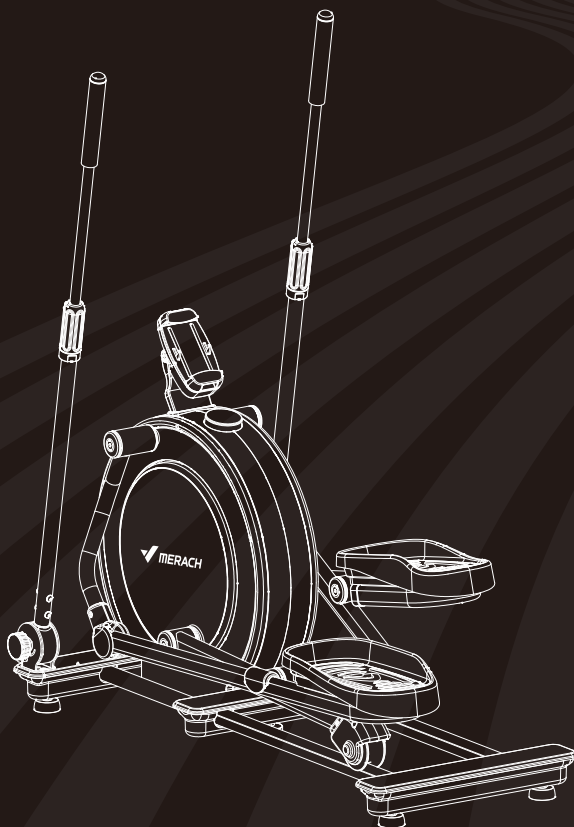


# USER MANUAL

— MERACH MR-E12 ELLIPTICAL 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

[support@merach.com](mailto:support@merach.com)



**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**

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

# Safety Instructions

Please keep this manual in a safe place for future reference.

- It is very important to read the entire manual thoroughly before installing and using the machine. Safe and effective training can only be achieved if the machine is properly assembled, properly maintained and used. Make sure all users are familiar with all warnings and precautions of this machine.
- Please consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
- Please always pay attention to your body signals, improper use of the machine may affect your health. If you experience any symptoms (including headache, chest pain, irregular heartbeat, shortness of breath, dizziness, or any discomfort), stop exercising immediately and consult your physician, get the permission before training again.
- Always keep children and pets away from the machine. The machine is for adult use only.
- Please use this machine on stable and horizontal ground level, and put a protective layer on the floor or carpet to prevent a floor from damaging. Make sure the distance between the machine and each obstacle is at least 1.6 ft (0.5m).
- Please check all screws and nuts are properly tightened before using the machine.
- The safe use of the machine can only be guaranteed if the regular maintenance and repairs of undertaken, and worn out and broken parts are changed.
- Please follow the instructions in this manual to use this machine. Please stop using and operating immediately when you find any defective parts or hear any abnormal sound. Make sure all issues are resolved before using it again.
- Please wear sports clothes, sports shoes, or other proper clothes. Loose-fitting clothing is not recommended, as loose clothing may get caught in the machine, hindering operation and possibly causing an injury.
- This machine is only for home use. The Maximum user weight is 330 lbs.
- This machine is not for professional medical treatment.
- This product is only for family use.
- The overall performance of the machine and all moving parts must be checked regularly to ensure the safety of the machine.

# Safety Instructions

- If the moving parts are damaged, please do not use the machine until the parts are repaired.
- Keep the children away from the machine. The equipment is not for children to use or play with. They can injure themselves accidentally.

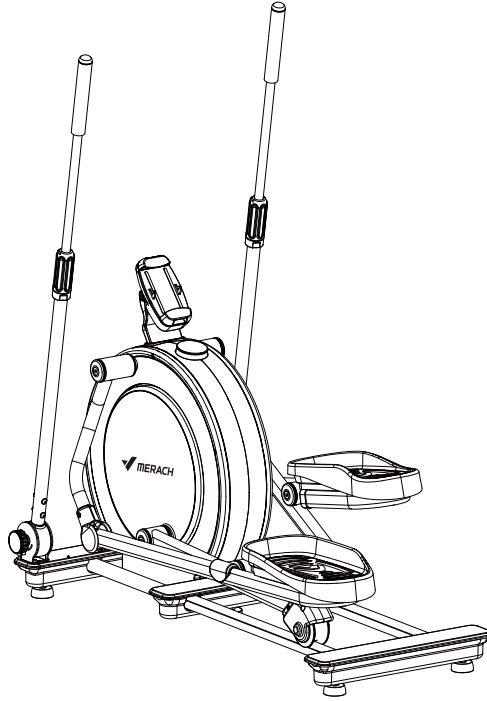
## Care & Maintenance

- Elliptical machine should be carefully inspected before and after use. Each part of the elliptical machine should be regularly checked for loose screws, open welds or fractures, and other problems.
- When the elliptical machine after using a period of time, due to the uninterrupted rolling operation of the PU roller, or will produce a slight friction noise, at this time can manually add a little lubricant on the surface of the aluminum sheet to extend the service life of the PU roller.
- 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.

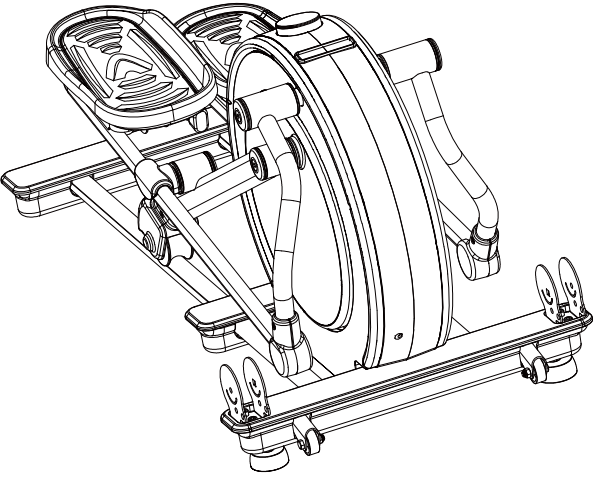
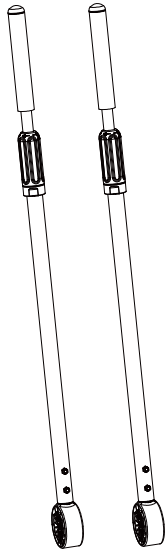

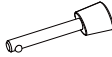





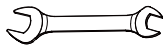

# Specifications



Product Name:	Electrical Elliptical Machine
Model:	MR-E12
Recommended Weight Capacity:	330lbs (150kg)
Item Weight:	99.9lbs (45.3kg)
Item Dimensions:	46.46*24.8*29.92 inch (1180*630*760mm)
Item Package Dimensions:	48.82*25.59*25.59 inch (1240*650*650mm)

# Parts List

Check if all parts and accessories are in the package.

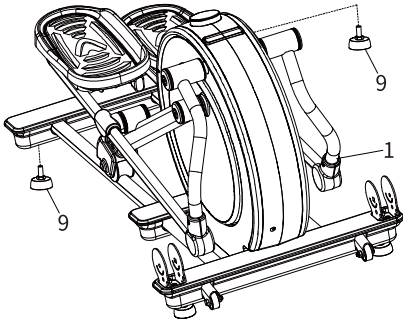
 <p>#1 Main Frame X 1</p>		 <p>#2 Handrail X 2</p>
 <p>#3 Screw M8*54mm X 2</p>	 <p>#4 Pin M8*50mm X 2</p>	 <p>#5 Flat Washer <math>\phi 52</math> X 4</p>
 <p>#6 Knob X 2</p>	 <p>#8 9V1A Adapter X 1</p>	 <p>#9 Foot Pad X 2</p>
 <p>#7 Phone Holder X1</p>	 <p>#A Cross Spanner 14-17 X1</p>	 <p>User Manual</p>

# Assembly Instructions

## Step 1: Assemble the Foot Pad

A. Screw the Foot Pad(#9) X 2 into the Rear Cross Tube as shown in Figure, and adjust it with the Cross Spanner(#A) to keep it in balance.

 Tools: #A Cross Spanner 14-17 X1



### Tips

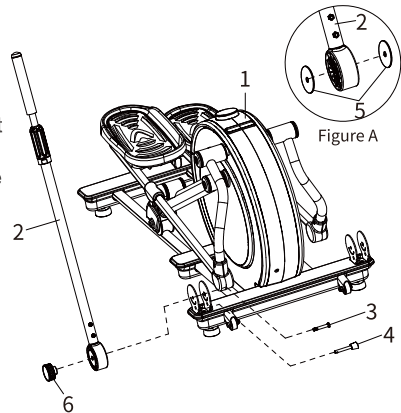
Scan QR code to watch installation video

## Step 2: Assemble the Right Handrail

A. Take out the Right Handrail(#2), remove the pre-assembled Knob(#6), Flat Washer(#5) and Screw(#3) from the tube firstly.

B. Put the Flat Washer(#5) X 2 on the side of Right Handrail(#2) as shown in Figure A, and then put them into the U-shaped iron sheet on the right side of the Main Frame(#1).

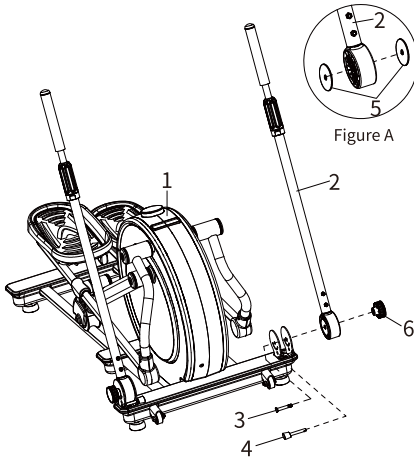
C. Insert the Screw(#3) into the hole as shown, and insert the Pin(#4) into the Bolt Storage Hole, lock the Knob(#6) and tighten it.





# Assembly Instructions

## Step 3: Assemble the Left Handrail



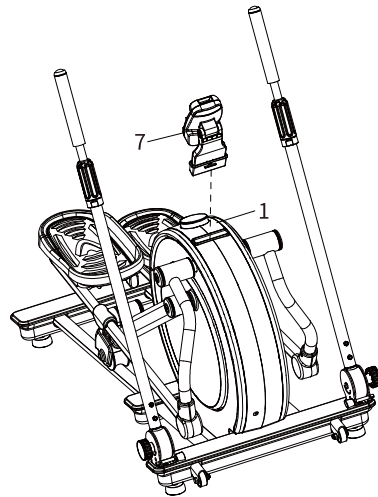
A. Take out the Left Handrail(#2), remove the pre-assembled Knob(#6), Flat Washer(#5) and Screw(#3) from the tube firstly.

B. Put the Flat Washer(#5) X 2 on the side of Left Handrail(#2) as shown in Figure A, and then put them into the U-shaped iron sheet on the right side of the Main Frame(#1).

C. Insert the Screw(#3) into the hole as shown, and insert the Pin(#4) into the Bolt Storage Hole, lock the Knob(#6) and tighten it.

## Step 4: Fix the Phone Holder

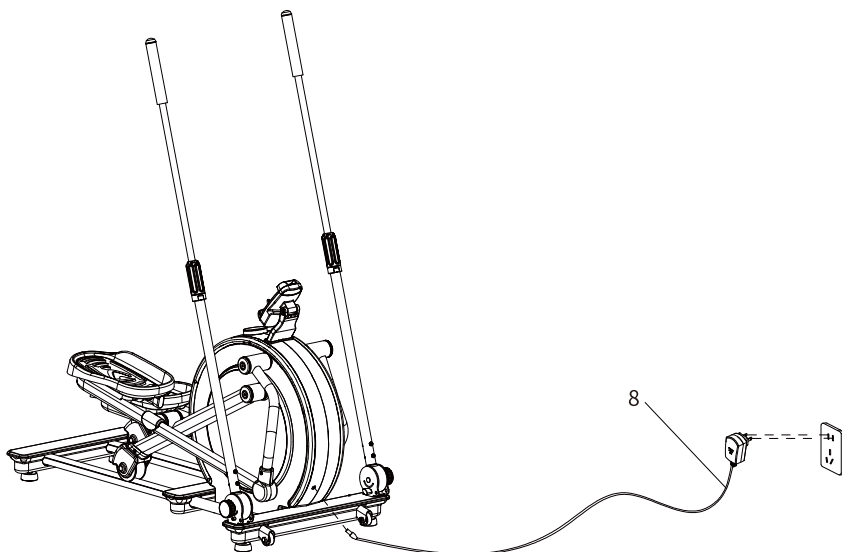
Insert the Phone Holder(#7) into the hole of Main Frame(#1) and fix it.



# Assembly Instructions

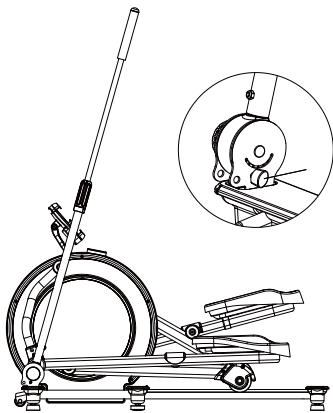
## Step 5: Plug in Power

Insert one end of the 9V1A Adapter (#8) into the power hole of elliptical machine and the other end into the indoor power outlet as shown below.

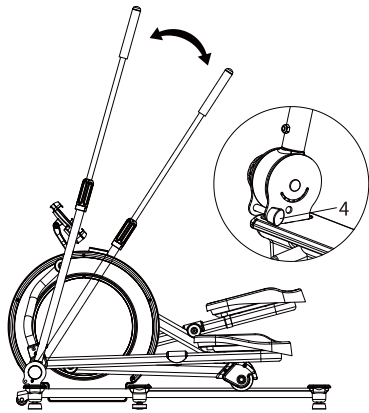


# Product Usage Instructions

## Fixing and Swinging Handrail:

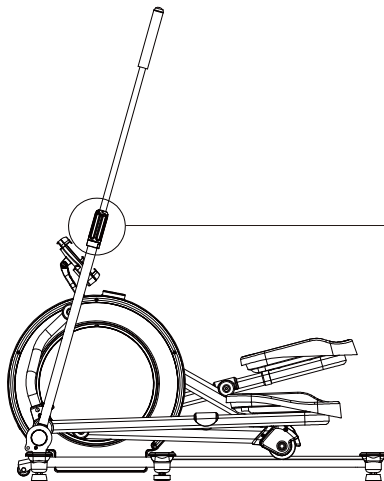


A. As shown in Figure, the Handrail fixed when the Pin(#4) is inserted into the Fix Handrail Hole.



B. As shown in Figure, the Handrail could be swayed back or forth when the Pin(#4) is inserted into the Bolt Storage Bolt.

## Scale Indication:



0---Handrail storage



1---Suitable for height 5.09 feet (155cm)

2---Suitable for height 5.58 feet (170cm)


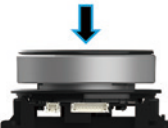

3---Suitable for height 6.07 feet (185cm)

# Instructions for the Monitor

## 1.1 Main Display Description

No.	Item	Display window	Brief instruction
1	Carousel mode		<ol style="list-style-type: none"> <li>1. Data rotation, switch every 3 Seconds.</li> <li>2. Small window digital display "<b>LEVEL</b>" resistance level.</li> <li>3. Main window digital rotation "<b>Speed/Time/Distance/Calories</b>".</li> <li>4. Bluetooth light indicates the Bluetooth connection status, connected light, not connected off</li> <li>5. The default sports state outer circle is all lit</li> </ol>
2	Lock mode		<ol style="list-style-type: none"> <li>1. Short press the knob to switch the display mode, lock the data you need to see.</li> <li>2. The main window can be locked to display data "<b>Speed/Time/Distance/Calories</b>".</li> <li>3. Small window digital display "<b>LEVEL</b>" resistance level.</li> <li>4. The default sports state outer circle is all lit.</li> </ol>

## 1.2 Main Operation Instructions

No.	Item	Display window	Brief instruction
1	Sleep wake		Dormant state, pedal movement detected, knob to wake up.
2	Press knob		<ol style="list-style-type: none"> <li>1. In case of no operation or exercise, the knob will enter sleep state after 3 minutes.</li> <li>2. Briefly press the knob to wake up the equipment while it in sleep state.</li> <li>3. Short press the knob to enter motion state while it in wake-up state.</li> <li>4. Short press the knob to switch the display mode while it in motion state.</li> <li>5. Long press the knob for "2S" to reset the data and enter the wake-up state while it in motion state.</li> <li>6. Press the knob, and there is buzzer prompt.</li> </ol>
3	Rotate the knob		<ol style="list-style-type: none"> <li>1. Rotate clockwise to increase the resistance.</li> <li>2. Rotate counter-clockwise to reduce the resistance.</li> <li>3. Rotate the knob, and there is buzzer prompt.</li> </ol>

# Instructions for the Monitor

## 1.3 Detailed Operating Instructions

① Knob power on, BUZZER long beep, knob display lights up and enters READY state (Figure 1); power on, the resistance automatically reset to "1" gear. 3 minutes of no operation, display all off and enter the standby state (Figure 2)

② READY state, short press the knob or pedal platform can directly enter the movement state. Small window digital display resistance "LEVEL" (Figure 3)



Figure 1

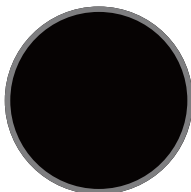


Figure 2



Figure 3

③ The main window is rotated by default, "SCAN" lights up, "speed", "time", "distance", "calories" (Figure 4, Figure 5, Figure 6, Figure 7), switching display every 3s.



Figure 4



Figure 5



Figure 6



Figure 7

④ The display mode can be adjusted to lock by short pressing the knob, the "SCAN" is not displayed, and lock displays fixed data: "speed" or "time" or "distance" or "calorie" (Figure 8, Figure 9, Figure 10, Figure 11)



Figure 8



Figure 9











Figure 10



Figure 11

# Instructions for the Monitor

## 1.4 Instructions for data display

Item No.	Project	Display window	Display instruction
1	Resistance level		1 ~ 16
2	SCAN carousel		Display: Indicating that the data will not be displayed under carousel mode: mode: Indicating that the data are locked
3	Speed		0.0 ~ 999.9 mph
4	Time		00:00 ~ 99:59
5	Distance		0.0 ~ 999.9 mile
6	Calorie		0.0 ~ 999.9 Kcal
7	LOGO		Wake-up status constant light display
8	Bluetooth icon		Display: Bluetooth has been connected Non-display: Bluetooth is not connected

# MERACH APP Setup

## Download and use of MERACH

- \* Our customer can get a 180-day MERACH membership. Please contact us through [support@merach.com](mailto:support@merach.com) after receiving the product to get an exclusive redemption code. Please include your order ID and MERACH app Username.

1. To download the MERACH app, scan the QR code or search "MERACH" in the Apple App Store® or Google Play Store.



MERACH APP Download



APP Connection Guide



2. Open the MERACH app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.

## USING YOUR ELLIPTICAL MACHINE

Note:

1. Using the MERACH app allows you to get free workout courses and access additional functions and features.
2. Coaching courses are only available in English.

# KINOMAP APP Setup

## Download and use of KINOMAP



1. To download the Kinomap app, scan the QR code or search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose Merach.
5. Select "Ellipticals", and find your "MRK-E12-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).



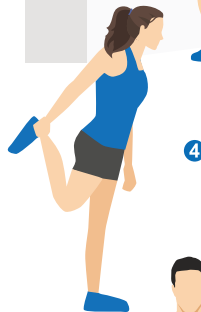
## 3. Calf and Achilles tendon stretch

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).



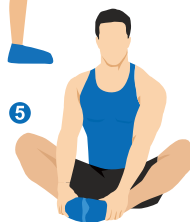
## 4. Quadriceps stretch

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).



# Warranty Information

Product Name	Magnetic Electrical Elliptical Machine
Model	MR-E12
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 18 years old.

MERACH and its subsidiaries are only responsible for damages caused by the intended use or as instructed in the user manual. Some states do not allow this exclusion or limitation of incidental or consequential losses, so the above disclaimer may not apply to you. This warranty gives you specific legal rights and you may also have other rights, which may vary from state to state.

**All expressed and implied warranties, including the warranty of merchantability, are limited to the period of the limited warranty.**

# Warranty Information

## Additional 12-month Warranty:

You can enjoy an additional 12-month warranty. Just active your warranty by sending the product's model name via **[register@merach.com](mailto:register@merach.com)**, or log onto **[merachfit.com/pages/warranty](https://merachfit.com/pages/warranty)** and enter your order number (i.e. Amazon) within the first 14 days of purchase to register your new product for the extended warranty. If you are unable to provide the order number for your product, please type a short note in the order number field along with the date you received your product.

## Defective Products & Returns:

Should your product prove defective within the specified warranty period, please contact the Customer Support via **[support@merach.com](mailto:support@merach.com)** with your invoice and order number. **DO NOT** dispose of your product before contacting us. Once our Customer Support team has approved your request, please return the product with a copy of your invoice and order number.

## Customer Support

Your satisfaction is our goal! Should you encounter any issues or have any questions about your new product, feel free to contact our Customer Support Team via **[support@merach.com](mailto:support@merach.com)**

**\* Please have your Order ID and serial number (usually on the rear foot pipe) ready before contacting Customer Support.**

# MERACH



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merachfit.com

Customer Service: [support@merach.com](mailto:support@merach.com)

Official Website: [merachfit.com](https://merachfit.com)