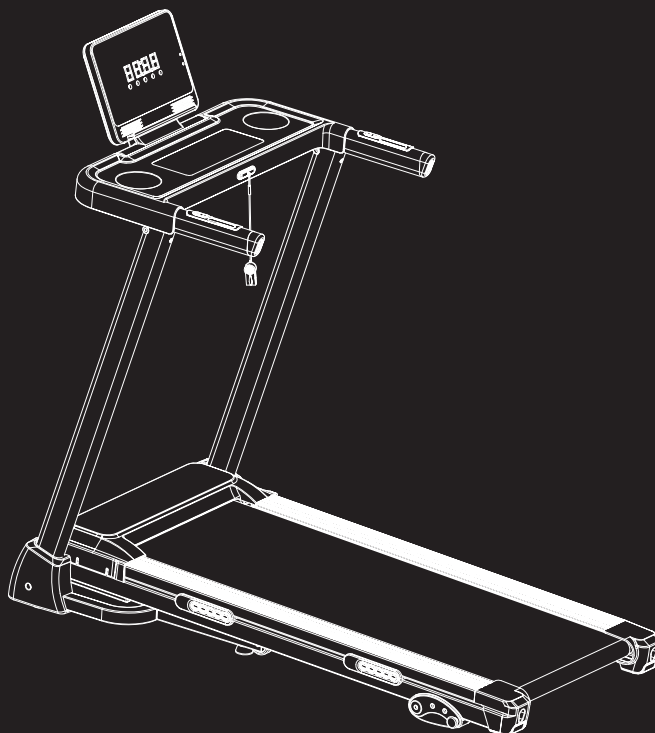


USER MANUAL

MERACH TREADMILL



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-T12

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



EN • English

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Please read the entire manual carefully before installing and using the machine, and save it for further use.

SAFETY INSTRUCTIONS

To ensure your safety and avoid accidents, please read the manual carefully before use and pay attention to the following safety matters.

- All warnings and instructions must be read and followed prior to use.
- This appliance can be used by children aged from 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.
- Your health can be affected by incorrect or excessive training. Consult a doctor before beginning the training program. He can define the maximum setting Pulse, Duration of training etc to which you may train yourself and can get precise information during training. This machine is not suitable for therapeutic purpose.
- When the machine stops, please approach and escape the machine in the direction indicated by the safety exit. If you want to dismount this equipment, you must stop the equipment completely.
- Clear safety area of at least 2000 mm in length and at least as wide as the treadmill shall be provided behind the equipment when in use.
- The power plug must be reliably grounded, and the socket should have a special circuit to avoid sharing with other electrical equipment. If the power cord is damaged, in order to avoid danger, it must be replaced by the manufacturer, its maintenance department, or a similar department's professional staff.
- When not using the treadmill, put the safety lock out of reach of children, if not used for a long time, please disconnect the power cord.
- Accessories package please put in a place where children can not get, to avoid unnecessary accidents.
- This product is not suitable for people with disabilities, or children; such as physical discomfort or mental deficiencies, and lack of common sense is prohibited, except under the supervision or guidance of a person responsible for their safety. If you do not comply, there may be a risk of injury.
- Do not use the treadmill in a dusty space, and keep a certain humidity in the room to avoid strong static electricity, so as not to interfere with the normal work of the electronic meter and controller.
- Please use the original accessories, private replacement is strictly prohibited.
- Avoid all moving parts with both hands, forbid putting hands and feet in the gap under the running belt.
- Do not put the power cord close to hot or moving objects; do not use the product outdoors, under high humidity and sunlight.
- Unplug the treadmill before moving it. Non-professional personnel must not disassemble the machine without permission, otherwise, serious consequences may occur.

- Before using the treadmill, please check whether the clothing is buttoned or zipped up, or the clothes are too loose.
- This product should not be used for a long time, long time use is easy to cause the treadmill electrical overheating and lead to electrical failure.
- Use qualified sockets to avoid bringing danger. If the plug and socket are not compatible, please do not move the plug, ask a professional to handle it.
- The product is suitable for home use, not suitable for professional training and testing, and can not be used for medical purposes.
- Do not use in the shell cracked, broken off state (internal structure exposed) or welding parts cracked state.
- Do not jump up or down on the machine during exercise, which may lead to injury due to a fall.
- Do not use after eating and drinking, fatigue, or poor physical condition, which may lead to damage to health.
- The product's maximum load is 136kg/300lbs.
- The value of the A-weighted emission sound pressure level at the trainer's ear is around 56dBA.
- Noise emission under load is higher than without load.

Care & Maintenance

- Check all the bolts, nuts and other connections before using the machine for the first time to ensure the machine is in the safe condition.
- The safety level of the equipment can only be maintained if it is examined regularly for damage and wear.
- Replace defective components immediately and or keep the equipment out of use until repair.
- Pay special attention to components most susceptible to wear Belt, Shaft, Bearing, Idler, Pedal. When the parts of the product are damaged, they should be replaced immediately.
- 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 MERACH MR-T12 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.

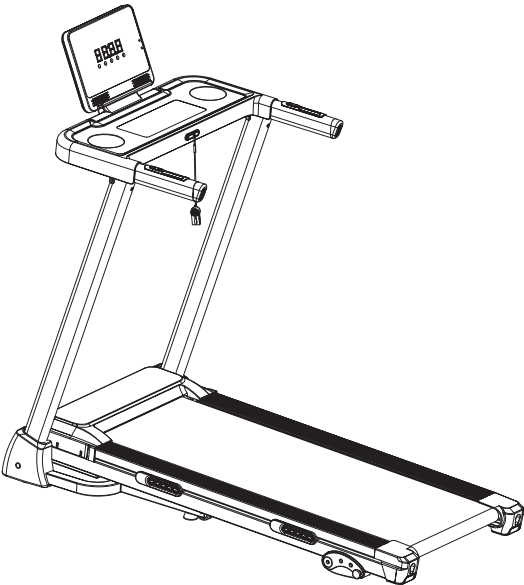
Manufactured by:

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:

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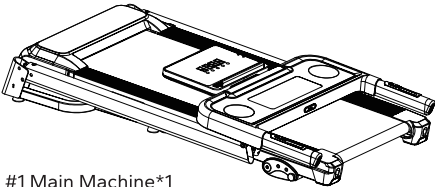








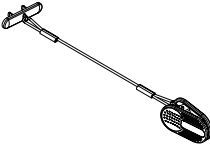
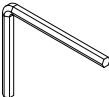
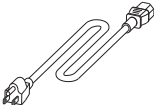





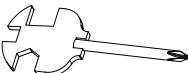

TECHNICAL DETAILS



Product Name:	MERACH TREADMILL
Model:	MR-T12
Voltage:	220-240V~50/60Hz
Maximum Horsepower:	2.5HP
Running Area:	1080*420mm(42.5*16.5inch)
Speed Range:	0.8-12Km/h(0.5-7.5mph)
Maximum Weight Capacity:	136kg(300lbs)
Net Weight:	42kg(93lbs)
Product Dimensions:	1330*700*1250mm(52.4*27.6*49.2inch)
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	3.55dBm

PACKING LIST

Check if all parts and accessories are in the package.

 <p>#1 Main Machine*1</p>		 <p>58</p>  <p>60</p> <p>#58 M5*8 Phillips Pan Head Screw*2 #60 ST4.2*19 Self-tapping Screws*4</p>
 <p>52</p>  <p>69</p>  <p>68</p> <p>#52 M8*45 Hexagon Socket Head Screws*2 #69 Spring Washer*2 #68 Flat Washer*2</p>	 <p>78</p>  <p>69</p>  <p>53</p> <p>#78 Arc Washer*4 #69 Spring Washer*4 #53 M8*16 Hexagon Socket Round Head Screws*4</p>	 <p>#45 Safety Lock *1</p>
 <p>#74 6mm Internal Hexagon Wrench *1</p>	 <p>#46 Power Cord *1</p>	 <p>#23 Right Bottom Cover *1</p>  <p>#24 Left Bottom Cover *1</p>
 <p>#16 Left Rear Corner Protector*1</p>  <p>#15 Right Rear Corner Protector*1</p>	 <p>#75 5mm Internal Hexagon Wrench *1</p>	
 <p>#76 Cross Wrench *1</p>	 <p>User Manual*1</p>	

ASSEMBLY INSTRUCTIONS

Put all the parts in the empty area and remove the packaging materials, do not discard the packaging materials before finishing the assembly.

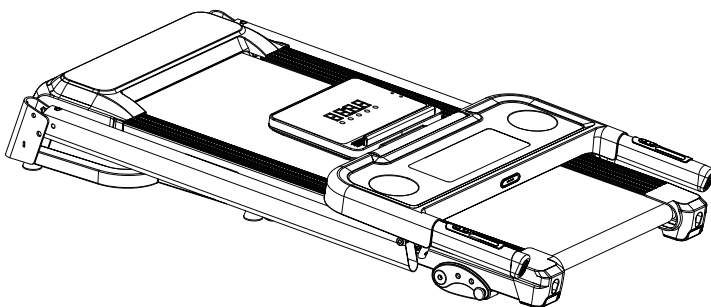


Tips

Scan QR code to watch installation video

Step 1:

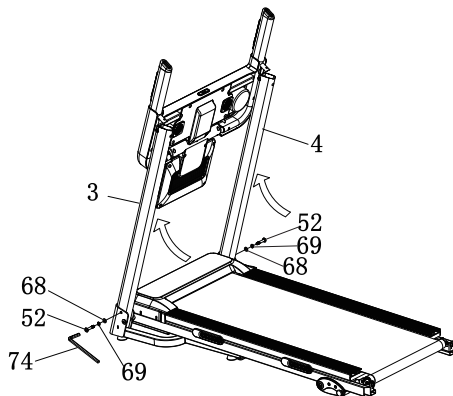
Open the packaging box, remove the components listed above, and place the Main Machine(1) flat on the ground.



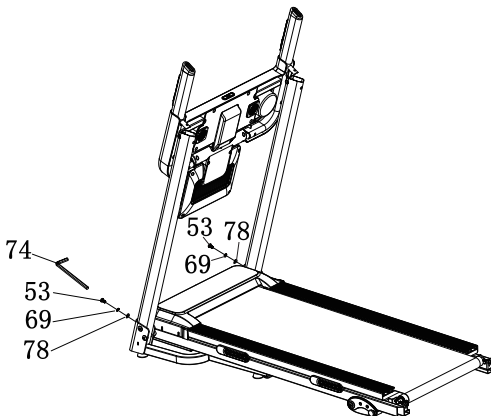
Step 2:

A. Push up the Left Column Tube (3) and Right Column Tube (4).

B. Put the Hexagon Socket Head Screws(52) on the Spring Washer (69) and the Flat Washer (68) through the base hole and the left column hole, and use the Internal Hexagon Wrench (74) to lock it.



C. Put the Hexagon Socket Round Head Screws(53) on the Spring Washer (69) and the Arc Washer (78) through the base hole and the left column hole, and lock it with the Internal Hexagon Wrench (74).



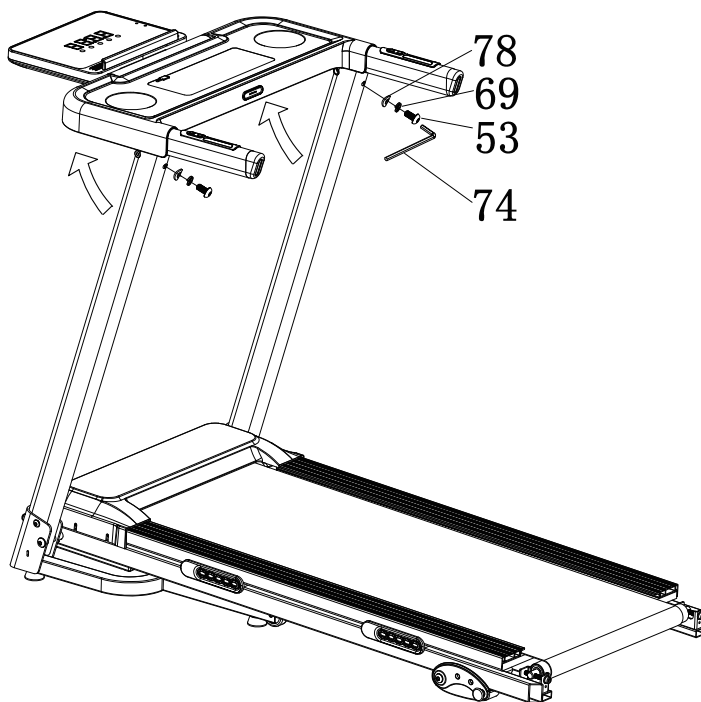
D. Installation on the right side is the same as on the left side. After the screws on both sides of the left and right columns are completely locked, tighten the left and right screws uniformly.

Step 3:

A. Using the Hexagon Socket Round Head Screws (53) to put on the Spring Washer (69) and the Arc Washer (78), use the Internal Hexagon Wrench(74) to lock the electronic watch on the column.

B. The assembly method on the left is the same as on the right.

C. After all the left and right bolts are locked, tighten the left and right screws uniformly.



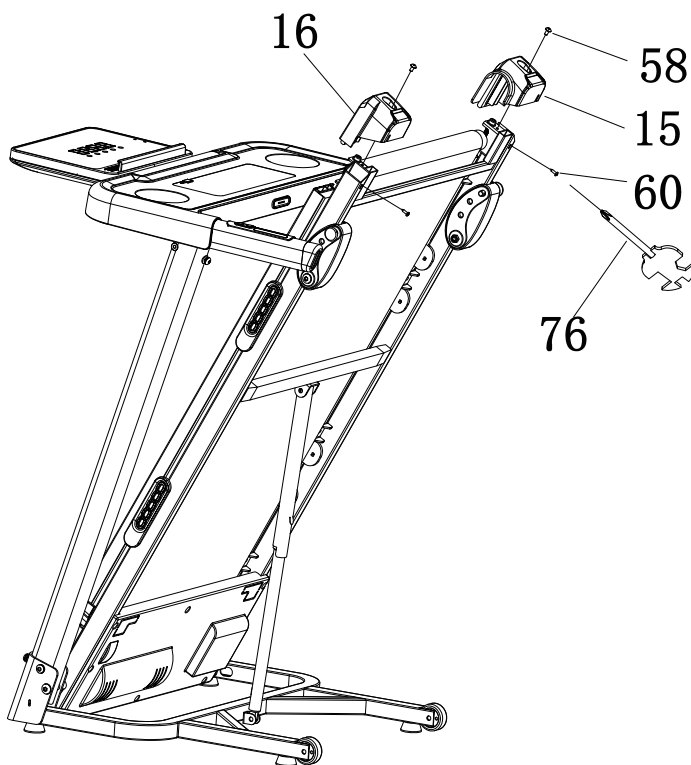
Step 4:

A. Push the running board up.

B. Put the Right Rear Corner Protector (15) on the right tail of the main machine, use the Cross Wrench (76), Phillips Pan Head Screws (58), Self-tapping Screws (60) lock the Right Rear Corner Protector(15) on the Main Machine.

C. The Right Rear Corner Protector(16) is installed in the same way as the right one.

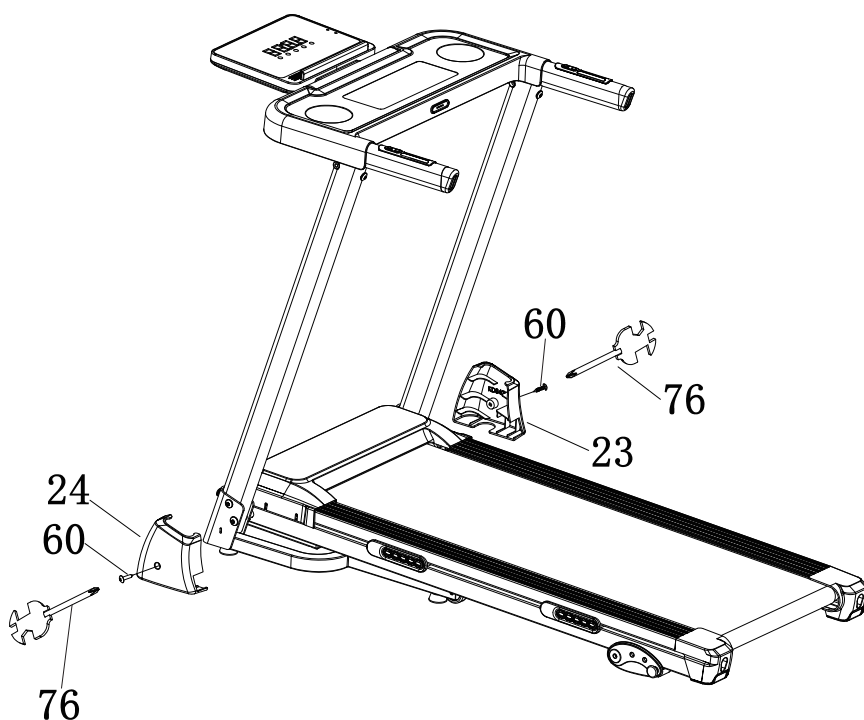
Note: When assembling the rear corner guard with the main unit, the front and rear gaps need to be adjusted.



Step 5:

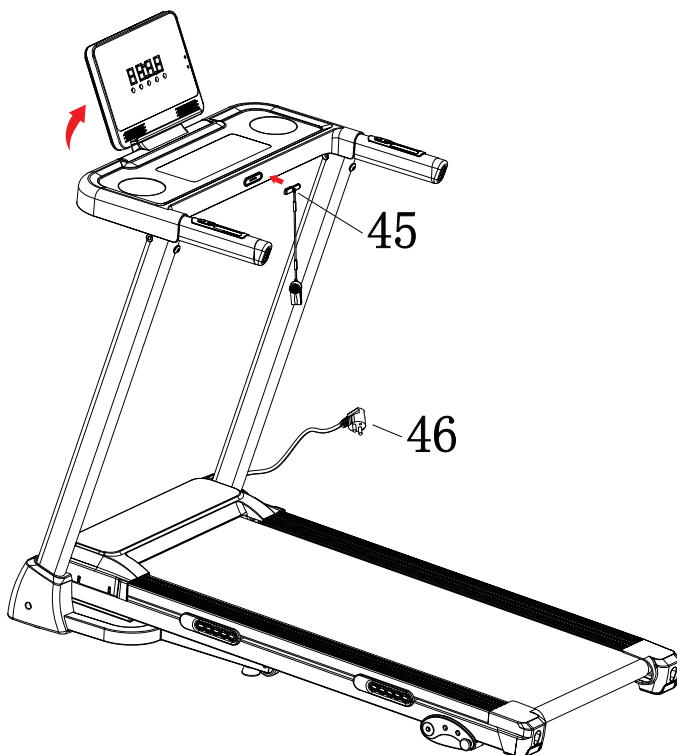
A. Connect the Self-tapping Screws (60) through the Right Bottom Cover (23), the column tube screw hole and the base screw hole in sequence, and fix it with the Cross Wrench (76).

B. The assembly method of the Left Bottom Cover (24) is the same as the right one.



Step 6:

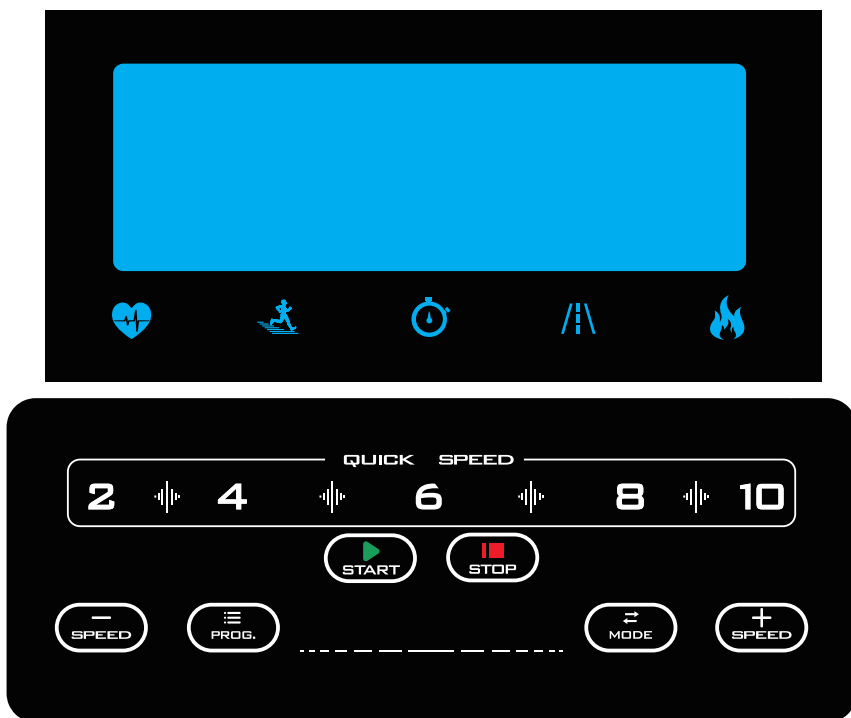
- A. Rotate the display about 65° clockwise.
- B. Insert the Safety Lock (45) into the safety lock hole.
- C. Connect the Power Cord (46) to the power source.



Note:






- 1.Ensure that all the installation steps mentioned above are completed as specified before uniformly tightening all the bolts. Only after confirming that nothing has been overlooked should you proceed to connect the power.
- 2.For instructions on using the treadmill, please carefully review the relevant information provided in the following sections.

INSTRUCTIONS ON PRODUCT USAGE



A. Window and Button Descriptions

1. Display Window Descriptions:

-  Displays the heart rate value.
-  Displays the speed value.
-  Displays the numerical time.
-  Displays the numerical distance.
-  Displays the calorie consumption.

These values alternate every 5 seconds, accompanied by the corresponding LED indicator light.

2. Function Buttons:

START, STOP, PROG, MODE, SPEED increase and decrease buttons, and speed shortcuts (2, 4, 6, 8, 10).

3. Function Button Descriptions:

"START" Button:

Start button. Pressing this button initiates a 3-second countdown, after which the treadmill starts running at the lowest speed or the default program speed.

Operating Instructions:

- ① The machine, when in standby mode, can be started by pressing this button.
- ② In mode setting status, pressing this button initiates the machine's operation.
- ③ In program setting status, pressing this button initiates the machine's operation.
- ④ In pause status, pressing this button resumes the exercise to its pre-pause state.

"STOP" Button:

Operating Instructions:

- ① When exercising, pressing this button gradually reduces the treadmill's speed to a stop while maintaining all counts.
- ② While paused, pressing the stop button again returns the treadmill to standby mode.

"PROG." Button: Program button for automatic program settings.

Operating Instructions:

- ① In standby mode, pressing this button allows entry into automatic program settings.
- ② After entering the P15 setting, continuing to press this button allows entry into the body fat test (FAT) setting status.
- ③ Operating sequence: Automatic program setting - Body fat test setting - Return to initial status.

"MODE" Button: Mode selection button for countdown mode.

Operating Instruction:

- ① When the electronic watch is in standby mode, press this button to enter the countdown mode setting; the selection sequence is: manual mode, time countdown, distance countdown, and calorie countdown cycle.
- ② In the body fat test setting state, select the keys for the fat measurement parameters: the selection order is: "Gender", "Age", "Height", "Weight".

"Speed +/-" Button: Speed value adjustment during operation and parameter value adjustment during setting.

Operating Instruction:

- ① When the electronic watch is running, the running speed value can be adjusted.
- ② In the parameter setting state, the size of the set parameter value can be adjusted.

"2,4,6,8,10" Button: Speed shortcut keys.

Note: When any button is pressed and is valid, there will be a prompt sound. When the parameter adjustment exceeds the limit, there will be a long beep prompt. There will be no beep when the button is pressed ineffectively.

B. Startup Instructions:

1. Place the safety lock in the safety lock switch position on the panel. The electronic display will fully illuminate, the buzzer will sound once, and then it will enter manual mode.
2. Press the start button, and the time window will begin counting down. The buzzer will sound with each count, and the treadmill will start only after the countdown reaches zero.
3. While the treadmill is in operation, press the stop button to stop it.

Note:

- *We recommend that you maintain a slow speed at the beginning of a session and hold on to the handrails until you become comfortable and familiar with the treadmill.
- *In case you must escape the equipment in an emergency situation during exercising, grab the handrails and set both feet on the right and left foot platform beside the running belt.



C. Mode Settings:

1. Manual Mode:

Attach the safety lock, press the START button, and after a 3-second countdown, the treadmill will start running from the lowest speed. Adjust the speed using the SPEED +/- buttons. To stop, press the STOP button or simply disconnect the safety lock.

Operating Instructions: The initial running speed is 0.8Km/h. Time, distance, and calorie counts start from zero and increase. Use the SPEED +/- buttons to adjust the running speed. If exercise time exceeds 99:59 minutes, the system will automatically shut down.

2. Time Countdown Mode:

In standby mode, press the MODE button to select the time countdown mode. The time window will display 30:00 minutes and blink. Use the SPEED +/- buttons to set the desired exercise time within the range of 5:00 to 99:00 minutes. Press the START button to enter the time countdown mode.

Operating Instructions: The initial running speed is 0.8Km/h. The time window will start counting down from the set exercise time, while the distance and calorie windows will count up from zero. Use the SPEED +/- buttons to adjust the running speed. When the set time reaches zero, the machine will gradually stop running.

3. Distance Countdown Mode:

In the initial standby state, press the MODE button to select the distance countdown mode. The distance window will display 1Km and blink. Use the SPEED +/- buttons to set your desired running distance within the range of 0.5 to 99.9Km. Press the START button to enter the distance countdown mode.

Operating Instructions: The initial running speed is 0.8Km/h. The distance window will start counting down from the set distance, while the time and calorie windows will count up from zero. Use the SPEED +/- buttons to adjust the running speed. When the set distance reaches zero, the electronic display will gradually stop running.

4. Calorie Countdown Mode:

In the initial standby state, press the MODE button to select the calorie countdown mode. The calorie window will display 50 calories and blink. Use the SPEED +/- buttons to set your desired calorie goal within the range of 10 to 999 calories. Press the START button to enter the calorie countdown mode.

Operating Instructions: The initial running speed is 0.8Km/h. The calorie window will start counting down from the set calorie goal, while the time and distance windows will count up from zero. Use the SPEED +/- buttons to adjust the running speed and incline level. When the set calorie goal reaches zero, the machine will gradually stop running.

D. Program Mode:

1. Automatic Program: In the initial standby state or mode setting state, press the program button to enter the automatic program. P01-P15 programs are available. At this point, the time window will display 30:00 minutes and blink (you can set the desired exercise time using the SPEED +/- buttons within the range of 5:00 to 99:00 minutes). Press the START button to enter the automatic program mode.

time program	Divide the designated time by 20 time intervals to obtain the runtime for the upper and lower time intervals																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
P01 SPEED(Km/h)	2	3	3	4	5	3	4	5	5	3	4	5	4	4	4	2	3	3	5	3
P02 SPEED(Km/h)	2	4	4	5	6	4	6	6	6	4	5	6	4	4	4	2	2	5	4	2
P03 SPEED(Km/h)	2	4	4	6	6	4	7	7	7	4	7	7	4	4	4	2	4	5	3	2
P04 SPEED(Km/h)	3	5	5	6	7	7	5	7	7	8	8	5	9	5	5	6	6	4	4	3
P05 SPEED(Km/h)	2	4	4	5	6	7	7	5	6	7	8	8	5	4	3	3	6	5	4	2
P06 SPEED(Km/h)	2	4	4	5	6	8	8	6	7	8	8	6	4	4	4	2	5	4	3	2
P07 SPEED(Km/h)	2	3	3	3	4	5	3	4	5	3	4	5	3	3	3	6	6	5	3	3
P08 SPEED(Km/h)	2	3	3	6	7	7	4	6	7	4	6	7	4	4	4	2	3	4	4	2
P09 SPEED(Km/h)	2	4	4	7	7	4	7	8	4	8	9	9	4	4	4	5	6	3	3	2
P10 SPEED(Km/h)	2	4	5	6	7	5	4	6	8	8	6	6	5	4	4	2	4	4	3	3
P11 SPEED(Km/h)	2	5	8	10	7	7	10	10	7	7	10	10	5	5	9	9	5	5	4	3
P12 SPEED(Km/h)	3	4	9	9	5	9	5	8	5	9	7	5	5	7	9	9	5	7	6	3
P13 SPEED(Km/h)	3	6	7	5	9	9	7	5	5	7	9	5	8	5	9	5	9	9	4	3
P14 SPEED(Km/h)	2	2	4	5	6	5	4	3	2	1	2	3	4	5	6	5	4	3	2	1
P15 SPEED(Km/h)	2	4	6	8	6	6	4	4	2	2	2	4	6	8	6	6	4	4	2	2

Operating Instructions:

1. Each program consists of 20 segments, with each segment's time being 1/20 of the set time. The time window will begin counting down from the set exercise time, while the distance and calorie windows will count up from zero.
2. There will be a buzzer sound when transitioning between segments. Use the SPEED adjustment buttons to change the running speed. When the program reaches the next segment, the speed automatically adjusts to the next segment's default value.
3. As the set time decreases to zero, the speed gradually decreases until it stops, and the buzzer sounds an alarm.

E. Body Fat Test Mode:

Body Mass Index (FAT) measures the relationship between a person's height and weight, not body proportions. FAT is suitable for both men and women and, along with other health indicators, provides a basis for adjusting one's weight.

Entering Body Fat Test Mode: In the treadmill's standby or mode setting state, press the program button. When the window displays 'FAT,' it indicates entry into the body fat test mode.

Body Fat Parameter Setting: After entering the body fat test setting state, the speed window displays the parameter function (F-X), and the time window displays the set value. Press the 'MODE' button to select the next setting, and use the SPEED +/- buttons to adjust the set value.

Parameter Settings and Ranges:

Gender (F-1) Setting	Initial value 1 (Range 1-2, 1 represents male, 2 represents female)
Age (F-2) Setting	Initial value 25 (Range 10-99 years)
Height (F-3) Setting	Initial value 170 (Range 100-240cm)
Weight (F-4) Setting	Initial value 70 (Range 20-160kg)

After completing the settings, enter the body fat test. Initially, it will display '---.' At this point, hold both hands on the heart rate test plate for about 5 seconds, and the body fat test index will be displayed. The range for the body fat index is as shown in the chart below.

Body fat index (BMI)	Obesity level
FAT < 19	Thin
19 < FAT ≤ 26	Normal
26 < FAT ≤ 30	Overweight
> 30	Obese

Special Note: This data is for reference in your fitness routine and is not intended as medical data.

F. Safety Lock Function:

1. At any time when the safety lock is pulled off, the electronic display LED window will show '---,' accompanied by a buzzer alert. If the safety lock is removed while the treadmill is in operation, the treadmill will quickly stop running, and all data will reset to zero.
2. Each time the safety lock is properly placed, the screen will fully illuminate and then enter the system's default working state. All counters will reset, set values will return to default, and the treadmill will be in manual program mode with positive timing.

Note:

- *The safety lock function is safety stop.
- *Attach the safety key clip to your clothing when the treadmill is in use.
- *To end your workout safely, press the STOP button or pull out the safety lock, then the treadmill will stop immediately.
- *Unplug the safety lock to prevent unauthorized treadmill operation when the treadmill is not in use, and store out of reach of children.

G. Heart Rate Function:

With the treadmill powered on, place the palms of both hands on the steel plates located on the left and right handrails. After about 5 seconds, the LED heart rate display window will show the initial heart rate value. Please keep your hands still, and the heart rate display window will gradually update with data, approaching the current actual heart rate value after approximately 60 seconds.

Note: Heart rate test data is provided for exercise reference and should not be considered medical data.

"WARNING! Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately".

H. Display and Setting Range of Exercise Parameters (as shown in the chart below):

When setting a specific parameter, use the speed increase and decrease buttons to make adjustments, and you can cycle through the settings.

Setting parameters	Initial setting	Set initial values	Set range	Display range
Time(min:sec)	0:00	30:00	5:00-99:00	0:00-99:59
Speed(Km/h)	---	---	0.8-12	0.8-12
Distance(Km)	0.0	1.0	0.5-99.9	0-99.00
Heart rate(BPM)	P	N/A	N/A	60-200
Calories(kcal)	0.0	50	10-999	0-999

I. Sleep Function Explanation:

When the treadmill is not in operation for more than 10 minutes, it enters sleep mode, and the electronic display automatically turns off. Press any key to wake up the electronic display, and it will fully illuminate before returning to the initial standby state.

J. Shutdown:

Turn off the treadmill by using the power switch.

K. Treadmill Folding and Storage:

As shown in the diagram, grasp the handrails with your left hand and support position A with your right hand to lift the treadmill upwards. Apply force to lift it until you hear the safety tread at point B make a sound.

Note:

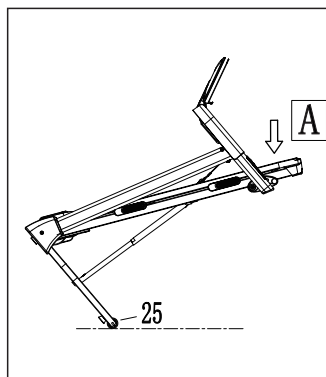
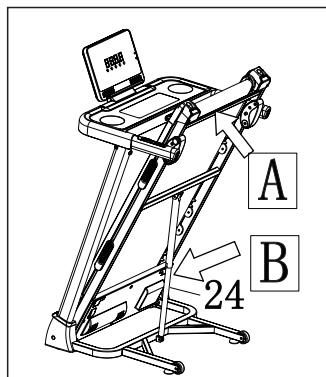
*While lifting the treadmill, ensure a firm grip on the handrails to prevent the frame from moving forward.

*Warning: To allow the running surface to come to a complete stop before folding

*Warning: That a folded treadmill should not be operated.

L. Treadmill Movement:

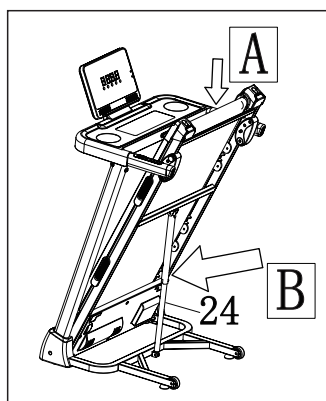
If you need to move the treadmill, as illustrated in the diagram, grip point A with both hands and push it downward. Move it forward or backward following the arrow direction.



M. Unfolding the Treadmill:

Once the treadmill is securely in place, grasp the handrails with your left hand and support position A with your right hand to slightly lift the treadmill upwards. Use your foot to kick the safety tread at point B while simultaneously pulling down the main frame with your right hand, allowing the frame to descend slowly.

Note: During the descent of the treadmill, ensure that people and pets are away from the machine to prevent any potential injuries.



N. Treadmill Incline Adjustment:

1.This machine offers three incline settings that can be manually adjusted to your preference. namely "a", "b", and "c". The "a" incline is the flattest, and the "c" incline is the highest.

Please note: Ensure the machine is powered off before adjusting the incline.

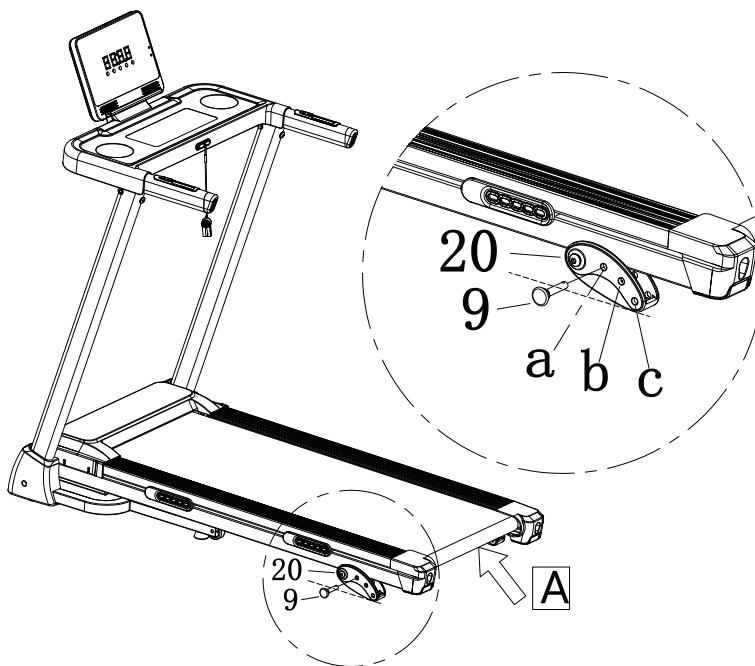
2.Grasp position A of the machine with your right hand and lift the machine upwards, about 200mm or higher from the ground. 3.Use your left hand to pull out the fixed pin (9) on the adjustable foot pad (20), and then secure the Insert the latch (9) into the hole at any of the slope positions of a, b, or c on the adjustable foot pad (20).

Note: When the fixed pin is inserted into any hole, it must completely pass through the adjustable foot pad (20) to ensure that the pin ball can effectively limit the position on the adjustable foot pad.

4.Do the same thing with the fixed pin (9) on the adjustable foot pad (20) on the other side.

Note that the fixed pin (9) must be inserted into the holes (such as a-a) at the same position on the left and right adjustable foot pads (20)(b-b or c-c).

5.Finally, lower the machine gently until it reaches the ground before use.



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.
4. Update the app to the latest version. In the near future, we will upgrade the app function, adding free exercises mode, courses and various training modes to the app. If you receive an upgrade notification when connecting, please upgrade the app to the latest version.

Download and use of KINOMAP



1. To download the Kinomapp app, scan the QR code or search "Kinomapp" in the Apple App Store® or Google Play Store.
2. Open the Kinomapp app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose Merach.
5. Select "Treadmill", and find your "MRK-T12-XXXX".

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

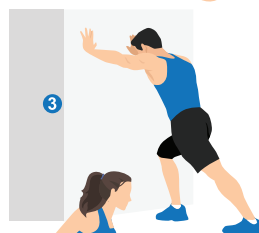
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

Repeat 3 times for each leg (see Figure 2).



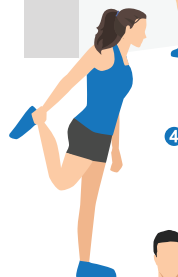
3. Calf and Achilles tendon stretch

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

Fault code	Troubleshooting
E01-Electronic Panel Communication Failure	1.Check the communication line between the electronic panel and the motor controller for integrity and reliability. Please contact customer support or a professional technician for assistance.
E02-Voltage Abnormality	1.Check if the voltage is within the operating range. 2.Power off and restart. 3.If the error persists, check if the motor connections are normal. Please contact customer support or a professional technician for assistance.
E04-Overvoltage Protection	1.Check if the voltage is within the operating range. 2.If the error persists, consider replacing the lower control board or motor. Please contact customer support or a professional technician for assistance.
E05-Overcurrent Protection	1.Check if the current is within the operating range. 2.Power off and restart. 3.If the error persists, consider replacing the controller. Please contact customer support or a professional technician for assistance.
E06-Controller Self-Check Error	1.Abnormal power supply circuit connection. Please contact customer support or a professional technician for assistance.
E07-Data Abnormality	1.Malfunction of the lower control board. Please contact customer support or a professional technician for assistance.
E08-EEPROM Damage	1.Malfunction of the lower control board. Please contact customer support or a professional technician for assistance.
— Safety Lock Abnormality	1.Check if the safety lock is properly inserted. 2.Electronic safety lock system malfunction. Please contact customer support or a professional technician for assistance.

MAINTENANCE

Maintenance Guide

WARNING: Always unplug the motorized treadmill before cleaning or maintaining the product.

CLEANING: A thorough cleaning will extend the life of your motorized treadmill.

Remove dust regularly to keep parts clean. Be sure to sweep the exposed portions of both sides of the treadmill belt, as this will minimize the buildup of impurities under the belt.

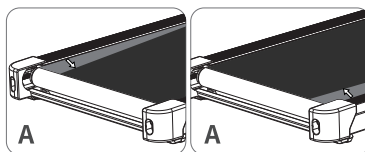
Make sure your sneakers are clean to avoid carrying foreign objects under the running belt that could wear down the running board and running belt. The surface of the running belt should be cleaned with a soapy damp cloth, please be careful not to splash water on the electrical components and under the running belt.

Running belt adjustment

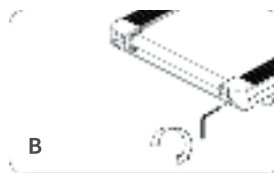
1. To better maintain your motorized treadmill and prolong the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it again.
2. If the running belt is too loose, there will be slipping phenomenon when running; if it is too tight, over-tightening may reduce the performance of the motor and increase the wear and tear of the roller and running belt. When the running belt is suitable for loosening or tightening, you can lift both sides of the running belt away from the running board by hand about 50 - 75mm.

Treadmill belt centering

1. Place the motorized treadmill on a level surface. Run the motorized treadmill at about 6-8Km/h and observe the running belt deviation. Maximum allowed running surface lateral positions. Figure A



2. If the running belt is to the right, unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn in clockwise direction, insert the power switch and safety lock, run the treadmill and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure B.
3. If the running belt is off to the left, unplug the safety lock and power switch, turn the left adjusting bolt 1/4 turn clockwise, insert the power switch and safety lock, run the treadmill, and observe the running belt deviation. Repeat the above steps until the running belt is centered. Figure C.



4. The treadmill belt will loosen after the above adjustments or after a period of use, and needs to be adjusted. Unplug the safety lock and power switch, turn the left and right adjusting bolts 1/4 turn clockwise, plug in the power switch and safety lock, run the treadmill, and then stand on the running belt to check the tightness. Repeat the above steps until the running belt is at the right level of tightness. Figure D.



WARRANTY INFORMATION

Product Name	MERACH TREADMILL
Model	MR-T12
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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