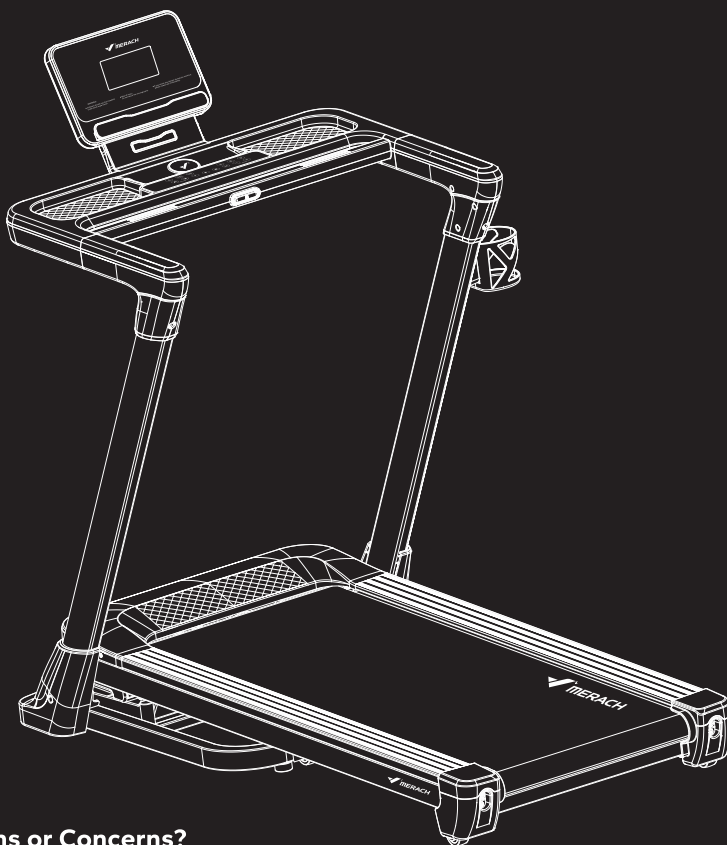


# USER MANUAL

## 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](mailto:support.eu@merach.com)

**MODEL:MR-T31**

## 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





## WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !



Register your warranty via  
**[merachfit.com/pages/warranty-europe](https://merachfit.com/pages/warranty-europe)**



Email your item model to  
**[support.eu@merach.com](mailto:support.eu@merach.com)**

**If purchased outside US/Canada:** To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor.

## 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.**

- The treadmill must be placed on flat ground; the treadmill is suitable for placing indoors, avoiding moisture and not splashing water onto the treadmill. Do not place any foreign objects on the treadmill, both sides of the treadmill and the front end should be 1 meter and the back end should have 6.6\*3.3ft of safe use space, so as to facilitate the emergency jump away.
- 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 159kg(350lbs)

## Care & Maintenance

- Do not store the machine in a place exposed to direct sunlight, wind and rain, or with high humidity. If needed, please pack the machine to keep children away from touching or playing with it.
- Please check if there's rust or cracks after long-term storage.
- Please understand that for the consumable parts, the wear and tear may also occur even with proper maintenance.
- For long-term use of this machine, please wipe the dust regularly. Do not water it directly, or wipe with gasoline, abrasive powder, etc. Otherwise, it might cause cracks on the parts or main body, electric shock or fire. Please use dilute neutral detergent for maintenance.



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



This symbol stands for "Conformité Européene", which means "Conformity with EU directives". With the CE-marking the manufacturer confirms that this product complies with applicable European directives and regulations.



This symbol stands for "UK Conformity Assessed", which means "Conformity with British Standards 11". With the UKCA-marking the manufacturer confirms that this product complies with applicable British Standards.

## SIMPLIFIED EU DECLARATION OF CONFORMITY

- Hereby, Zhejiang Yulu Electronic Technology Co.,Ltd. declares that the fitness equipment MERACH MR-T31 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 use, 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.

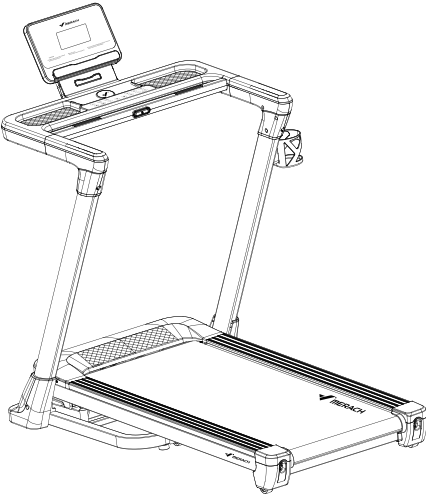
### Manufactured by:

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](mailto: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](mailto:jingge_mrk@163.com)

# SPECIFICATIONS

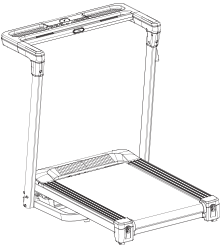
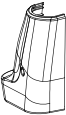













Product Name:	Merach Treadmill
Model:	MR-T31
Voltage:	220-240V~ 50/60Hz
Maximum Horsepower:	3.5HP
Running Area:	460*1200mm/18.1*47.2inch
Speed Range:	1-14km/h
Maximum Weight Capacity:	159kg (350lbs)
Product Dimensions:	1450*890*1300mm/57.1*35.0*51.2 inch
Net Weight:	55.5kg (122.4lbs)
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	1.55dBm



PARTS & ACCESSORIES LIST

Check if all parts and accessories are in the package.

	 #2L Left Bottom Cover	 #2R Right Bottom Cover
	 #3 M8x50 Screw* 5pcs (1pc spare)	 #4 M5x18 Screw* 3pcs (1pc spare)
 #5 M8x30 Screw * 3 pcs (1 pc spare)	 #7 M8x30 Screw with Washer* 3 pcs (1pc spare)	 #8 Safety Lock
 #A 6mm Allen Wrench	 #6 Display	 #9 Cup Holder
 #10 Power Cord		 User Manual *1

## ASSEMBLY INSTRUCTIONS

Put all the parts in the empty area and remove the packaging materials. Do not discard the packaging materials before completing the assembly.

**Tips**

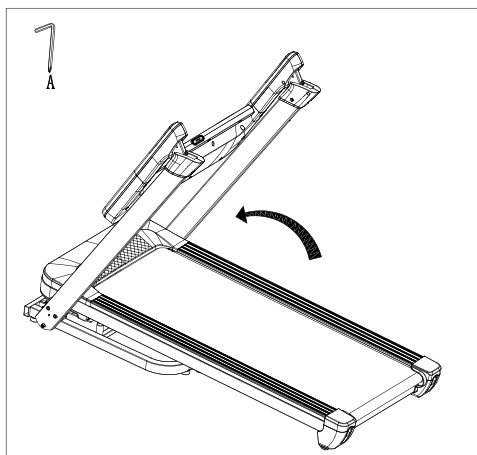
Scan QR code to watch installation video

**NOTE:**

- \*Ensure that all parts are installed as described before tightening all screws. Carefully check that no parts are missing before connecting the power supply.
- \*The machine has four adjustable foot pads underneath. Adjust them to suit the floor so that all pads touch the ground firmly. Failure to do so may result in noise during use and pose a risk of unnecessary injury.

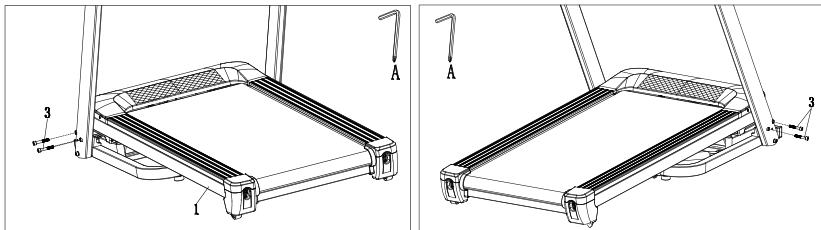
**Step 1:**

Lift the treadmill upright tube and align it with the holes on the base.



### Step 2:

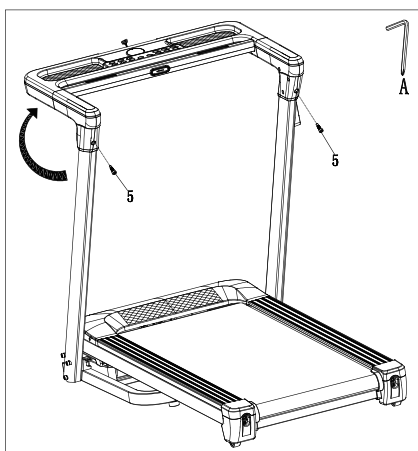
Use four M8×50 Screws (#3) and align them with the holes on the left and right upright tubes. Hand-tighten the screws first, then fully tighten them using the Allen Wrench (#A).



### Step 3:

A. Lift the treadmill handlebar tube assembly and position it perpendicular to the upright tubes.

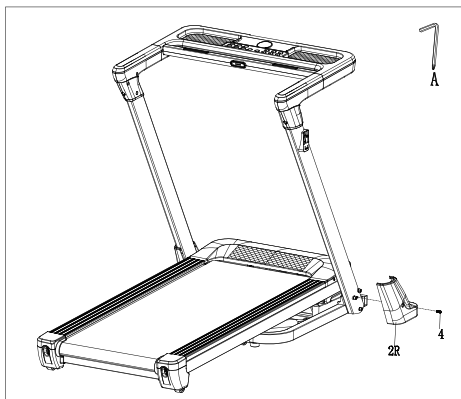
B. Align the holes, then use the Allen Wrench (#A) to fasten and tighten the two M8×30 Screws (#5).



#### Step 4:

A. Take out the Right Bottom Cover labeled "R" (#2R). Align the holes and use the Allen Wrench (#A) to fasten and tighten one M5×18 Screw (#4).

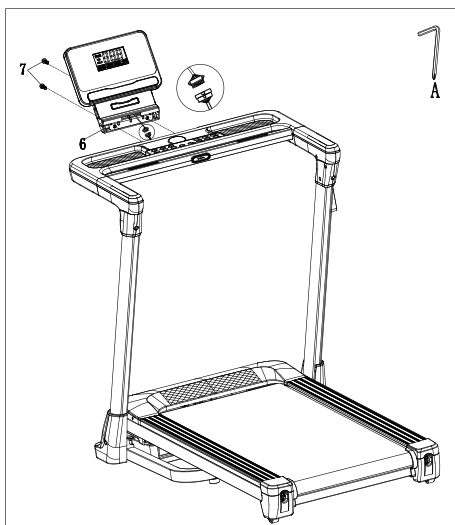
B. Install the left side in the same way.



#### Step 5:

A. Take out the Display (#6) and connect the Power Sensor Cable (Make sure the pins of the 7-Pin Connector are properly aligned and gently connected).

B. Attach the Display (#6) to the Handlebar Tube, align the holes, then use the Allen Wrench (#A) to fasten and tighten two M8×30 Screws with Spring Washers (#7).

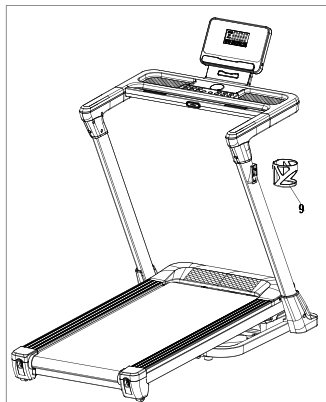
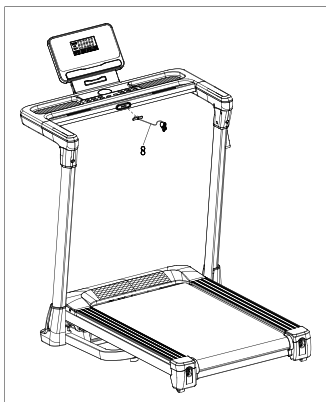


### Step 6:

A. Insert the Safety Key (#8) into the console.

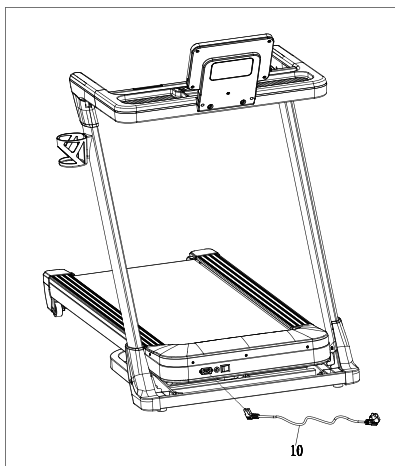
Note: The treadmill will only start properly if the Safety Key is inserted into the yellow socket below the console.

B. Align the Cup Holder (#9) with the slot and snap it into place.



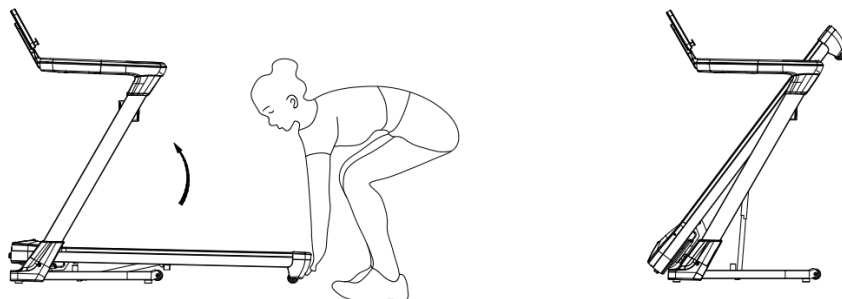
### Step 7:

Take out the power cord (#10). Insert one end into the treadmill power socket and plug the other end into the indoor power outlet. The treadmill is now ready for use.

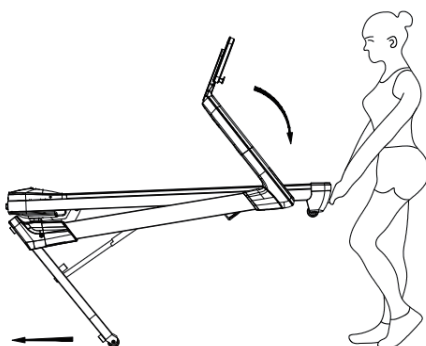


## 【Machine Storage and Moving】

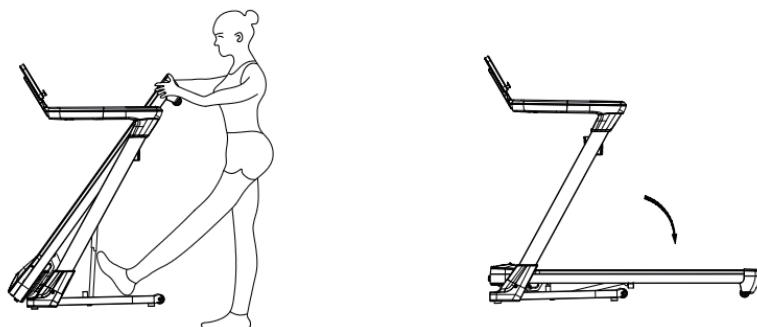
1. Fold the treadmill for storage as shown in the figure.



2. Move the treadmill as illustrated.

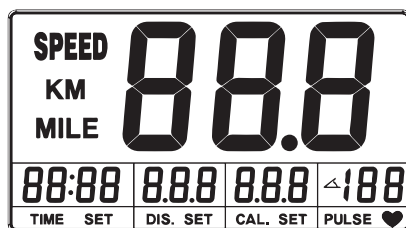


3. Lightly step on the yellow plastic part on the gas spring, and at the same time, press down the running deck with both hands to lower it for use.



## INSTRUCTIONS ON PRODUCT USAGE

### 【Display Window Descriptions】



1. **"SPEED"**:

- Displays the current speed value during operation. When the machine starts, it counts down showing "3", "2", "1".
- In mode selection, it displays "P0-P20".

2. **"TIME"**: Displays the current exercise time or countdown time.

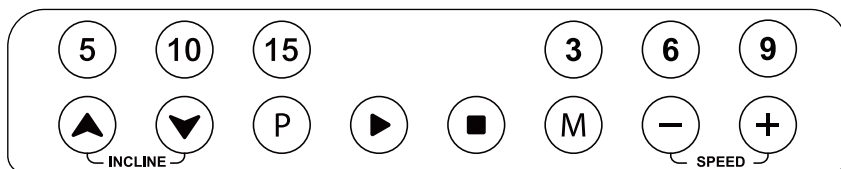
3. **"DIS."**: Displays the current exercise distance or countdown distance.

4. **"CAL."**: Displays the calorie consumption value or countdown calorie.

5. **"PULSE ♥"**: Switches every 5 seconds between showing incline and heart rate.

- When displaying heart rate, "PULSE" lights up. If a heart rate is detected, the current heart rate value is shown, and the heart-shaped icon flashes. If no heart rate is detected, the window shows "P" and the heart-shaped icon goes off.
- When showing incline, the incline icon lights up.

### 【Function Button Descriptions】



**1. "P" Mode Selection Button**

In standby mode, press this button to cycle through program options "P0-P01-...-P20".

(P0 is the manual mode, and P1-P20 are the built-in program modes.)

**2. "▶" Start button.**

a. When the power is on and the safety key is properly attached, press this button to start the treadmill.

b. When paused, press this button to resume operation. The treadmill will restart at minimum speed.

c. In Manual or Program Mode, press this button to confirm and execute the setting.

**3. "■" Stop button**

a. During a workout, press this button to pause the treadmill. Workout data will be retained.

b. While paused, press this button again to return the treadmill to standby mode. All workout data will be reset.

**4. "M" :**

a. Time/Distance/Calories Countdown Selection Button in Manual Mode. Press this button to cycle through: "10:00", "1.0", "50.0".

("10:00" is time countdown mode, "1.0" is distance countdown mode, and "50.0" is calorie countdown mode.)

b. In Program Mode, press this button to set the time.

**5. "▲", "▼": Incline adjustment buttons.**

a. When the treadmill is running, these buttons adjust the incline level. If the button is held for more than 0.5 seconds, the incline will continuously increase or decrease.

b. In standby mode, these buttons are used to adjust parameter values during setting.

**6. "5", "10", "15": Quick incline selection buttons.****7. "+", "-": Speed adjustment buttons**

a. When the treadmill is running, these buttons adjust the speed. If the button is held for more than 0.5 seconds, the speed will continuously increase or decrease.

b. In standby mode, these buttons are used to adjust parameter values during setting.

**8. "3", "6", "9": Quick speed selection buttons.**



## 【How to Use】

### 1. Starting the Machine

- a. Connect the power cord and turn on the power switch.
- b. Press the "▶" button to begin a 3-second countdown with three beeps. The speed window will display the countdown. After the countdown, the treadmill will start at the minimum speed with an incline of 0.

### 2. Adjusting Incline and Speed

Use the "SPEED+" and "SPEED-" buttons to adjust the treadmill speed.

Use the "INCLINE ↑" and "INCLINE ↓" buttons to adjust the incline level.

### 3. Countdown Modes

- a. Press the "P" button to enter manual mode, with "P0" displayed in the "SPEED" window.

- b. Press the "M" button to select time countdown, distance countdown, or calorie countdown. The corresponding window will blink, and "SET" will light up.

(Time countdown: "TIME" window flashes and shows "10:00". Distance countdown: "DIS." window flashes and shows "1.00". Calorie countdown: "CAL." window flashes and shows "50.0".)

- c. Press the "INCLINE ↑", "INCLINE ↓", or "SPEED+", "SPEED-" buttons to adjust to the desired value.

\*During the setting, press the "■" button to return to standby mode.

- d. After setting is complete, press the "▶" button. The treadmill will begin running after a 3-second countdown.

### 4. Program Mode

- a. Press the "P" button to enter Program mode and select programs P01-P20. The "SPEED" window will display "P01-P20".

- b. Press the "M" button to set the program time. The "TIME" window will flash and show the default time of 10:00, and "SET" will light up.

Press "INCLINE ↑", "INCLINE ↓", or "SPEED+", "SPEED-" buttons to set the exercise time, then press the "M" button to confirm or press the "▶" button to start the machine.

- c. Each program is divided into 10 segments. Each segment's duration = total set time ÷ 10. When the treadmill switches to the next segment, it will beep one time ("Bi"), and the speed and incline will automatically adjust according to the current segment's preset values.

**NOTE:** You can manually adjust the speed and incline using the "INCLINE ↑", "INCLINE ↓", "SPEED+", and "SPEED-" buttons. However, when the program moves to the next segment, the treadmill will automatically switch to the preset speed and incline level for that segment.

## 5. Heart Rate Detection Function

The heart rate detection function can be used in standby, exercise, or pause mode. Hold the handrails with both hands. Once the system detects a heartbeat, the "PULSE" window will display the current heart rate value with the heart icon flashing.

## 6. Stopping Operation

- a. When the program is finished or the countdown ends, the treadmill will beep three times ("Bi-Bi-Bi"), gradually slow down, stop running, and the "SPEED" window will display "End". It will return to standby mode after 5 seconds.
- b. During operation, press the "■" button to gradually slow down and stop. The "SPEED" window will display "PAU". Press again to enter standby mode.
- c. Safety Key Function: In any state, pulling out the safety key will immediately stop the treadmill. The speed window will display "--" and the buzzer will emit sixteen beeps ("Bi"). The treadmill cannot operate until the safety key is reattached, at which point it will return to standby mode.
- d. Sleep Mode: In standby mode, if there is no operation within 10 minutes, the machine will enter sleep mode and the display will automatically turn off. Press any button to wake the system.

## 7. Power Off

Turn off the power switch to shut down the machine.

## 8. Workout Parameter Display and Setting Ranges (as shown in the diagram below):

Setting parameters	Initial values	Setting initial values	Set range	Display range
Time(min:sec)	0:00	10:00	5:00-99:00	0:00-99:59
Incline	0	/	0-18	0-18
Speed(km/h)	1.0	/	1.0-14.0	1.0-14.0
Distance(km)	0.00	1.0	1.00-999	0.00-999
Heart rate(bpm)	P	/	/	40-199
Calories(kcal)	0.0	50.0	10.0-999	0.0-999

## 9. Program Mode Reference Table

SPEED indicates the speed, and INCLINE indicates the incline level (there are 18 incline levels, with each level equal to 1/18 of the total incline).

Each program divides the workout time into 10 equal segments, and each segment corresponds to a specific speed and incline level.

Divide the designated time by 10 time intervals to obtain the runtime for the upper and lower time intervals											
programme	time	1	2	3	4	5	6	7	8	9	10
P01	SPEED(km/h)	2	4	3	4	3	5	4	2	5	3
	INCLINE	2	2	4	4	5	5	4	4	2	2
P02	SPEED(km/h)	2	5	4	6	4	6	4	2	4	2
	INCLINE	3	3	6	6	10	5	8	5	10	6
P03	SPEED(km/h)	2	5	4	5	4	5	4	2	3	2
	INCLINE	6	6	10	2	4	7	4	2	6	6
P04	SPEED(km/h)	3	6	7	5	8	5	9	6	4	3
	INCLINE	8	9	10	2	3	5	3	2	6	9
P05	SPEED(km/h)	3	6	7	5	8	6	7	6	4	3
	INCLINE	4	4	9	11	3	5	6	7	8	10
P06	SPEED(km/h)	2	8	6	4	5	9	7	5	4	3
	INCLINE	8	8	6	6	10	10	8	7	6	5
P07	SPEED(km/h)	2	6	7	4	4	7	4	2	4	2
	INCLINE	5	5	7	7	2	5	8	10	10	10
P08	SPEED(km/h)	2	4	6	8	7	8	6	2	3	2
	INCLINE	1	2	3	7	8	10	8	8	7	7
P09	SPEED(km/h)	2	4	5	5	6	5	6	3	3	2
	INCLINE	7	9	11	3	5	7	9	10	10	10
P10	SPEED(km/h)	2	3	5	3	3	5	3	6	3	3
	INCLINE	9	9	6	6	7	7	10	10	8	8
P11	SPEED(km/h)	3	5	8	8	9	5	7	6	3	2
	INCLINE	5	5	3	3	5	5	8	8	10	10
P12	SPEED(km/h)	2	5	5	4	4	6	4	2	3	4
	INCLINE	2	4	6	8	10	10	8	6	4	2
P13	SPEED(km/h)	4	2	6	8	6	3	2	6	2	2
	INCLINE	2	4	8	10	8	8	10	8	4	2
P14	SPEED(km/h)	3	4	4	3	5	5	6	3	3	2
	INCLINE	3	5	7	9	4	6	9	7	5	3
P15	SPEED(km/h)	4	2	4	6	8	7	8	6	2	3
	INCLINE	5	8	10	5	6	10	10	8	6	4
P16	SPEED(km/h)	3	2	5	7	3	5	6	7	2	1
	INCLINE	8	8	10	4	6	8	8	5	4	2
P17	SPEED(km/h)	5	10	8	10	8	10	10	5	10	8
	INCLINE	4	4	6	6	8	8	10	10	12	12
P18	SPEED(km/h)	5	8	10	8	10	8	10	10	10	5
	INCLINE	10	8	6	4	2	6	8	6	4	10
P19	SPEED(km/h)	3	7	5	7	6	10	7	3	10	5
	INCLINE	10	8	6	4	4	6	8	10	6	5
P20	SPEED(km/h)	3	10	7	10	7	10	7	7	7	3
	INCLINE	9	7	5	8	11	11	8	5	7	9

## 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. Find and select "MRK-T31-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

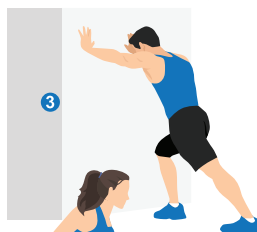
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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



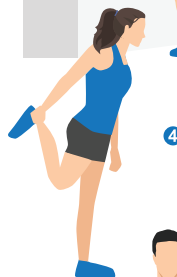
### 3. Calf and Achilles tendon stretch

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	Troubleshooting
Treadmill No Display	<ol style="list-style-type: none"> <li>1. Check if the power supply is connected and turn on the power switch.</li> <li>2. Check if the electronic display signal cable is properly connected.</li> <li>3. If the issue persists, please contact customer service or a professional technician.</li> </ol>
Treadmill Runs Unsmoothly, Lacks Power, or Vibrates	<ol style="list-style-type: none"> <li>1. There is resistance in the drive part. Adjust the drive part or apply lubricating oil.</li> <li>2. The drive belt is too tight or too loose. Adjust the tension of the drive belt.</li> <li>3. The torque of the driver is too low or too high. Please contact customer service or a professional technician.</li> </ol>
Console Displays "----"	Safety Key Detached. Reconnect the safety key properly.
Console Displays E01 (Overload)	<ol style="list-style-type: none"> <li>1. Exceeding the rated load causes excessive current, triggering the system's self-protection. Restart to resolve.</li> <li>2. A part of the treadmill is jammed, causing overload. Adjust the treadmill belt, restart, or apply lubricating oil.</li> <li>3. Motor or controller malfunction. Please contact customer service or a professional technician.</li> </ol>
Console Displays E03 (Hardware Overcurrent)	<ol style="list-style-type: none"> <li>1. Exceeding the rated load causes excessive current, triggering the system's self-protection. Restart to resolve.</li> <li>2. Check if the power plug and socket are loose.</li> <li>3. Controller malfunction or motor disconnection. Please contact customer service or a professional technician.</li> </ol>
Console Displays E05 (Undervoltage)	<ol style="list-style-type: none"> <li>1. Check if the input power voltage is normal.</li> <li>2. Check if the power plug and socket connection is loose.</li> </ol>
Console Displays E06 (Overvoltage)	Check if the input power voltage is normal.
Console Displays E08 (Hardware Error)	<ol style="list-style-type: none"> <li>1. Check if the power plug and motor connection are loose.</li> <li>2. Controller malfunction. Please contact customer service or a professional technician.</li> </ol>
Console Displays E31 (Overtemperature)	Restart the machine once the temperature returns to normal.
Console Displays shows other error signals.	Please contact customer service or a professional technician.

# 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

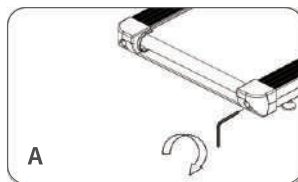
1. To better maintain your motorized treadmill and prolong the life of the machine, it is recommended that you turn off the power after 1.5 hours of continuous use and let the machine rest for 10 minutes before using it again.
2. If the running belt is too loose, there will be slipping phenomenon when 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

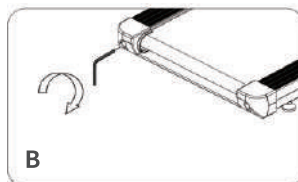
1. Place the motorized treadmill on a level surface.

Run the motorized treadmill at about 4-5km/h and observe the running belt deviation.

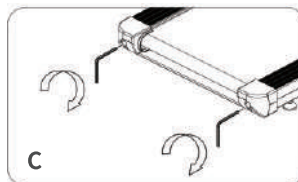
2. If the running belt is to the right, unplug the safety lock and power switch, turn the right adjusting bolt 1/4 turn in clockwise direction, insert the power switch and safety lock, run the treadmill and observe the running belt deviation. Repeat the above steps until the running belt is centered.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



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 B.



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 C.





WARRANTY INFORMATION

Product Name	MERACH Treadmill
Model	MR-T31
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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