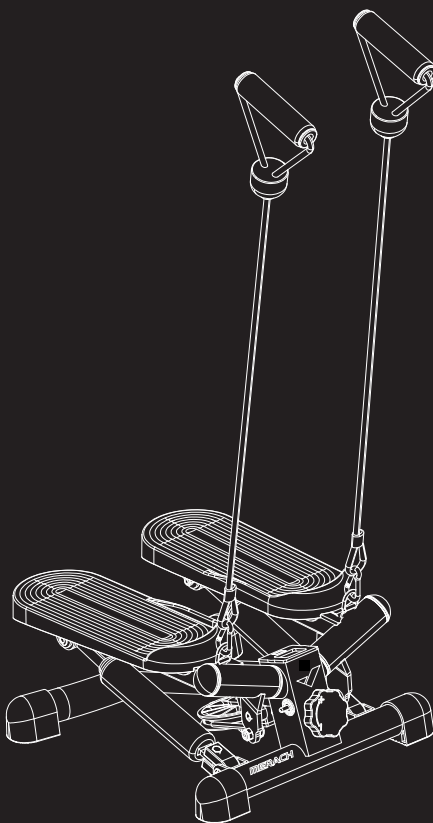


USER MANUAL

MERACH HYDRAULIC STEPPER



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-2354

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 it for further use.

SAFETY INSTRUCTIONS

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

- It is the responsibility of the stepper owner to inform all persons using the stepper of all precautions and to follow the instructions strictly.
- Please use the stepper indoors on a level surface, away from moisture and dust. Put a mat under the machine to help protect the floor and carpet. For safety reasons, please make sure to keep at least 0.5m of free space around the equipment.
- Before the product is used, please make sure that each screw and nut is locked tight. Daily need to check all parts to ensure that the screws are tightened.
- Children should not be near the equipment. Do not leave children unattended in the room where the stepper is placed.
- Please wear appropriate sportswear when using the machine, do not wear too loose clothing to avoid being involved in the machine.
- If you feel unwell while exercising, please stop exercising immediately.
- The stepper is indoor fitness equipment for home use, its maximum weight limit: 330 lbs/150 kg.
- This equipment is only suitable for indoor and home use, not for outdoor use.
- Two or more people are not allowed to use this equipment at the same time.
- Please use it under the guidance of a doctor if you are not feeling well.
- Children, people with disabilities and pets should stay away from this equipment to avoid accidents.



WARNING

Please consult your physician before beginning any exercise. Especially important for individuals over the age of 35 or with existing health problems. Please read all instructions before using any equipment.



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-2354 is in compliance with Directive 2014/53/EU.
- The full text of the EU declaration of conformity is available at the following internet address: <https://merachfit.com/pages/declarations-of-conformity>

NOTES ON DISPOSAL



Packaging materials are raw materials and can be recycled. Separate the packaging materials correctly and dispose of them properly in the interest of the environment.

Your local administration can provide additional information.



Used devices do not belong in household waste!

Dispose of used devices properly! Doing so helps fulfill our responsibility to protect the environment. Your local administration can provide information on collection points and opening hours.



Batteries do not belong in household waste!

As the end user, you are legally required to return discharged batteries to a collection point. You can take your old batteries to the public collection points in your community, or you can take them to any place where batteries of that type are being sold.

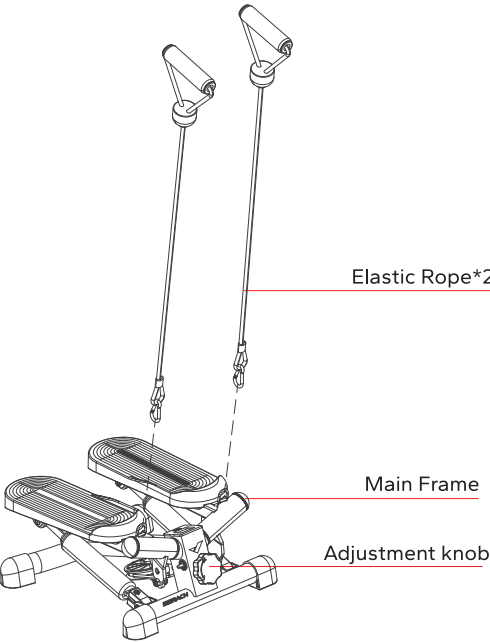
Manufactured by:

Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng Technology Building, 298 Weiye Road, Binjiang District, Hangzhou, Zhejiang Province, China
yulu_mrk@merach.com

Imported by:

HANGZHOU JINGGE E-COMMERCE LTD
Room 1205, Xianfeng Technology Building, 298 Weiye Road, Puyan Subdistrict, Binjiang District, Hangzhou, Zhejiang Province, China
jingge_mrk@163.com

SPECIFICATIONS



Model:	MR-2354
Name:	MERACH Hydraulic Stepper
Power:	1.5V LR44 button cell battery*1
Max Load:	330lbs / 150kg
Net Weight:	14.3lbs / 6.5kg
Product Dimensions:	16.1*13.7*6.9inch / 410*347*175mm

ASSEMBLY GUIDE



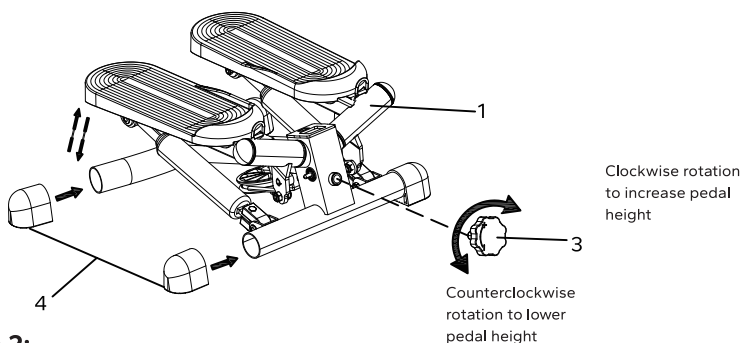
Tips

Scan QR code to watch installation video

Step 1:

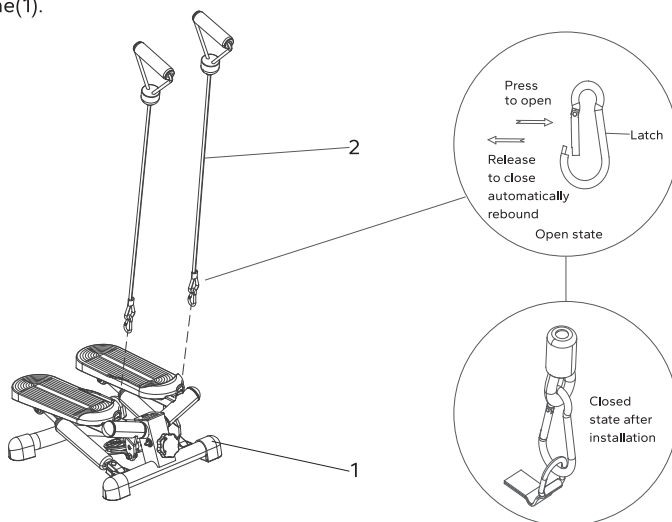
A. Assemble four Foot Cover(4) into the left and right end of the front & rear foot tube separately.

B. Screw the Adjustment Knob(3) with the Main Frame(1), rotate clockwise to increase the pedal height and counterclockwise to decrease the pedal height and adjust it to the appropriate position for use.



Step 2:

As shown in right Figure, open the latch of the Elastic Rope(2), connect it with the hook of Main Frame(1).



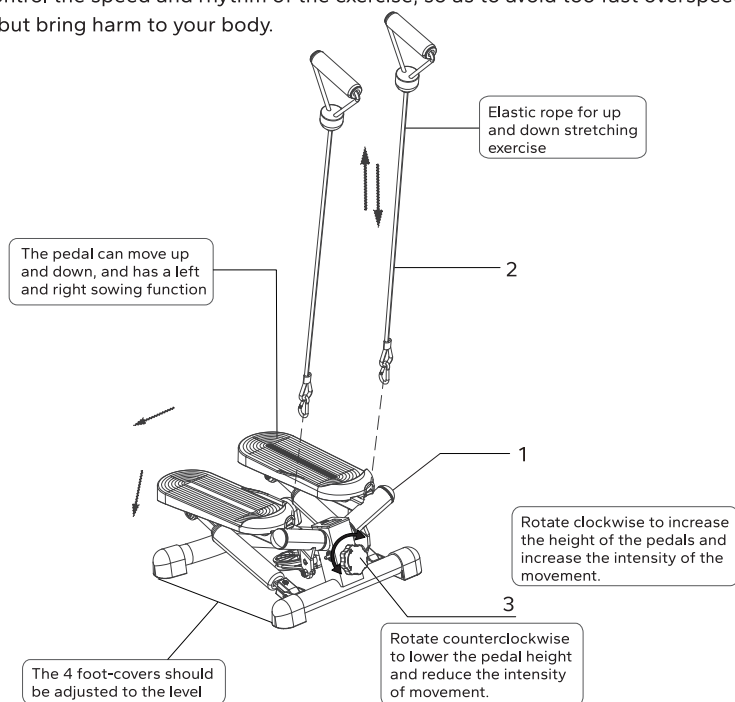
PRODUCT USAGE INSTRUCTIONS

A. After you have assembled the product according to the instructions, if the foot set is not flat, you can adjust the foot set of the front and rear bottom tube to ensure that the four foot sets are adjusted to the level (the same plane) so far.

B. After you have assembled the product to start the movement, you can adjust the pedal height by the Adjustment Knob (3) to increase or decrease the intensity of the movement, we recommend that you try it out firstly, and then adjust the position to find the pedal height suitable for the movement.

C. Elastic rope (2) is used together with the stepper, when you do not need to use the elastic rope can be removed and use the stepper alone.

D. It is recommended that you exercise every day continually to no more than 20 minutes, cylinder section may become hot and cause burns or malfunctions. And in order to more effectively achieve the fitness effect you want. But in the exercise process, we recommend you to control the speed and rhythm of the exercise, so as to avoid too fast overspeed exercise but bring harm to your body.



Note: If the display does not count during use, please tighten the Adjustment knob (3) or check the height of pedal (no less than 9.1inch/230mm) to ensure that the sensing device can receive data.

MONITOR INSTRUCTIONS

How to use

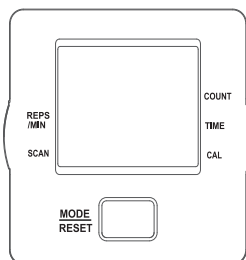
Power on: Step on the pedal two times to wake up the machine.

Power off: After 4 minutes of inactivity, the display will be automatically turned off and the function value will not be saved.

MODE/RESET:

- Short press the mode key to switch the function display.
- Press and hold for 3 seconds to reset all functions to zero.

Note: The sensing height of the monitor is 9.2 inch/230 mm (distance between the rear end of the pedal and the ground).



Function

REPS/MIN: Display of steps per minute.

SCAN: Automatically scans the number of times/minutes, time, and calories for each function in sequence, changing every six seconds. Press and release the button until an arrow appears on the display and points to the scan.

COUNT: Record readings showing your total stride length from 0 to 9999 steps.

TIME: Display the step time from 0 seconds to 99:59 minutes. after 3 seconds of no exercise, the meter will automatically stop timing. Restart the workout time by moving the pedal.

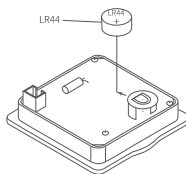
CAL: The calorie reading is an estimate for the average user and is for reference only.

Battery

The display uses a 1.5V LR44 button cell battery. When the display data is not clear, replace the battery.

How to install and replace the battery

1. Remove the meter from the stepper. Unplug the sensor cable.
2. Refer to the diagram, take out the old battery and install a new coin cell battery.



PLEASE NOTE:

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause Internal Chemical Burns in as little as 2 hours.
- **KEEP** new and used batteries **OUT OF REACH** of CHILDREN.
- Seek immediate medical attention if a battery is suspected to be swallowed or inserted inside any part of the body.
- Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children and pet. Do NOT dispose of batteries in household trash or incinerate.
- Even used batteries may cause severe injury or death.
- Call a local poison control center for treatment information.
- Non-replaceable battery contained, LR44, 1.5V.
- Non-rechargeable batteries are not to be recharged.
- Do not force discharge, recharge, disassemble, heat above (manufacturer's specified temperature rating) or incinerate. Doing so may result in injury due to venting, leakage or explosion resulting in chemical burns.



MAINTENANCE & CARE

Stepper is a simple but powerful fitness equipment, without the need for power, you can easily exercise at home for the whole body. The following is the maintenance advice for the stepper.

Cleaning: After each use, wipe the surface of the stepper and all contact surfaces with a damp cloth to remove sweat and dust.

Lubrication: Periodically check if the stepper's drive system needs lubrication. You can use the appropriate lubricant on the pulley or crank to keep it running smoothly.
(Lubricant should be provided by yourself)

Adjustment: Make adjustments as needed, for example, adjust the angle at which you use the machine to ensure proper posture and maximum comfort.

Check bolts: Periodically check all bolts and nuts for tightness. If they are found to be loose, they should be tightened immediately.

Check the parts: Periodically check the parts of the stepper for damage or wear, and replace them as needed.

Moisture: Store the stepper in a dry place to prevent moisture damage to the machine.

These suggestions will help you ensure that your stepper stays in good working condition and lengthens its life.

Please note: Each stepper may have slightly different maintenance requirements, so refer to your equipment's owner's manual or ask the manufacturer for advice on its specific maintenance requirements.

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**.

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).



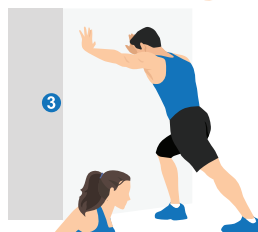
2. Seated hamstring stretch

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).



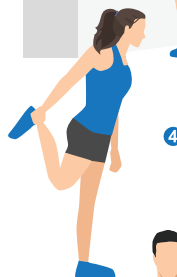
3. Calf and Achilles tendon stretch

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	MERACH Hydraulic Stepper
Model	MR-2354
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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