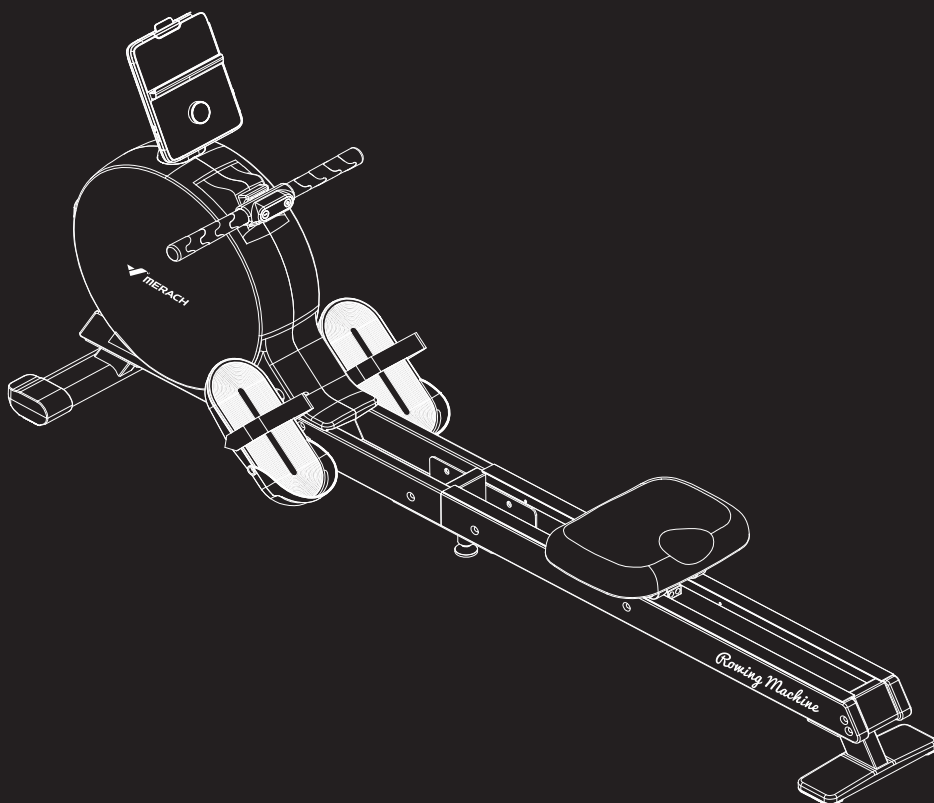


USER MANUAL

MERACH NovaRow Q3 SELF-GENERATING ELECTRO-MAGNETIC 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-R21



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

CONTENTS • ENGLISH

Important Safety Instructions	01
Specification	03
Parts & Accessories List	04
Installation Guide	05
Adjustment Instructions	10
Self-generating System Operating Instructions	13
Instructions of Monitor	14
APP Setup Instruction	18
Warm-up	19
Trouble Shooting	20
Maintenance Guide	21
Warning Decal Placement	22
Warranty Information	23



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.

- It is very important to read the entire manual thoroughly before installing and using the machine. Safe and effective training can only be achieved if the machine is properly assembled, properly maintained and used. Make sure all users are familiar with all warnings and precautions of this machine.
- Please consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
- Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any symptoms (including headache, chest pain, irregular heartbeat, shortness of breath, dizziness, or any discomfort), stop exercising immediately and consult your physician, get the permission before training again.
- Always keep children and pets away from the machine. The machine is for adult use only.
- Please use this machine on stable and horizontal ground level, and put a protective layer on the floor or carpet to prevent a floor from damaging. Make sure the distance between the machine and each obstacle is at least 2.0 ft (0.6m).
- Please check all screws and nuts are properly tightened before using the machine.
- The safe use of the machine can only be guaranteed if the regular maintenance and repairs of undertaken, and worn out and broken parts are changed.
- Please follow the instructions in this manual to use this machine. Please stop using and operating immediately when you find any defective parts or hear any abnormal sound. Make sure all issues are resolved before using it again.
- Please wear sports clothes, sports shoes, or other proper clothes. Loose-fitting clothing is not recommended, as loose clothing may get caught in the machine, hindering operation and possibly causing an injury.
- This machine is only for home use. The Maximum user weight is 180kg.
- This machine is not for professional medical treatment.

- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.
- If the moving parts are damaged, please do not use the machine until the parts are repaired.
- Keep the children away from the machine. The equipment is not for children to use or play with. They can injure themselves accidentally.
- This appliance can be used by children aged from 8 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.

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-R21 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.

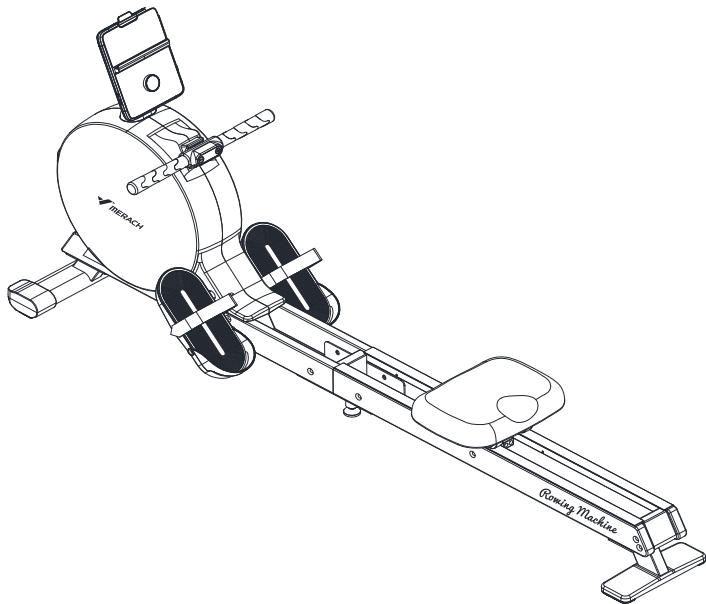
Manufactured by:

Zhejiang Yulu Electronic Technology Co.,Ltd.
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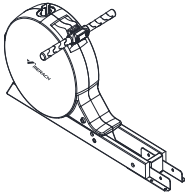
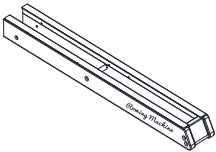
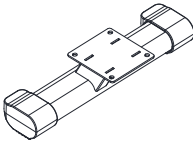
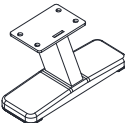
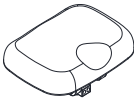




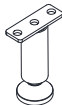
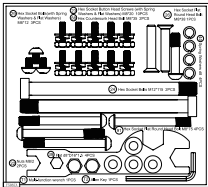

SPECIFICATIONS



Product Name:	MERACH NovaRow Q3 Self-generating Electromagnetic Rowing Machine
Model:	MR-R21
Resistances:	16 Level Magnetic Resistances
Weight Capacity:	180kg
Recommended Exercise Time:	Within 60 Minutes
Machine Dimensions:	L1786*W453*H798mm
Net Weight:	25.5kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHz
Maximum RF Power:	1.48dBm

PARTS & ACCESSORIES LIST

Check if all parts and accessories are in the package.

 <p>A1 Main Frame</p>	 <p>A2 Slide Rail</p>	 <p>A3 Front Foot Tube</p>
 <p>A4 Rear Foot Tube</p>	 <p>A5 Seat Cushion</p>	 <p>A6 Left Pedal</p>
 <p>A7 Right Pedal</p>	 <p>A8 Monitor</p>	 <p>A9 Pedal Limit Shaft</p>
 <p>A10 Support Foot Pad</p>	 <p>A11 User Manual</p>	 <p>A12 Screws & Kits</p>

INSTALLATION GUIDE



Tips

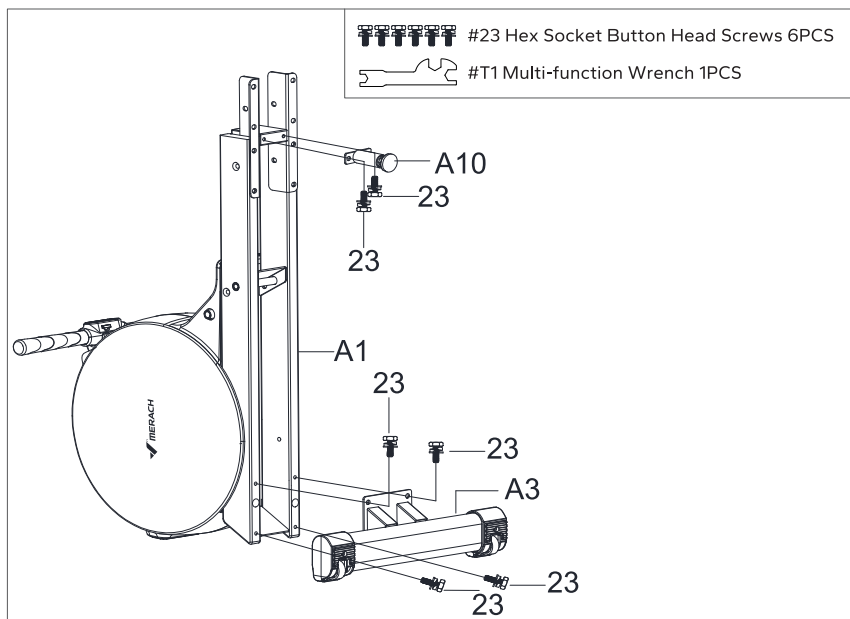
Scan QR code to watch installation video

STEP1: Assemble Front Foot Tube & Support Foot Pad

- A. Attach the Front Foot Tube(A3) on the Main Frame(A1) with 4PCS Hex Socket Button Head Screws(23) by the Multi-function Wrench(T1).
- B. Attach the Support Foot Pad (A10) on the Main Frame(A1) with 2PCS Hex Socket Button Head Screws(23) by the Multi-function Wrench(T1).

NOTE:

- To prevent the machine from toppling over, it is recommended that two people assemble this step together.
- The Hex Socket Button Head Screws(23) includes the Spring Washers and Flat Washers.

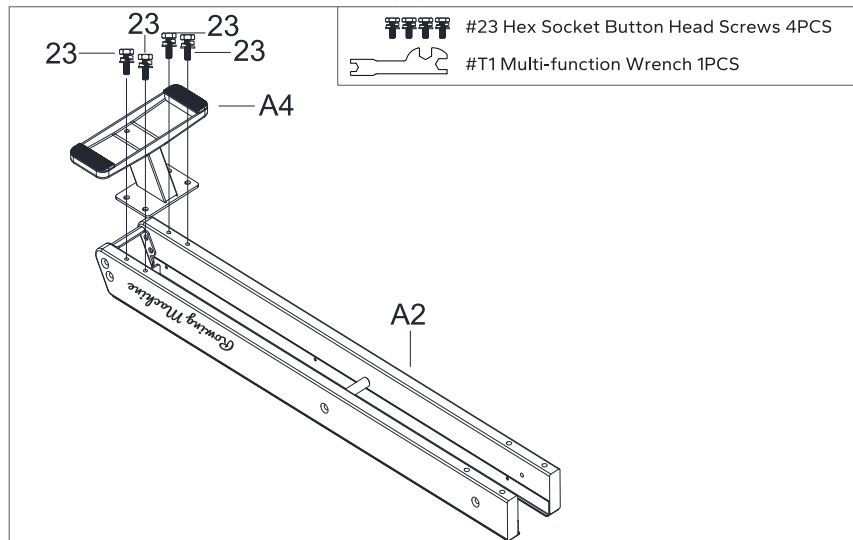


STEP2: Assemble Rear Foot Tube

A. Attach the Rear Foot Tube(A4) on the Slide Rail(A2) with 4PCS Hex Socket Button Head Screws(23) by the Multi-function Wrench(T1).

NOTE:

- Please first check that all the screws are tightened before installing next step.
- The Hex Socket Button Head Screws(23) includes the Spring Washers and Flat Washers.

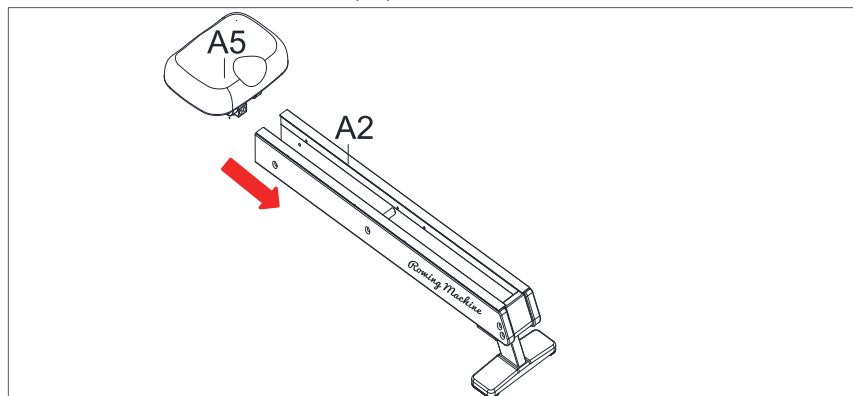


STEP3: Assemble Seat Cushion

A. Put the Seat Cushion(A5) into the Slide Rail(A2) in the direction of the arrows.

NOTE:

- As shown, keep the Seat Cushion(A5) in the right direction.



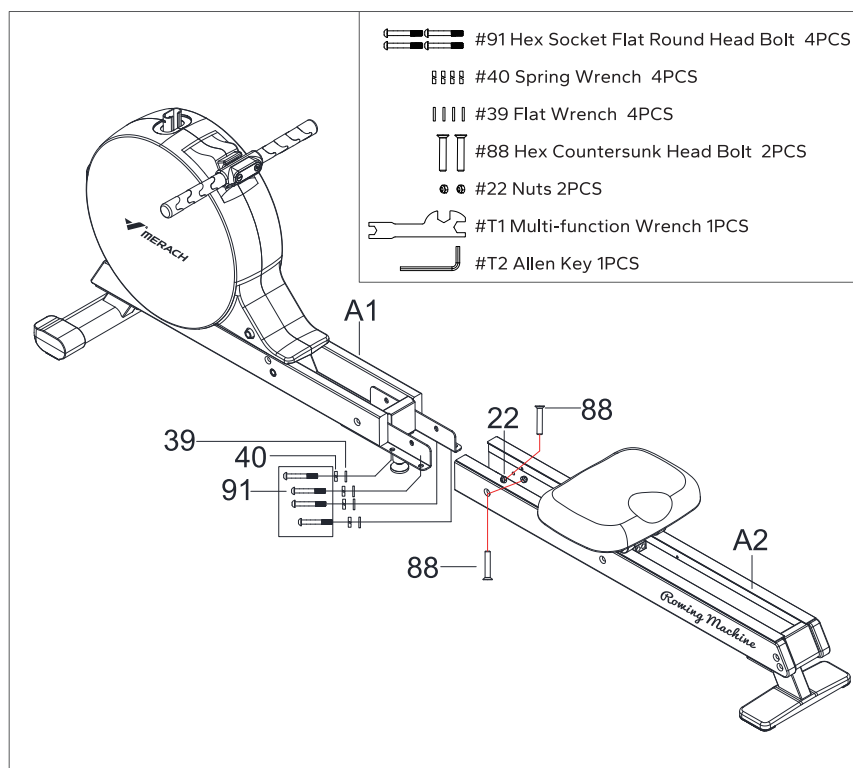
STEP4: Assemble Slide Rail

A. Attach the Slide Rail(A2) from the outside with 2PCS Hex Countersunk Head Bolt(88), 2PCS Nuts(22), the Multi-function Wrench(T1) and the Allen Key(T2).

B. Install the Slide Rail(A2) on the Main Frame(A1) with 4PCS Hex Socket Flat Round Head Bolt(91), 4PCS Spring Wrench(40) and 4PCS Flat Wrench(39) by the Multi-function Wrench(T1).

NOTE:

- It is recommended that two people assemble this step together.

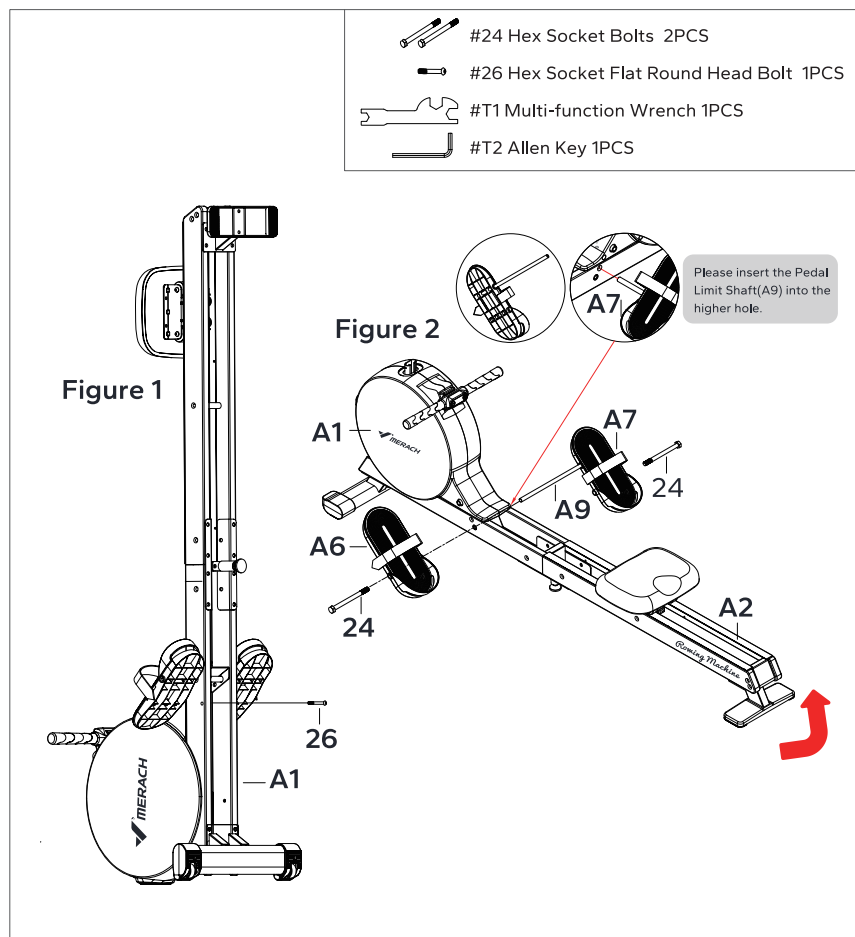


STEP5: Assemble Pedal

- A. Pass the Pedal Limit Shaft(A9) through the Right Pedal(A7), the Main Frame(A1) and the Right Pedal(A6) in sequence.
- B. Attach the Right Pedal(A7) and Left Pedal(A6) into the Main Frame(A1) with 2PCS Hex Socket Bolts(24) respectively.
- C. Tighten 2PCS Hex Socket Bolts(24) with the Multi-function Wrench(T1).
- D. Lift the machine up in the direction of the arrows (Figure1), fix the Pedal Limit Shaft(A9) with 1PCS Hex Socket Flat Round Head Bolt(26) and the Allen Key(T2) completely.

NOTE:

- It is recommended that two people assemble this step together.

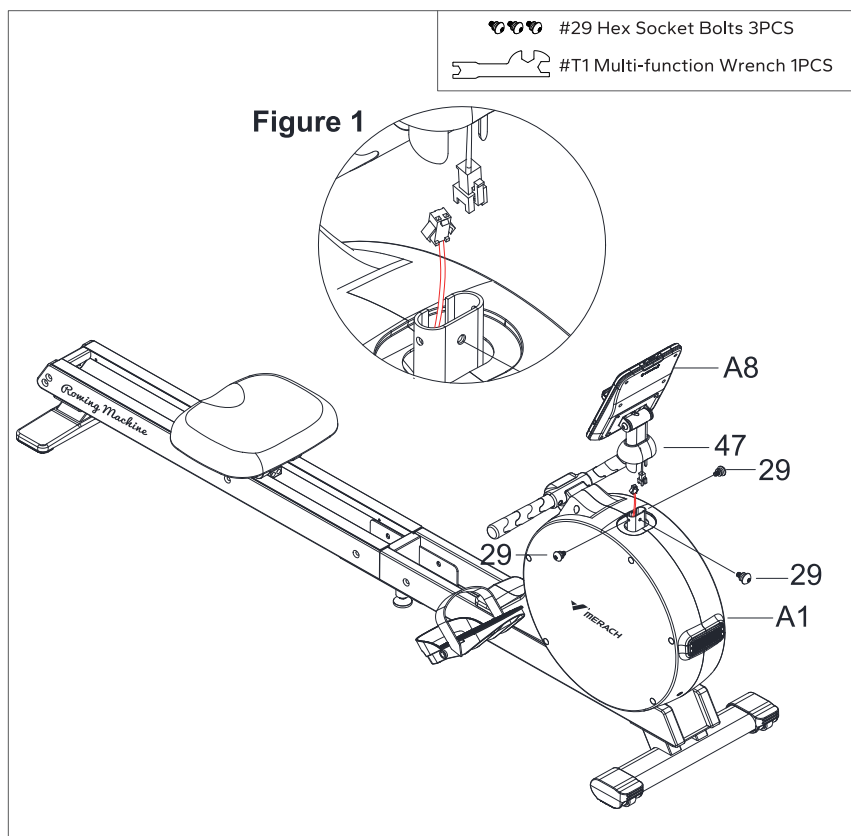


STEP6: Assemble Monitor

- A. Connect the wires of the Monitor(A8) with the Main Frame(A1)(Figure1).
- B. Attach the Monitor(A8) with the Main Frame(A1) with 3PCS Hex Socket Bolts(29) and the Multi-function Wrench(T1).
- C. Put the Decorative Cover(47) of the monitor into the groove of Main Frame(A1).

NOTE:

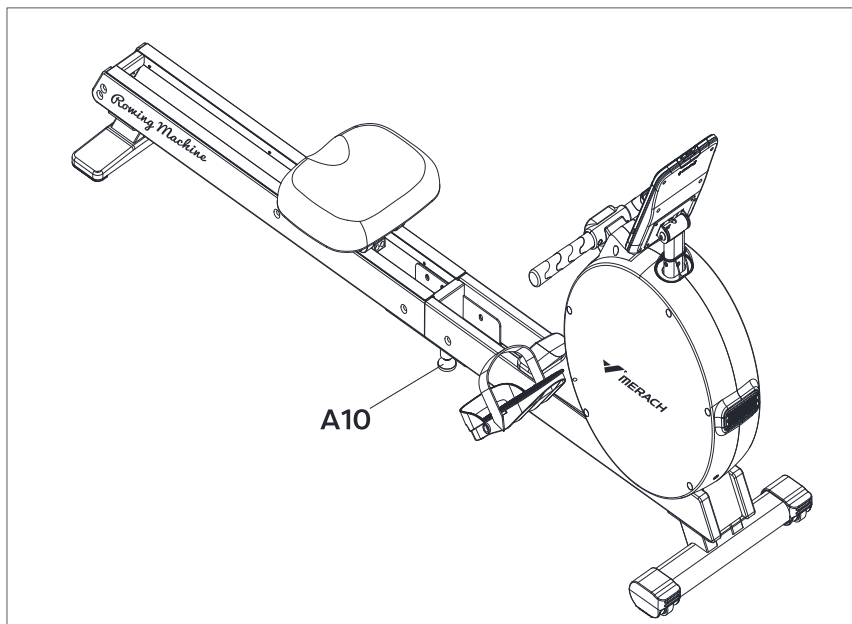
- The Hex Socket Bolts(29) includes the Spring Washers and Flat Washers.



ADJUSTMENT INSTRUCTIONS

Foot Pad Adjustment Instructions

- When using, adjust the Support Foot Pad (A10) to 3-5 mm from the ground.
- If you find that the head of the machine is tilted after use, adjust the Support Foot Pad (A10) to 5-10 mm from the ground



Adjust Resistance Instructions

This equipment have three methods to adjust the resistance.

METHOD1:

Rotating the knob of Monitor(A8) to adjust the 16 Level Resistances.

- Clockwise Rotation: Increase Resistances (1-16).
- Counterclockwise Rotation: Decrease Resistance(16-1).

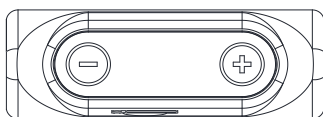


METHOD2:

Press the Wireless Handle to adjust the resistance.

"⊕" Button: Increase Resistances (1-16).

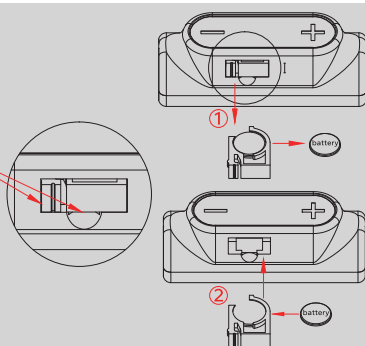
"⊖" button: Decrease Resistance(16-1).



Replace Battery Instructions

Pull out the battery compartment along the direction indicated by the arrow (Figure ①), replace the new battery, and then reinstall it into the battery compartment (Figure ②).

- The Mode of Button Battery is CR2032.

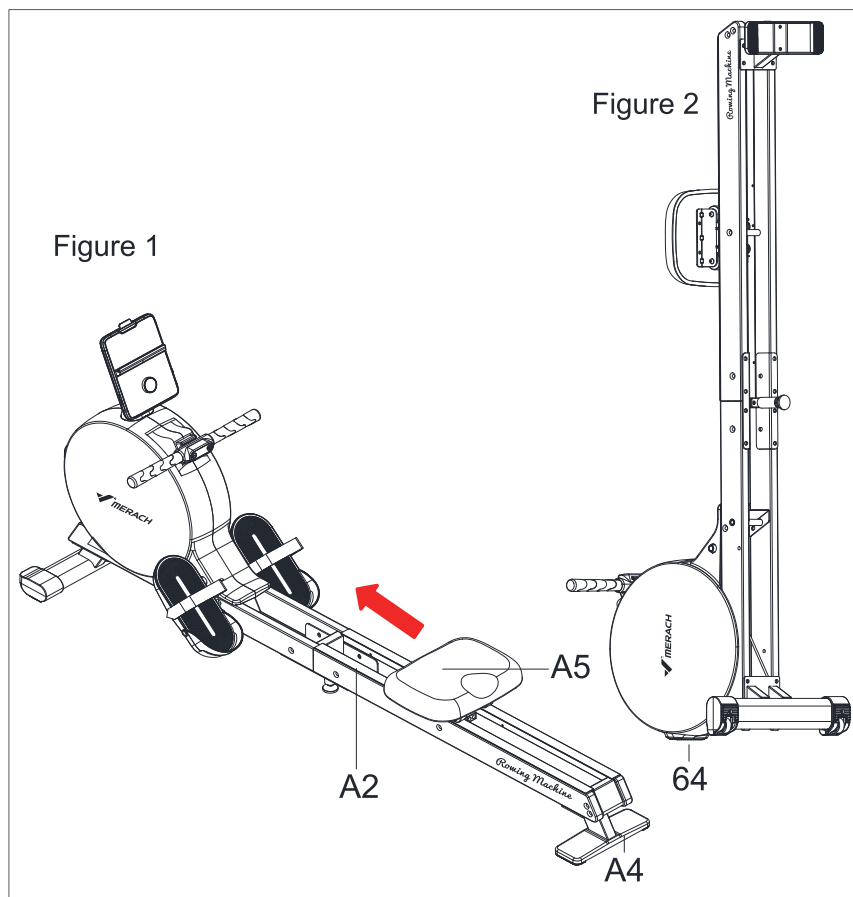


Storage Instructions

- A. To prevent the Seat Cushion(A5) from sliding down, put it into the front end of the Slide Rail(A2) firstly.
- B. Grasp the Rear Foot Tube (A4) with both hands and lift the machine in the direction of the arrow until the Foot Pad(64) touch the ground at the same time.

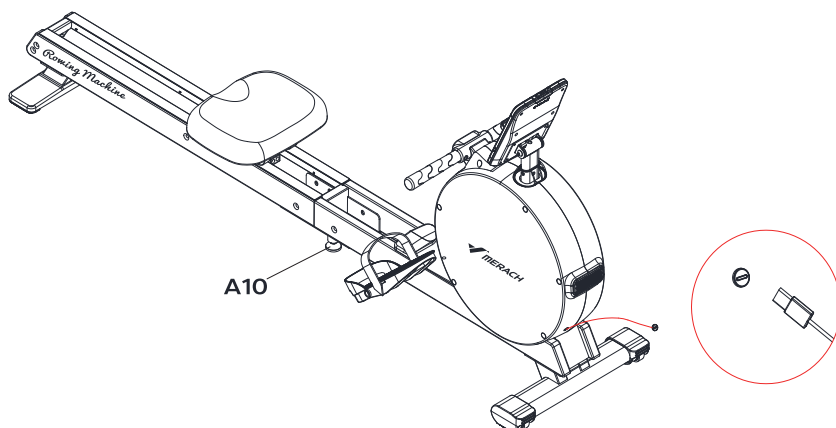
NOTE:

- Be sure to place the equipment against a wall or in front of a fixed surface when placed vertically.
- Be sure to place it in a safe place away from children to prevent them from being hit.



SELF-GENERATING SYSTEM OPERATING INSTRUCTIONS


1. Start by initiating motion; after the system receives the signal, turn the knob to power on. The machine enters standby mode and can be connected to the Bluetooth app or started directly.
2. Press the knob or operate the machine to commence normal movement. The knob will display workout parameters, and rotating it adjusts resistance levels.
3. During exercise, the built-in generator produces electricity to power the knob display and resistance adjustment. Extra energy is intelligently converted and stored in the built-in energy storage battery.
4. When exercise stops, the energy storage battery continues to supply power to the knob and resistance adjustment system. If there is no activity for 3 minutes, the knob enters sleep mode, and the battery power system goes into deep sleep to preserve energy.
5. If the device is unused for an extended period, the energy storage battery may experience slight power consumption, potentially leading to insufficient battery capacity. If the machine continuously runs without display or flickering, run the machine continuously for over 10 minutes to charge the energy storage battery. Alternatively, charge the battery through the universal USB-C port at the rear of the machine (Input: 5V $\overline{\text{---}}$ 1A). This ensures the battery has sufficient power to drive the knob and allows simultaneous charging during workout sessions.



INSTRUCTIONS OF MONITOR



I . Description of Instrument Functions

ITEM	DECRPTION	RANGE
TIME	Current time for exercise	00:00-99:59
/500m	Real-time estimation of time/500m at the current stroke speed	00:00-99:59
DIS	Current distance for exercise	0.0-9999 km
CAL	Current calories burned during the exercise	0.0-9999 Kcal
SPM	Number of a strokes per minute, indicating the stroke speed during exercising	0-9999
LEVEL	Current Resistance Level for exercise	1-16
SPEED	The distance of exercise per one hour	0.0-9999 km/h
TOC	The total strokes of all workout	0-9999
	Display the Bluetooth connect, not when Bluetooth heart rate is connected.	
Free Training Mode	When in standby, the speed window shows P01.	
Pause Mode	After stopping for more than 5 seconds during the movement, the device enters the pause mode and the speed window displays "PAU".	
APP	MERACH, KINOMAP	

II. Operation Guide

1. Press the knob of monitor or start exercise directly to enter the movement interface.

2. **Exercise Program Mode:** Rotating the knob to enter the exercise program mode (P01-P10) in the standby interface.

OPERATION: Rotating the knob to adjust;
short pressing the knob to entrance.

- a. Select the Exercise Program(P01-P10)
- b. Adjust the Countdown Time
- c. Start Exercise

3. **Countdown Mode:** In the standby interface, press the side button of monitor to enter the countdown mode.

The speed window show " L", and the time window flashes to display "30:00".

OPERATION: Rotating the knob to adjust;
short pressing the knob to entrance.

- a. Rotating the knob to select the time.
- b. Short press the side button switch to the **Distance Countdown Mode** (The **DIS** window flashes to display "5.00") and rotating the knob of monitor to adjust.
- c. Short press again the side button switch to the **Calorie Countdown Mode** (The **CAL** window flashes to display "5.00") and rotating the knob of monitor to adjust.
- d. After setting the countdown, short press the knob of monitor to start exercise.

4. Long press the side button for 3 seconds to reset the monitor.

III. Instructions for Mode

Exercise Program Mode Program

	Name	Time	Resistance Level															
P01	Newbie Training	Default 30 minutes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	5	
P02	Interval Training	Default 30 minutes	3	8	14	8	14	8	14	8	14	8	14	8	14	8	2	
P03	Reduce Fat Training	Default 30 minutes	5	8	11	14	5	8	11	14	5	8	11	14	5	8	11	
P04	Mountain Training	Default 30 minutes	5	10	15	5	10	15	5	10	15	5	10	15	5	10	15	
P05	Cross-country Mode	Default 30 minutes	3	6	9	12	15	9	12	15	9	12	15	9	12	15	3	
P06	Highway Mode	Default 30 minutes	2	4	6	8	10	8	6	4	2	0	4	6	8	10	2	
P07	Rough Road Surface Mode	Default 30 minutes	6	12	7	14	8	16	5	10	6	12	7	14	8	16	6	
P08	Relaxing Training	Default 30 minutes	2	4	6	4	6	4	6	4	6	4	6	4	6	4	6	
P09	Endurance Training	Default 30 minutes	8	16	16	16	8	16	16	16	8	16	16	16	8	16	16	
P10	Race Mode	Default 30 minutes	10	15	15	15	15	15	15	15	15	15	15	15	15	15	10	

Countdown Mode

Mode	Name	Time	Instructions
M1	TIME	Time Countdown Mode Default 30 minutes	Starting resistance 1, the resistance is manually adjusted by the trainer, and the machine stops running after the countdown is over. If the movement continues, the data is cleared and the count is restarted.
M2	DISTANCE	Distance Countdown Mode Default 5.0 Km	Starting resistance 1, the resistance is manually adjusted by the trainer, and the machine stops running after the countdown is over. If the movement continues, the data is cleared and the count is restarted.
M3	KCAL	Kcal Countdown Mode Default 5.0 Kcal	Starting resistance 1, the resistance is manually adjusted by the trainer, and the machine stops running after the countdown is over. If the movement continues, the data is cleared and the count is restarted.

IV. Others

1. The electronic watch supports a 5-second pause for no-operation.
After 2 minutes, the data will be cleared and reset, and after 3 minutes, it will enter the "Sleep Mode" with the display turned off.
2. After Bluetooth connection, it is impossible to switch to the Exercise Program Mode and Countdown Mode.

V. Charging Function

Charge for other devices through the USB port or the USB-C port.

NOTE: The port is on the side of monitor.

VI. Error Description

E01: Motor malfunction

E05: Communication failure between the electronic meter and the lower control unit.

APP SETUP INSTRUCTIONS

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 "Rowing machine", and find your "MRK-Q3-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

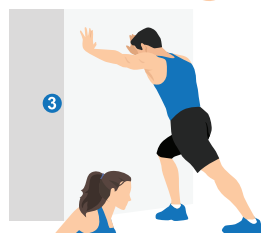
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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).



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

TROUBLESHOOTING

Problem	Possible Solution
What should be done when the monitor is on but not tracking workout data?	Make sure one of the console cables on the back of the console is connected.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 24) .
What should be done when the monitor is off?	Open the battery cover on the back of the monitor, and check whether the positive and negative poles of the battery are installed correctly or replace the battery.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 24) .
What should be done when the rower can not be connected to the APP?	Check whether other members are connected to Bluetooth at the same time. If so, unbind and reconnect.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 24) .
What should be done when there is noise in rowing?	You can apply some car polishing wax on belt.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 24) .
What should be done when feeling no rowing resistance?	Check whether the handle falls off during the movement. The belt may be stuck in the pulley groove. Adjust the belt to the center of the pulley.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 24) .
What to do when the whole machine shakes slightly or the footpads are lifted during exercise?	Check whether the front and rear leg tubes are fastened.
	Adjust the foot pads under the tubes until the whole machine is stable.
	Use the rower on a surface that has a better grip on the floor stabilizer, or purchase an exercise mat to hold the rower in place.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 24) .
What should be done when the pedals wobble or the straps are loose?	Check whether the left and right foot straps are tight enough.
	Check whether the fixing screw of the middle pedal shaft at the bottom of the middle of the machine is tight enough.
	The rowing machine is still malfunctioning. Please contact Customer Support (see page 24) .

MAINTENANCE GUIDE

If you are a fitness enthusiast, then it's essential to keep your fitness equipment in good condition for optimal performance and longevity. Here are some crucial maintenance steps to follow:

Keep the Equipment Clean:

It's crucial to maintain cleanliness by wiping down the surfaces with a mild cleaner, especially the parts that come into frequent contacts, such as the handles, seat, and rail. Avoid using acidic or alkaline cleaners, and refrain from using water or cleaners on the digital display screen. Pay extra attention to the slide rail ensuring it remains clean and is running smoothly.

Regularly Check Moving Parts:

Regularly inspect the moving parts such as the arms, wheels, pedals, etc., to ensure they are functioning smoothly and free of damage. If you notice any malfunctions, get them repaired as soon as possible, and regularly lubricate the moving parts to keep them running smoothly.

Inspect Electronic Components:

Regularly inspect the electronic components, such as the display screen, wires, and sensors, to ensure they are in good condition. If you notice any damage or malfunctions, contact the **MERACH TEAM**.

Check and Tighten Hardware:

Regularly check the hardware such as screws and bolts, for looseness and tighten them as needed. Regular use of the equipment can cause vibrations that may loosen parts over time, so tightening them regularly will keep your equipment in top condition.

By following these maintenance steps, you can ensure your fitness equipment remains in excellent condition and prolong its life span for many workouts to come.

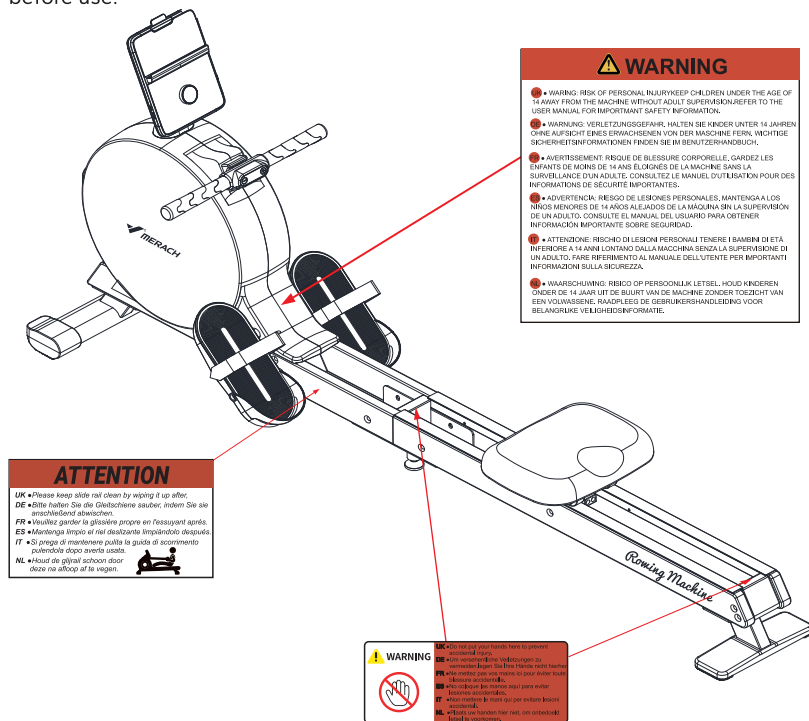
If you notice any wear and tear on your machine during your regular inspection that may require replacement, please contact us at **support.eu@merach.com**.

WARNING DECAL PLACEMENT

PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.

DO NOT DISCARD

This drawing shows the locations of the important Safety and Warning Decals. Please ensure any user of the unit familiarizes themselves with Safety and Warning guidelines before use.



Note: The decals may not be shown at actual size.

WARRANTY INFORMATION

Product Name	MERACH NovaRow Q3 Self-generating Electromagnetic Rowing Machine
Model	MR-R21
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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