot Tube x1	#3 Long Support Plate x1	#4 Short Support Plate x1
#7 Pedal Support Plate L x1 #23 Cover For Pedals x1	#77 Seat Cushion x1	#12 Rear Foot Tube x1
AA Battery x2	Screw&Kit x1	User Manual x1

INSTALLATION GUIDE

Tips | Scan QR code to watch installation video

STEP1:

A. Slide the Seat Cushion (#77) into the Slide Rail (#11) in the direction of the arrow.

B. Remove 2PCS Countersunk Head Screw (#130), 2PCS Flat Head Hex Socket Bolt (#92) and 4PCS Acorn Nut (#121) that are pre locked onto the Rear Foot Tube (#12).

C. Assemble the Rear Foot Tube (#12) to the Slide Rail (#11) with 2PCS Countersunk Head Screw (#130), 2PCS Flat Head Hex Socket Bolt (#92) and 4PCS Acorn Nut (#121).

NOTE: Please note to distinguish the direction of the Countersunk Head Screw (#130) and Flat Head Hex Socket Bolt (#92).

#131 S13-14-15 1PC
#125 4*4 1PC
#133 M1O 1PC

130
77
11
121
130
92
121
12
92

NOTE: Please note to distinguish the direction of the Countersunk Head Screw (#130) and Flat Head Hex Socket Bolt (#92).
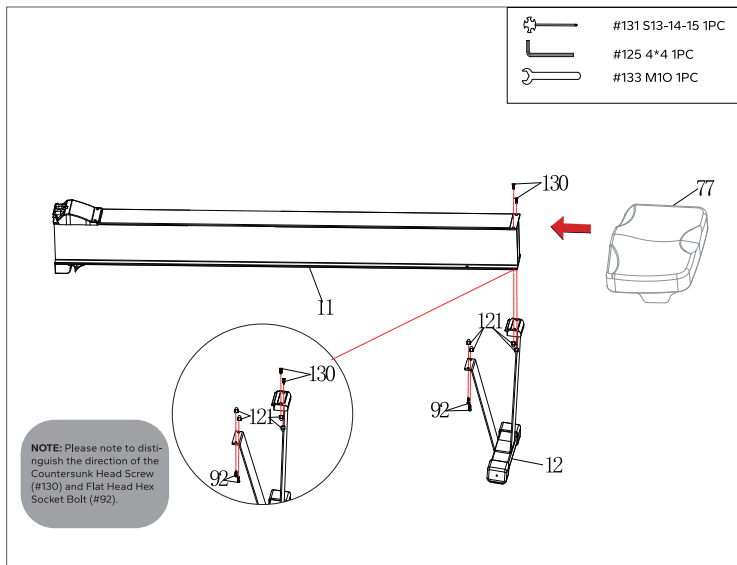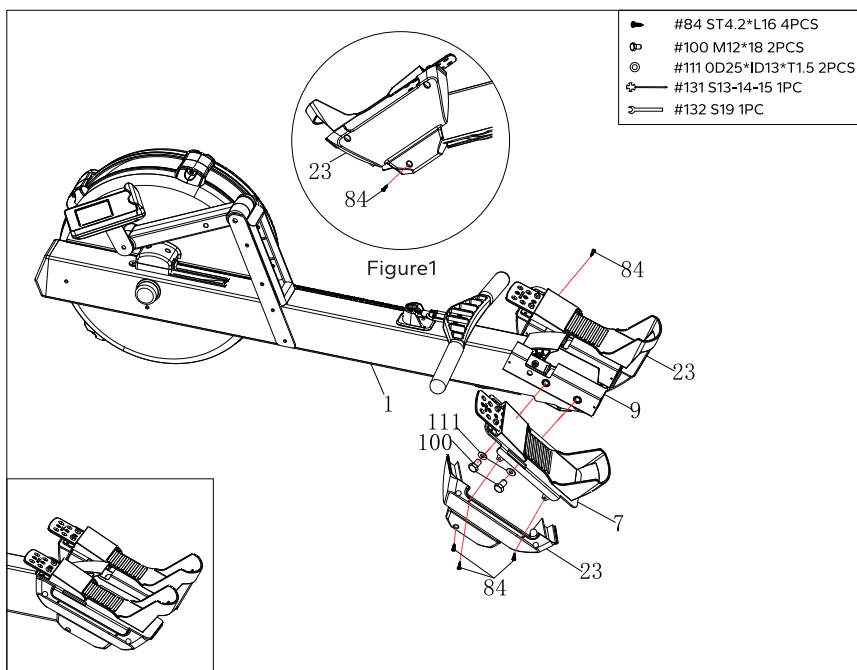
STEP2:

A. Assemble the Pedal Support Plate L (#7) onto the Main Frame (#1) with 2PCS Outer Hexagonal Screw (#100) and 2PCS Washes (#111), align the hole positions and fix it by the Open Wrench (#132).

B. Assemble the Cover For Pedals (#23) onto the Main Frame (#1) and lock it with 3PCS Self Tapping Screw (#84).

C. As shown in the Figure1, Use 1PCS Self Tapping Screw (#84) to lock the Right Cover For Pedals (#23).

#84 ST4.2*L16 4PCS
#100 M12*18 2PCS
#111 0D25*ID13*T1.5 2PCS
#131 S13-14-15 1PC
#132 S19 1PC

Figure1

STEP3:

A. Assemble the Long Support Plate (#3) and Short Support Plate (#4) on the Front Foot Tube (#2) with 4PCS Flat Head Hex Socket Bolt (#92).

NOTE: Please note that the order of the Long Support Plate (#3) and Short Support Plate (#4).
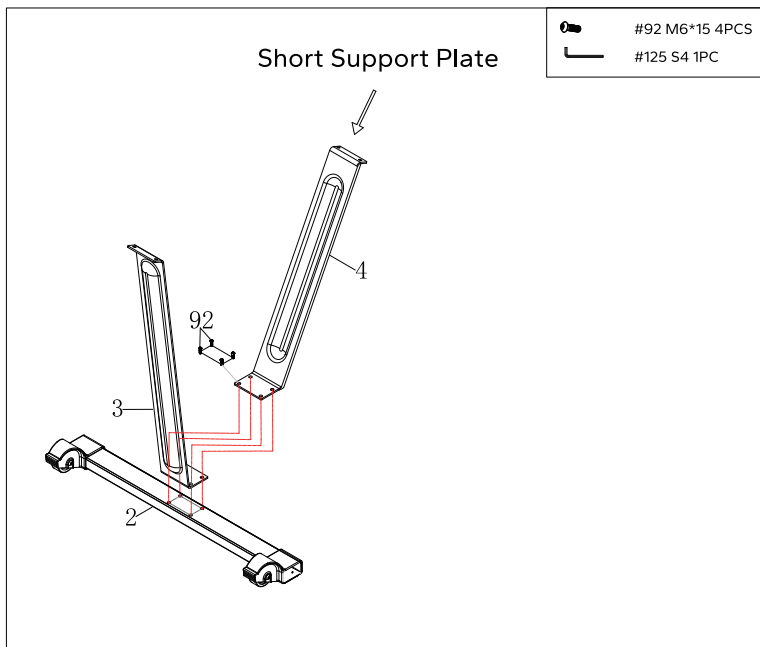
STEP4 :

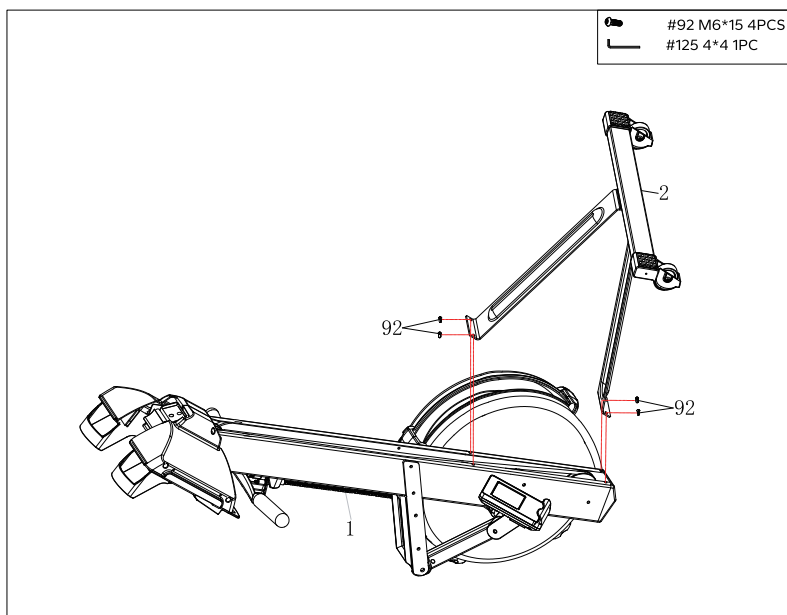A. Assemble the Front Foot Tube (#2) to the Main Frame (#1) with 4PCS Flat Head Hex Socket Bolt (#92).

NOTE: It is recommended to place the machine on soft carpet or package to avoid scratches.

#92 M6*15 4PCS
#125 4*4 1PC

STEP5:

⚠ **WARNING**

-At least two people are required when disconnecting or connecting the Slide Rail(#11).
-Do not attempt to lift the main frame if you have limitations in the musculoskeletal system.
-To prevent injury, keep fingers and hands away from the folding machine.

⚠ **WARNING**

Do not attempt to operate the unit when it is disassembled.

⚠ **CAUTION**

Do not lean on or lay anything on the machine, as this may cause the machine to become unstable and fall over.

A. When connecting the Slide Rail (#11) to the Main Frame (#1), please lift the Main Frame (#1) through the Pedal Strap (#76). At the same time, note that the groove at the bottom of the lower hanger plastic (38) on the Slide Rail (#11) is aligned with the Hanger Shaft Thread (#59) between the foot pedals, and then press down to complete the assembly.
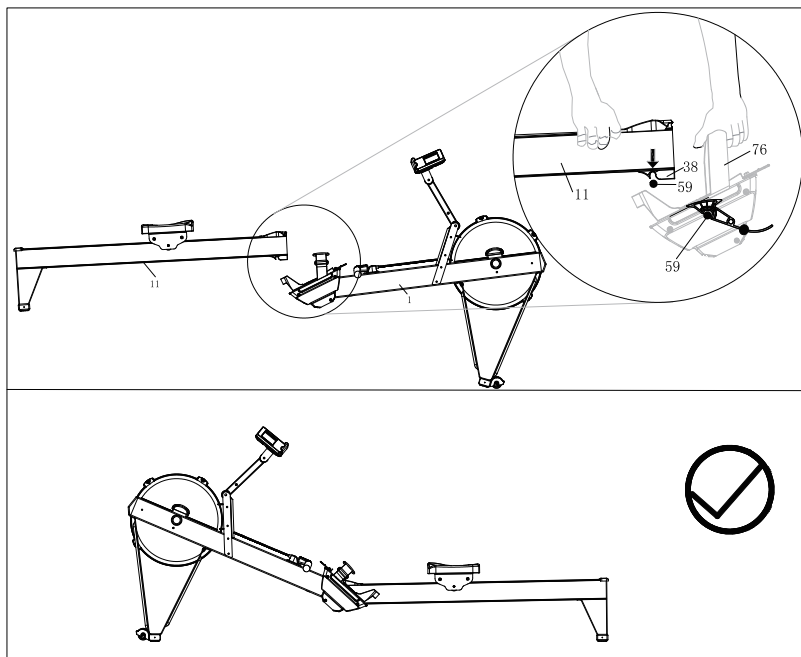
PRODUCT OPERATION GUIDE

Wind Wheel Adjustment

Adjust the wind resistance and control the speed by toggling the mesh adjustment piece.

Tilt upward to increase resistance and slow down the speed.	Tilt downward to decrease resistance and speed up.
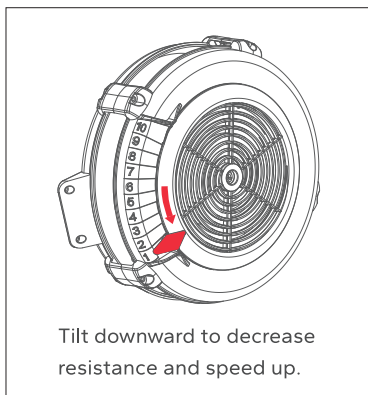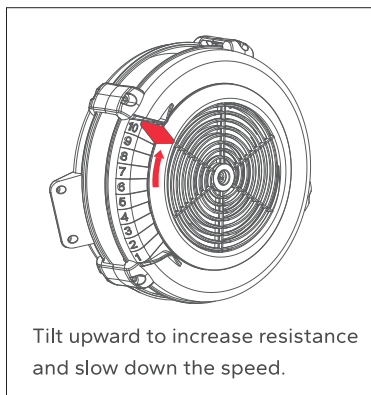
The higher the number, the greater the resistance (1-10);
The lower the number, the lower the resistance (10-1).

Foot Pedal Adjustment

There are various positions for placing your feet. Before starting your training, please adjust the foot pedals correctly.

A. Open the Velcro, release the foot strap, and place your feet through the strap onto the foot pedal.
B. Adjust the height of the foot pedal up or down until the heel is supported, and the strap is positioned at the widest part of your foot.
C. Tighten the strap and secure the Velcro in place.
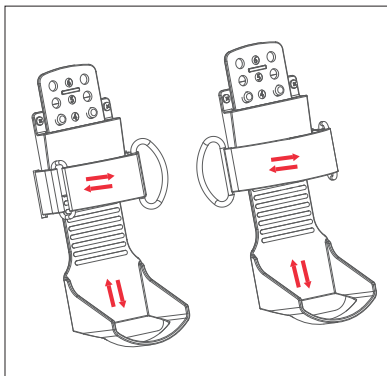
Storage Instructions

After disassembling the silde rail and main frame, store them in a place near a wall, away from children and pets. (Figure A)
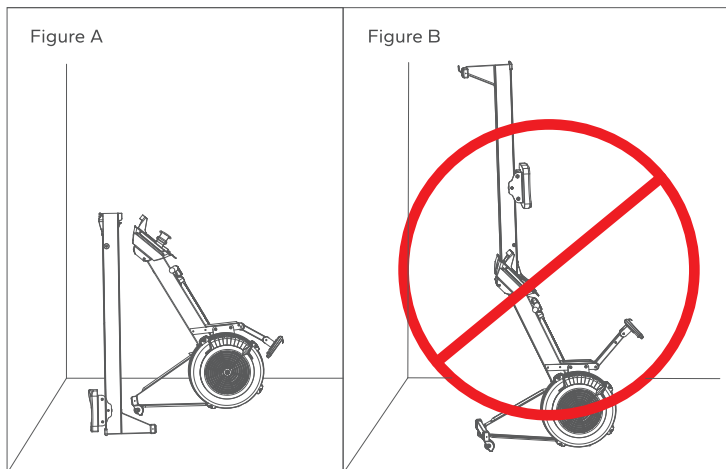
NOTE: During transportation or storage, place the tail end of the slide rail facing downwards to avoid injury.

Figure A   Figure B

Transportation and Storage

When transporting or storing, please refer to figures a, b, c for placement, and be cautious as the seat cushion may slide off.
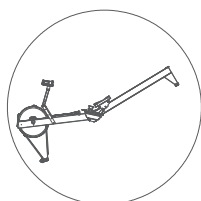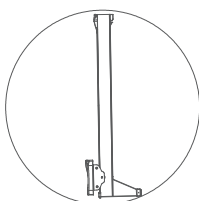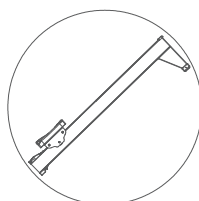

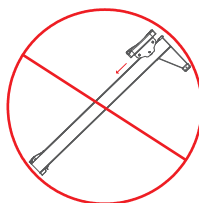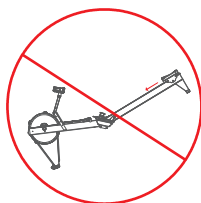Figure a   Figure b   Figure c

INSTRUCTION OF MONITOR

BUTTON FUNCTIONS

SET

-Short press to increase the setting one by one.
-Long press to rapid setting increase.

MODE

-Confirm Key to confirm the function or setting.
-Pause key in **EXERCISE MODE.**

RESET

-In the **FUNCTION SELECTION MODE**, go back to the previous functions.
-In the **SETTING MODE**, clears the current setting.
-In the **PAUSE MODE**, returns to the standby interface.
-Long press for 3 seconds to clear all the current exercise value (excludes **TOTAL STROKES**).
※ TOTAL STROKES will clears automatically when remove the battery from the monitor.
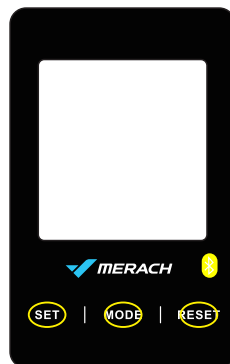
Function Descriptions

ITEM	INSTRUCTIONS
TIME	Displays the current exercise time. (0:00-99:00)
TIME/500m	Real-time estimation of time/500m at the current stroke speed.
DIST	Displays the distance. (0-9990)
CAL	Current calories burned during the exercise. (0-9990)
SPM	Number of a strokes per minute indicating the stroke speed during exercising.
STROKES	The Number of strokes during exercise.
TOTAL STROKES	The total strokes of all workout.
WATT	Show the real-time power output during exercise.
PULSE	Monitors the user's heart rate during exercise. (0-30~230) BPM ※The Bluetooth Heart Rate Monitor do not included, please prepare in advance.
MANUAL PROGRAM	Monitors receive the RPM signal when not in any mode.
INTERVAL 20-10	INTERMITTENT MOTION MODE with 20 seconds of exercise followed by 10 seconds of rest.
INTERVAL 10-20	INTERMITTENT MOTION MODE with 10 seconds of exercise followed by 20 seconds of rest.
INTERVAL CUSTOM	INTERMITTENT MOTION MODE set the exercise time and rest time by the user.
TARGET TIME	User-set exercise time.
TARGET DISTANCE	User-set exercise time.
TARGET CALORIES	User-set calorie goal.
TARGET STROKES	User-set strokes goal.
TARGET PULSE	User-set target heart rate. ※The Bluetooth Heart Rate Monitor do not included, please prepare in advance.

1. POWER ON
After the monitor is powered on (or press the **RESET** for 3 seconds), the buzzer sounds for 2 seconds, after all functions is displayed for 2 seconds, and then it will enter the **STANDBY MODE**.

2. STANDBY MODE
a. After power on, the monitor enters the **STANDBY MODE** and will display the following functions in sequence for 1 seconds: **MANUAL, INTERVAL, TARGET, TIME, TIME/500m, DIST CAL, PULSE, SPM, WATT, TOTAL STROKES and STROKES**.

b. In the **STANDBY MODE**, the monitor will enter **SLEEP MODE** when it do not receive the **RPM / OPERATIONS / PULSE** signal input after 4 minutes.

3.EXERCISE COMPLETION
a. After the exercise, the screen flashes **"STOP"** and displays the exercise data (the common window switches between two types of exercise data every 5 seconds). The **PULSE** window shows the instantaneous heart rate (Figure 4-Figure 5).

※The Bluetooth Heart Rate Monitor do not included, please prepare in advance.

b. If the user want to exercise again, just press the **MODE** key.

c. Press the **RESET** key, the monitor will enter the **STANDBY MODE**.

d. The monitor will enter automatically the **STANDBY MODE** when it do not receive any operate or the user complete exercise after 4 minutes.

4.EXERCISE PAUSE
a. During exercise, press the **MODE** key, the monitor will stop to tracking the exercise data. The PULSE window shows the instantaneous heart rate (Figure 4-Figure 5).

※The Bluetooth Heart Rate Monitor do not included, please prepare in advance.

b. Pause exercise, press the **MODE** key, the monitor will continue to tracking.

※In the paused state, the monitor will also enter automatically the **STANDBY MODE** when it do not receive any operate or the user exercise after 4 minutes.


Figure 4   Figure 5

5.VR SYNCHRONIZED DISPLAY

a In the **STANDBY MODE or EXERCISE MODE**, press the [SET] key to enter the **RESISTACNE DISPLAY** and the window displays current resistance **LEVEL(01-10)(LEVEL 01)**. The resistance will change with the VR synchronized**(LEVEL 05)**. Press the [SET] key again to exit the **RESISTACNE DISPLAY** back to the **STANDBY MODE or EXERCISE MODE**.
※During exercise, the monitor will keep tracking the exercise data when enter the **RESISTACNE DISPLAY**.
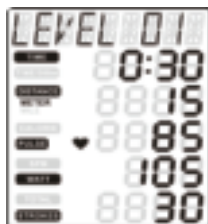
LEVEL 01   LEVEL 05

6. MANUAL PROGRAM

a. In the **STNADBY MODE**, the monitor will enter the **MANUAL** when it receive the **RPM** signal input(Figure2-Figure3).
b. In the **STNADBY MODE**, press the [MODE] key two time to enter also to **MANUAL(Figure1)**.
c. The common window switches between two types of exercise data every 5 seconds (Figure2-Figure3).
※The monitor will also enter automatically the **STANDBY MODE** when it do not receive any operate or the user complete exercise after 4 minutes.
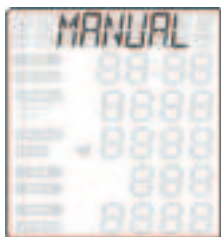
Figure 1   Figure 2   Figure 3

7. INTERVAL MODE

In the **STANDBY MODE**, press the [MODE] key and then press the [SET] KEY to select the **INTERVAL MODE(Figure 6)**. Press again the [MODE] key to confirm the **INTERVAL**.

▼**INTERVAL 10-20**

a. Press the [SET] key to select the **INTERVAL 10-20(Figure 7)**, and then press the [MODE] key to start (The screen will flashes **"READY"**, the **TIME** window start with a countdown of 3 seconds)(Figure 8).
b. The monitor shows **"WORK 01/08"(Figure 9)**, the **TIME** window start with a countdown of 10 seconds.

c. The monitor shows **"REST 01/08"(Figure10)**, the **TIME** window start with a countdown of 20 seconds（Figure11).
d. The loop of 2 and 3 repeat continuously. Each time during the loop, the count will increase by 1. This process will continue until the screen displays **"WORK 08/08"**, at which point the program will enter the end interface.

※ The monitor will enter automatically the **STANDBY MODE** when it do not receive any operate or the user complete exercise after 4 minutes.

|		
Figure 6	Figure 7	Figure 8
Figure 9	Figure 10	Figure 11

▼**INTERVAL 20-10**
a.Press the [SET] key to select the **INTERVAL 20-10(Figure 12)**, and then press the [MODE] key to start (The screen will flashes **"READY"**, the TIME window start with a countdown of 3 seconds).
b. The monitor shows **"WORK 01/08"**, the TIME window start with a countdown of 20 seconds(Figure13).
c. The monitor shows **"REST 01/08"**(Figure14), the TIME window start with a countdown of 10 seconds.
d. The loop of 2 and 3 will repeat continuously. Each time during the loop, the count will increase by 1. This process will continue until the screen displays **"WORK 08/08"**, at which point the program will enter the end interface.
※ The monitor will enter automatically the **STANDBY MODE** when it do not receive any operate or the user complete exercise after 4 minutes.

Figure 12   Figure 13   Figure 14

▼**INTERVAL CUSTOM**
a. Press the **SET** key to select the **INTERVAL CUSTOM**, and then press the **MODE** key to start set (The screen will flashes **"CUSTOM"** Figure15).
d. The monitor shows **"SET ROUND"**, the TIME window flashes **"01"** , press the **SET** key to set the **ROUND**(01~99), press the **MODE** key and the buzzer sounds for 0.5 seconds to confirm.(Figure16）
c. The monitor shows **"SET WOEK"**, the **TIME** window will flashes "0:05" , press the **SET** key to set the **WORK TIME**(0:05-10:00), press the **MODE** key and the buzzer sounds for 0.5 seconds to confirm.(Figure17）
d. The monitor shows **"SET REST"**, the **TIME** window flashes "0:05", press the **SET** key to set the **REST TIME**(0:05-10:00), press the **MODE** key to enter exercise(Figure18).

Figure 15   Figure 16   Figure 17
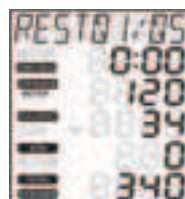

Figure 18   Figure 19   Figure 20

e. The monitor shows **"READY"**, the **TIME** window start with a countdown of 3 seconds and the buzzer sounds for 0.5 seconds.
f. The monitor shows **"WORK 01/XX"**, the **TIME** window start with a countdown of time (Figure19-Figure20).
g. The monitor will show **"REST 01/XX"**, the **TIME** window start with a countdown of time.
h. The loop of 6 and 7 will repeat continuously. Each time during the loop, the count will increase by 1. This process will continue until the screen displays **"WORK XX/XX"**, at which point the program will enter the end interface.
※The monitor will enter automatically the **STANDBY MODE** when it do not receive any operate or the user complete exercise after 4 minutes.

8.TARGET MODE

In the **STANDBY MODE**, press the MODE key and then press the SET key to select the **TARGET MODE(Figure 21)**. Press again the MODE key to confirm.

▼TARGET TIME

a. Press the SET key to **TARGET TIME SETTING,** and then press the MODE key to start .
The screen flashes **"SET"**, the **TIME** window start with a countdown of 3 seconds.(Figure 22)
b. The monitor shows **"SET "**, the **TIME** window will flashes "0：00" , press the SET key to set the **TARGET TIME(0:00~99:00)**, press the MODE key to confirm.(Figure23）
c. The monitor shows **"TARGET"**, and the TIME window interactive display for 2 seconds. (Figure24-Figure25）
※The monitor will shows **"MANUAL"** when the target time finish and show "0:00".

Figure 21	Figure 22	Figure 23

Figure 24	Figure 25

▼TARGET DISTANCE

a. Press the **SET** key to **TARGET DISTANCE SETTING**, the monitors show **"TARGET"** , and the **DISTANCE** window flashes, press the **MODE** key again to start.

b. The monitor shows **"SET "**, the **DISTANCE** window will flashes "0" , press the **SET** key to set the **TARGET DISTANCE(0~9990)**, press the **MODE** key to confirm.(Figure27）

c. The monitor will show **"TARGET",** and the **DISTANCE** window interactive display for 2 seconds.(Figure28-Figure29）

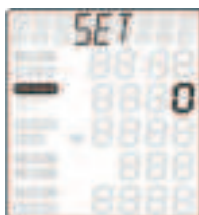※The monitor will shows **"MANUAL"** when the target distance finish and show "0".

Figure 26	Figure 27	Figure 28	Figure 29

▼TARGET CALORIES

a. Press the **SET** key to **TARGET CALORIES SETTING**, the monitors show **"TARGET"**, and the **CALORIES** window flashes, press the **MODE** key again to start. (Figure 30)

b. The monitor shows **"SET "**, the **CALORIES** window will flashes "0" , press the **SET** key to set the **TARGET CALORIES (0~9990)** , press the **MODE** key to confirm.(Figure31）

c. The monitor show **"TARGET"**, and the **CALORIES** window nteractive display for 2 seconds. (Figure32-Figure33）

※The monitor shows **"MANUAL"** when the target calories finish and show "0".
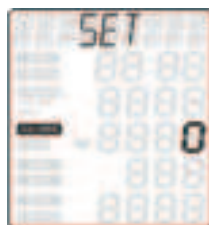
Figure 30	Figure 31	Figure 32	Figure 33

▼TARGET STROKES

a. Press the **SET** key to **TARGET STROKES SETTING**, the monitors show **"TARGET"** , and the **STROKES** window flashes, press the **MODE** key again to start. (Figure 34)
b. The monitor shows **"SET"**, the **STROKES** window will flashes "0" , press the **SET** key to set the **TARGET STROKES (0~9990)** , press the **MODE** key to confirm.(Figure35）
c. The monitor will show **"TARGET"**, and the **STROKES** window interactive display for 2 seconds.(Figure36-Figure37）
※The monitor shows **"MANUAL"** when the target strokes finish and show "0".

| Figure 34 | Figure 35 | Figure 36 | Figure 37 |

▼TARGET PULSE

a. Press the **SET** key to **TARGET PULSE SETTING**, the monitors shows **"TARGET"** , and the **PULSE** window flashes, press the **MODE** key again to start. (Figure 38)
b. The monitor shows **"SET "**, the PULSE window will flashes "100" , press the **SET** key to set the **TARGET PULSE (30~230)**, press the **MODE** key to confirm.(Figure39）
c. The monitor shows **"TARGET"**, and the **STROKES** window interactive display for 2 seconds. (Figure40-Figure41）
※The monitor will show **"MANUAL"** when the target pulse finish and show "0".
※The Bluetooth Heart Rate Monitor do not included, please prepare in advance.
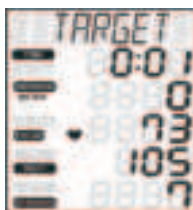
| Figure 38 | Figure 39 | Figure 40 | Figure 41 |

9.OTHER

▼SWITCH METYRIC/INCH MODE

a. Press the **SET** key & **RESET** key for 2 seconds together, enter the **METYRIC/INCH MODE.**
b. The monitor will show **"CLIENT ID",** and the **STROKES** window shows **EPROM** code (Figure42).
c. Press the **SET** key to switch the Metric/Inch, and then press the **MODE** key to confirm.
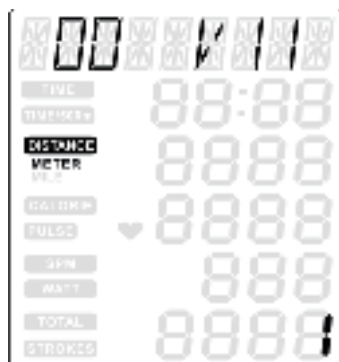d. Press the **RESET** key to return the **STANDBY MODE** lastly.

Figure 42

▼BULETOOTH CONNECTION MODE

a. The monitor support the Bluetooth connection and the Bluetooth Heart Rate Monitor connection on any mode(excludes the **SLEEP MODE**).
b. The monitor will display **"BT"**, when connect the APP via Bluetooth(Figure43).
※The Bluetooth Heart Rate Monitor do not included, please prepare in advance.

Figure 43

10.VR CALIBRATION MODE

a. In **STANDBY MODE**, press the (RESET) key & (MODE) Key for 3 seconds together to enter the **VR CALIBRATION MODE**.

b. The **TIME** windows will shows **"L"**, and the **DISTANCE** windows display the current actual **AD** value of **VR(Figure 44)**. Adjust the **VR** to the first section, and press the **ENTER** key to confirm.

c. After confirming the **VR** value of the first segment, the **TIME** windows will show **"H"**, and the **DISTANCE** windows display the current actual **AD** value of **VR(Figure 45)**. Adjust the **VR** to the highest segment, and press the **ENTER** key to confirm.

d. After setting the **VR** values of the first segment and the highest segment, the monitor will return to the **STANDBY MODE**, and the set values will divide into 10 segments.

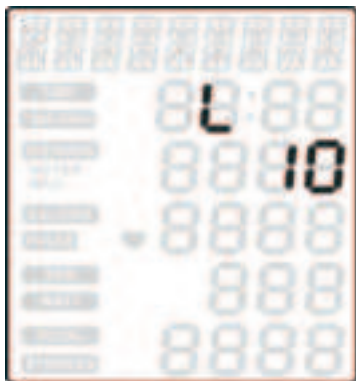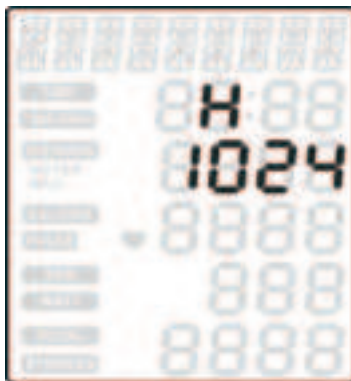※Equipment has been calibrated before delivery, please do not operate unless it was necessary.

Figure 44   Figure 45

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 the type of machine, and find the Model"MRK-R50-XXX".
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).
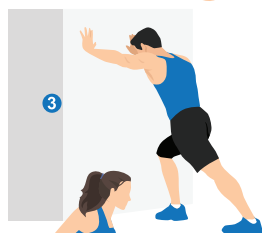
4. Quadriceps stretch
Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure4).

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 Figure5).

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

WARRANTY INFORMATION

Product Name	MERACH NovaRow R50 Air Rowing Machine
Model	MR-R11
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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