

USER MANUAL

MERACH EXERCISE BIKE

Model: MR-S26



Questions or Concerns?

IMPORTANT!

Please read all details before use, and keep this user manual for future reference.

PLEASE CONTACT US BEFORE THE RETURN: support.eu@merach.com

44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL



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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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 300 lbs(136 kg).
- This machine is not for professional medical treatment.
- This product is only for family use.

Safety Instructions

- 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.

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.

Safety Instructions



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-S26 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.

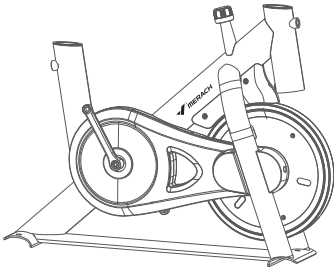
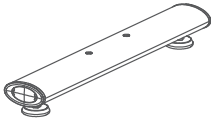


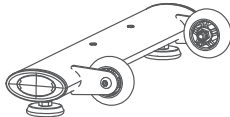
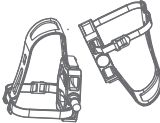
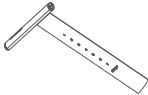
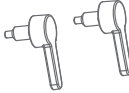
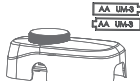
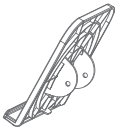

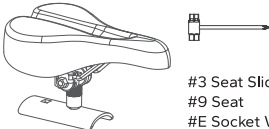



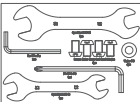

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Parts List

<p>#1 Main Frame</p> 	 <p>#6 Rear Foot Stabilizer</p>	 <p>#26 Carriage Bolt x1 #74 Washer x1 #24 Lock Knob x1</p>
 <p>#8 iPad Holder Support Tube</p>	 <p>#7 Front Foot Stabilizer</p>	
	 <p>#40 Right Pedal #56 Left Pedal</p>	 <p>#2 Seat Post</p>
 <p>#29 L-shape Pop Pin Knob*2</p>	 <p>#98 Monitor Decoration Cover Batteries</p>	 <p>#11 iPad Holder</p>
 <p>#4 Handlebar Post</p>	 <p>#3 Seat Slider Assembly #9 Seat #E Socket Wrench</p>	
 <p>#5 Handlebar</p>	 <p>#105 Dumbbell Rack</p>	 <p>#16 Bottle Holder</p>
 <p>Screwkit</p>		 <p>Instruction Manual</p>

Parts Tool List

Step 1		#D	#6 Allen Key with Phillips Screwdriver Head x1
		#35	Hexagon Socket Cheese Head Screw M10*16 x4
		#36	Washer Φ10 x4
Step 2		#B	#17-#19 Open Wrench x1
		#A	#13-#15 Open Wrench x1
Step 3		#29	L-shape Pop Pin Knob x1
Step 4		#E	Socket Wrench x1
		#26	Carriage Bolt x1
		#74	Washer x1
		#24	Lock Knob x1
		#106	Cross Recessed Pan Head Screw M5*12 x2
Step 5		#C	#5 Allen Key x1
		#29	L-shape Pop Pin Knob x1
Step 6		#D	#6 Allen Key with Phillips Screwdriver Head x1
		#10	Hexagon Socket Cheese Head Screw x4
		#17	Washer x4
Step 7		#C	#5 Allen Key x1
		#101	Hexagon Socket Flat Round Head Screw x 2
		#12	Hexagon Socket Flat Round Head Screw x 2
		#13	Elastic Pad x2
		#14	Washer x2
Step 8		#C	#5 Allen Key x1
		#12	Hexagon Socket Flat Round Head Screw x2
Step 9		#98	AA Battery x2
Step 10		#98	Monitor with Decoration Cover x1

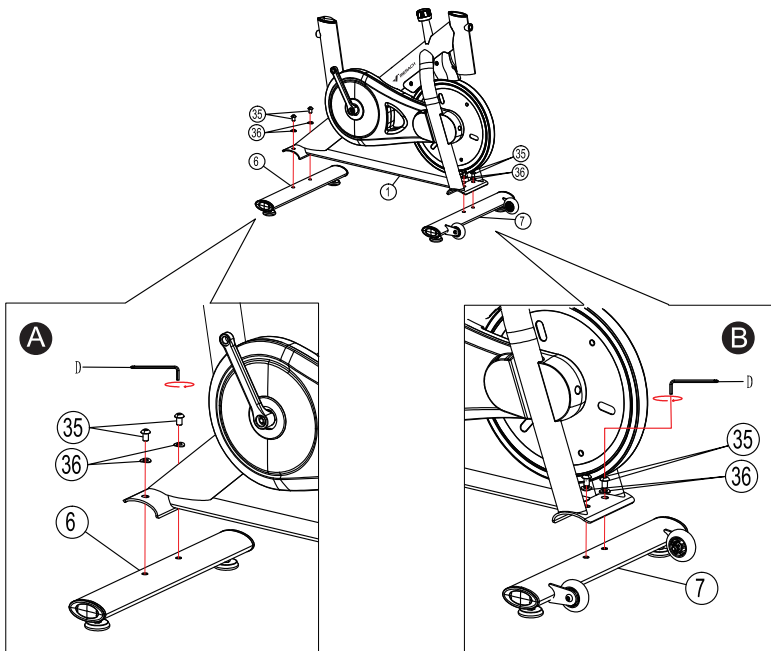


Tips | Scan QR code to watch installation video

Assembly Instructions

Step 1: Install Front and Rear Stabilizer

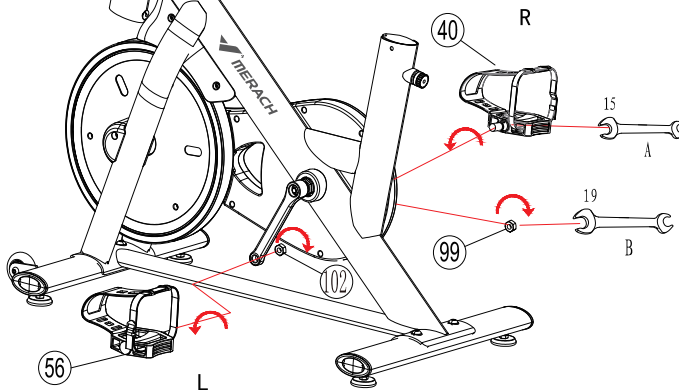
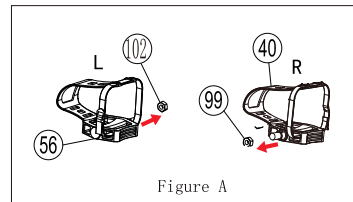
- A. Place the Rear Foot Stabilizer (6) as shown in the figure and align it with the fixing holes on the frame. Secure it to the frame with tool D, 2PCS Hexagon Socket Cheese Head Screw M10*16 (35) and 2PCS WasherΦ10 (36) (Figure A).
- B. Place the Front Foot Stabilizer (7) as shown in the figure and align it with the fixing holes on the frame. Secure it to the frame with tool D, 2PCS Hexagon Socket Cheese Head Screw M10*16 (35) and 2PCS WasherΦ10 (36) (Figure B).



Assembly Instructions

Step 2: Install Left & Right Pedal

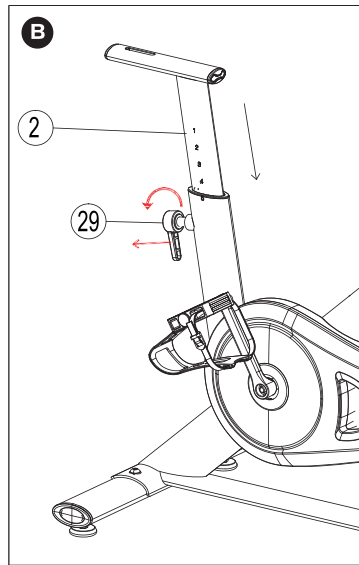
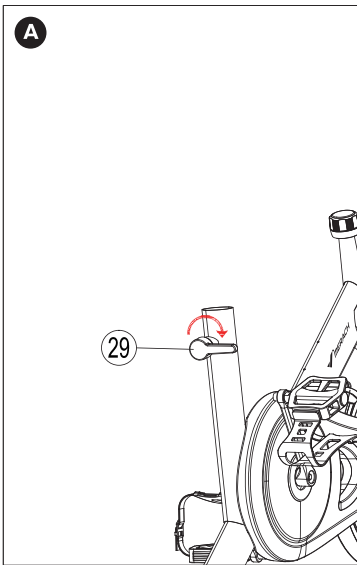
- A. Remove the Left Hexagonal Nut (102) on the Left pedal (56) and Right Hexagonal Nut (99) on the Right Pedal (40) respectively with tool B-#19 and put them aside (Figure A). Note that the two nuts are different, so remember to put Left Nut & Left Pedal as a group and Right Nut & Right Pedal as a group.
- B. Install the Left Pedal (56) by vertically aligning it with the left crank hole. Rotate the Left Pedal (56) 3 turns by hand in the direction shown in the figure (towards the direction of the flywheel), and then lock the pedal with the tool A-#15.
- C. Finally, install the removed Left Hexagonal Nut (102) back to Left Pedal (56) with tool B-#19.
- D. Install the Right Pedal(40) in the same way. Note that the tightening direction on both sides is towards the flywheel.



Assembly Instructions

Step 3: Install Seat Post

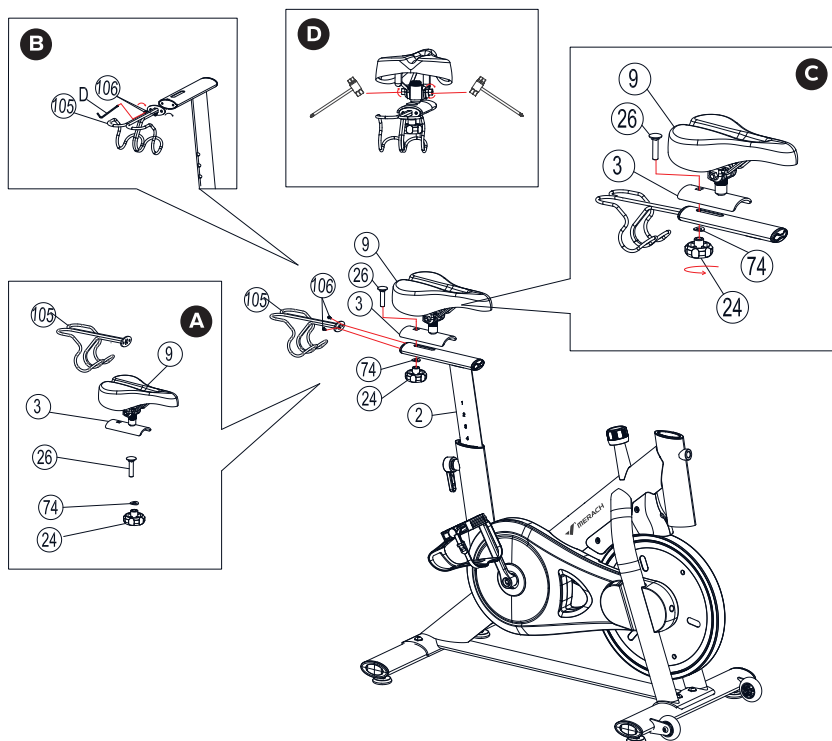
- A. As shown in the picture, lightly turn the 1PCS L-shape Pop Pin Knob (29) 3 turns to fix it on the frame (Figure A).
- B. Hold the handle of the 1PCS L-shape Pop Pin Knob (29) with one hand and pull it out, and put the Seat Post (2) into the frame with the other hand. Adjust it to the appropriate height and then rotate the L-shape Pop Pin Knob (29) to lock the adjustment tube (Figure B).



Assembly Instructions

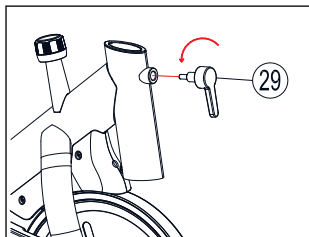
Step 4: Install Seat Slider and Seat

- A. Take out the Seat Slider Assembly (3) and Seat (9), 1PC Carriage Bolt (26), 1PCS Washer (74), 1PCS Lock Knob (24) and Dumbbell Rack (105) from the inner packaging foam and set aside for later use. As shown in Figure A
- B. As shown in Figure B, align the screw hole of the Dumbbell Rack (105) with the rear hole of the Seat Post (2), insert the 2PCS Cross Recessed Pan Head Screws M5*12 (106), and lock it with tool C
- C. As shown in Figure C, place assembled the Seat (9) and Seat Slider Assembly (3) on the Seat Post (2), and then use 1PC Carriage Bolt (26) & Washer (74) & Lock Knob (24) to lock it.
- D. As shown in Figure D, check whether the Seat is locked. If it is loose, use the socket wrench E to tighten the nuts on both sides of the Seat.

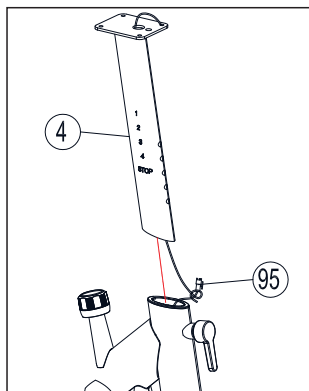


Assembly Instructions

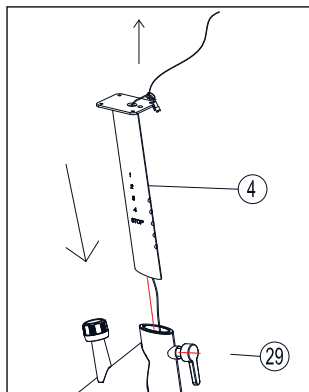
Step 5: Install Sensor Middle Wire and Handlebar Post



A. Take out 1PCS L-shape Pop Pin Knob (29) from inner package and rotate 3 turns to fix it to the frame.



B. Then untie the steel wire fixed at the bottom of the Handlebar Post (4). Secure the Sensor Middle Wire (95) with the end of the steel wire.

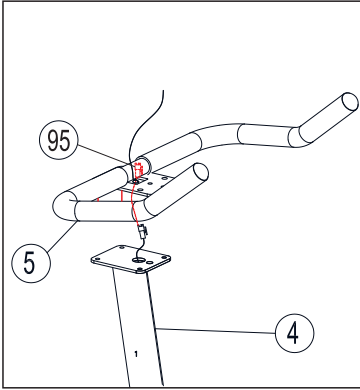


C. Pull the upper most end of the steel wire to drive the Sensor Middle Wire (95) through out the inside of the Handlebar Post (4) to the top and hold it in place.

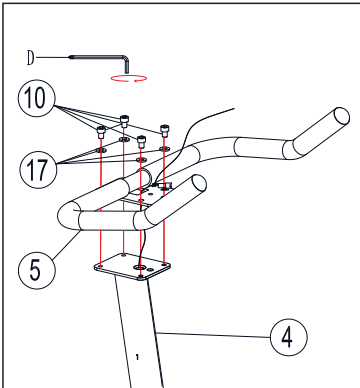
D. Hold 1PCS L-shape Pop Pin Knob (29) handle and pull it out ward, while installing the Handlebar Post (4) into the Main Frame (1) to the proper position, and rotate the L-shape Pop Pin Knob (29) to lock the Handlebar Post (4).

Assembly Instructions

Step 6: Install Handlebar



A. Pull the steel wire to bring the Sensor Middle Wire (95) connector passes through the slot in the center of the Handlebar (5) mounting piece.



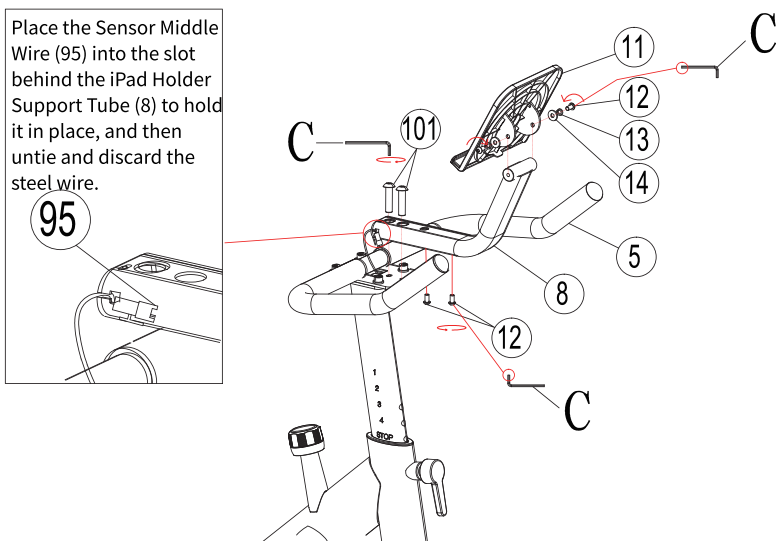
B. Place Handlebar (5) on Handlebar Post (4) as shown. Make sure the holes are aligned. Secure the Handlebar (5) to the Handlebar Post (4) as shown in the figure by using tool D-#6, 4PCS Hexagon Socket Cheese Head Screw (10) and 4PCS Washers (17).

Assembly Instructions

Step 7: Install iPad Holder Support Tube and iPad Holder

- A. Take out the iPad Holder Support Tube (8) from the inner package, and remove the 2PCS Hexagon Socket Flat Round Head Screw (101) on the tube and the 2PCS Hexagon Socket Flat Round Head Screw (12) at the backward of the tube and put them aside.
- B. Place the iPad Holder Support Tube (8) on the Handlebar (5). Then lock it by using tool C and 2PCS Hexagon Socket Flat Round Head Screw (101).
- C. Then remove the 2PCS Hexagon Socket Flat Round Head Screw (12), 2PCS Elastic Pad (13) and 2PCS Washers (14) from the top of the iPad Holder Support Tube (8) with tool C.
- D. Align the holes in the back of the iPad Holder (11) with the holes on the top of the iPad Holder Support Tube (8). Then secure it by using tool C and 2PCS Hexagon Socket Flat Round Head Screw (12), 2PCS Elastic Pad (13), and 2PCS Washers (14) as shown in the figure.

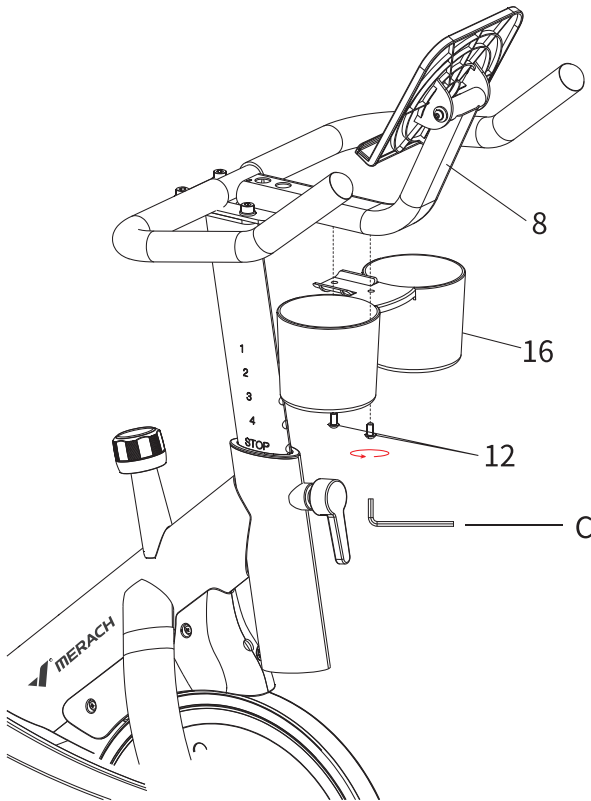
Place the Sensor Middle Wire (95) into the slot behind the iPad Holder Support Tube (8) to hold it in place, and then untie and discard the steel wire.



Assembly Instructions

Step 8: Install Bottle Holder

Align the screw holes on the Bottle Holder (16) with the screw holes on the iPad Holder Support Tube (8). Then tighten the bottle holder by using removed 2PCS Hexagon Socket Flat Round Head Screw (12) in step 7 and tool C.



Assembly Instructions

Step 9: Install Batteries

Remove the back cover by hand (Figure A), then prepare the batteries (Figure B) and install 2PCS AA Battery (98) (Figure C). And install the back cover to complete the battery installation (Figure D).

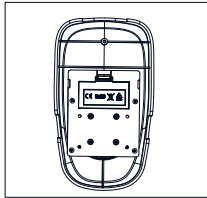


Figure A

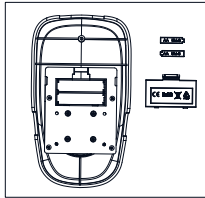


Figure B

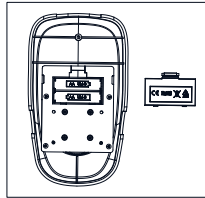


Figure C

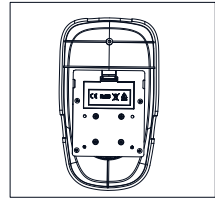
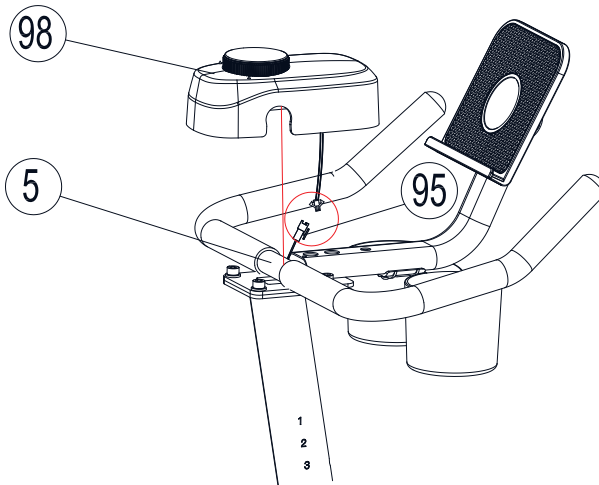


Figure D

Step 10: Install the Monitor Decoration Cover

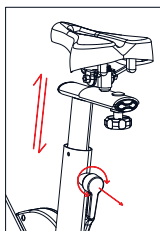
Plug the wire from the backward of the Monitor Decoration Cover (98) and the Sensor Middle Wire (95) coming out of the Handlebar (5). Then snap the Monitor Decoration Cover (98) onto the Handlebar (5).



Installation is complete. Check all mounting screws and make sure they are tightened.

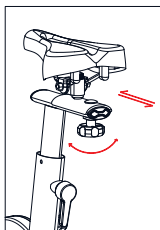
Instructions on Product Usage

Adjustment method of cushion



Up and down adjustment method

Turn the cushion column knob with one hand, loosen it slightly and pull out ward. Grab the cushion with other hand, and pull it up (or down). Slightly move the saddle column up and down after adjusting to the desired position, loosen the spring to restore it to its original position (the knob is already in the hold of the cushion column when you hear a "clicking" sound), and then retighten the knob.



Front and rear adjustment method

Loosen the knob at the bottom of the saddle and slide the saddle back and forth. Tighten the knob after adjusting to the desired position.

Adjustment of handrail height

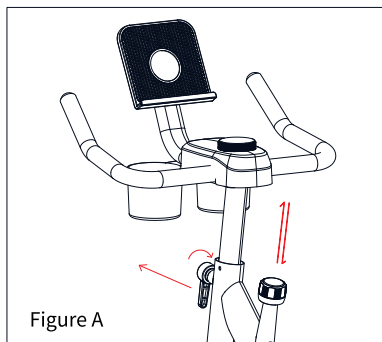


Figure A

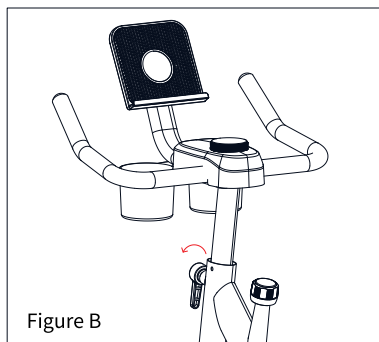


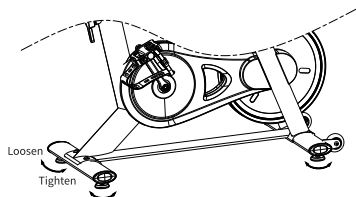
Figure B

1. You can adjust the handrail height according to your height.
 - Rotate the pull pin, loosen it and put it outward to move the handrail column up and down (Figure A).
 - After adjusting to the appropriate height, please align the pull pin and the hole of the handrail column, and tighten it by turning clockwise (Figure B).
2. If the handle lever can not be moved up and down smoothly, you can apply the lubricating oil. Please note that your hands may get dirty if you touch them directly.

Note: When adjusting, do not exceed the "STOP" mark at the minimum insertion depth.

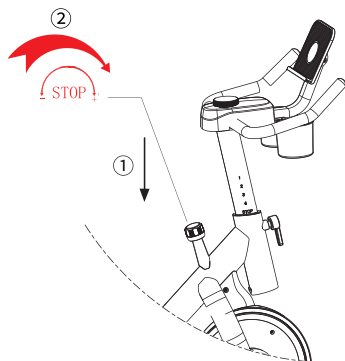
Instructions on Product Usage

Adjustment of foot pad



In order to achieve a smooth and comfortable ride, you must ensure that the spinning bike is stable and safe. If you find that the spinning bike is unstable during use, you should adjust the adjustment foot pads on the front and rear leg tubes (as shown below) until the spinning bike and the bottom surface reach a stable state.

Emergency stop and use method of brakes



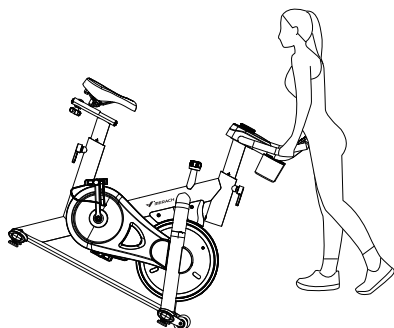
1. About emergency stop

The flywheel and the pedal of the dynamic bicycle belong to the linkage state. If the flywheel does not stop rotating, the pedals will not stop rotating. It is dangerous to leave the pedals while the pedals are rotating or to take your foot off the pedals immediately. If you need to stop the pedals in an emergency, please press the brake knob downward until the motorized bike stops.

2. How to use brakes

In case you want to stop after reaching a certain movement speed, you can put your hand on the knob and push it down to gradually add resistance to the wheels and finally stop the bike.

Machine handling instructions








1. When moving the product, hold the front of the handle and push it down so that the moving wheels of the forefoot tube completely touch the ground.

2. For women and the elderly, it is easier to hold the front leg tube with your feet and press down on the front of the steering wheel. After lifting up, the movement becomes simple. The method is the same when putting it down, first fix the front leg tube with your feet before putting it down.

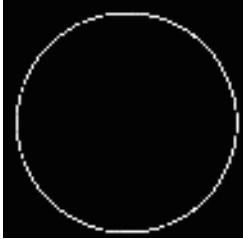
Monitor Instructions

1. Main Display Instruction

Item	Item Type	Display	Description
1	Overview		<ol style="list-style-type: none"> 1. "TIME", "SPEED", "DISTANCE", "CALORIES", and "RPM" can be showed. 2. The status of the Bluetooth connection with . 3. Touch button on the panel. 4. Operated by knob.
2	Key functions		<ol style="list-style-type: none"> 1. In any state touch and hold 2 seconds, all of the dates will be clean to 0. 2. Konb: Select and fix a certain function to display on the window in the exercise state.
3	SCAN mode		<ol style="list-style-type: none"> 1. All data are showed in rotation and switched every 3s. 2. "HEART RATE" are showed in little window. (Real-time heart rate if support, Otherwise off) 3. "Time" & "Speed" & "Distance" & "Calories" & "RPM" are showed in main window. 4. Bluetooth icon lights up if connected, OFF disconnected.
4	Look mode		<p>Press the knob to switch the display mode and lock the data with you want to see.</p>

Monitor Instructions

1. Main Display Instruction

5	Sleep/Wake		<ol style="list-style-type: none">1. Without any operation, the system will enter standby mode after three minutes, the display is off.2. System can be wake up by knob pressing or exercised.
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Operation instructions



Figure 1



Figure 2



Figure 3



Figure 4









Figure 5

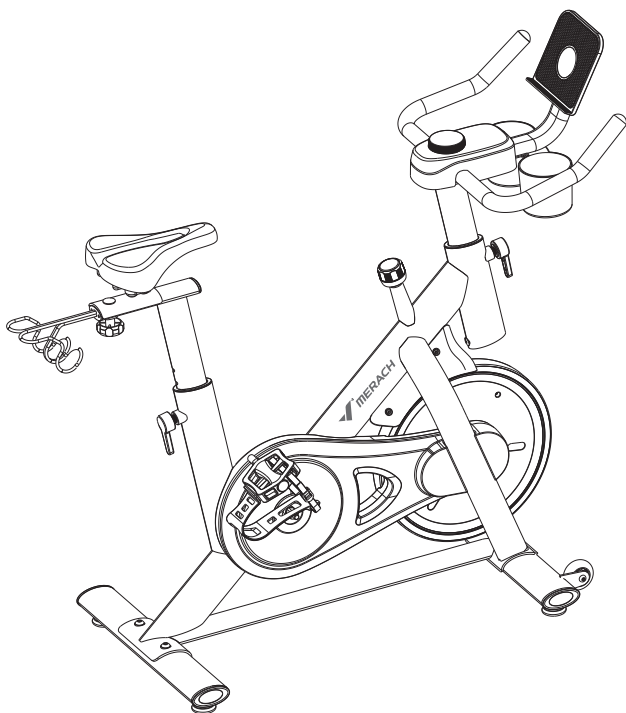
1. The main window is scan mode by default, and the display order is: "Time", "speed", "distance", "calorie", and "RPM".
(Figure 1, Figure 2, Figure 3, Figure 4, Figure 5) switch display every 3S.
2. "Heart rate" are showed in little window. (Real-time heart rate if support , Otherwise off)
3. The knob to switch the item display and lock.
4. The item icon will flash in scanning mode, or the icon fixed in the lock mode.

Monitor Instructions

3.Data Display Description

Item No.	Item	Display window	Display instructions
1	Time		00:00 ~ 99:59 Starts after motion is detected and stops 4s after motion is stopped
2	Speed		Range 0.0 ~ 99.9 km/h
3	Distance		Range 0.0 ~ 999.9 km
4	Calories		Range 0.0 ~ 9999 Kcal 15Kcal/km
5	Cadence		Range 0-199
6	Bluetooth icon		ICON Display:Bluetooth Connected Not Display:Bluetooth Not Connected

Technical Details



Resistance Adjustment:	Manual
Model Name:	MR-S26
Max. User Weight:	300lbs(136kg)
Item Weight:	27kg/59.5lbs
Item Dimensions L x W x H:	42.6*19.3*48.6inch (1083*490*1234mm)
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402 – 2480MHz
Maximum RF Power:	5.40dBm

MERACH APP Setup

Download and use of MERACH

- * Our customer can get a 180-day MERACH membership. Please contact us through support.eu@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. Please note: If your phone is Apple - iPhone, please refer to the path: Profile > Settings > Language after login to switch the desired language.
4. Follow the in-app instructions to set up your device.

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 "Exercise bike", and find your "MRK-S26-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

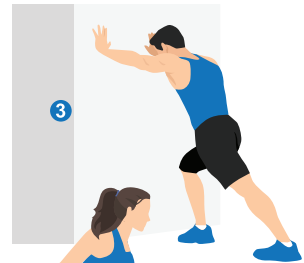
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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	Possible Solution
How to adjust gear?	Turn the knob clockwise to increase resistance and counterclockwise to decrease resistance.
What to do when the handle shakes slightly?	Check whether the connecting screws of the handle and the front column tube are firmly fixed.
	Check if the retaining knob is locked.
What to do when the machine shakes during use?	Check whether the front and rear foot tubes are fastened enough.
What to do when pedals loose?	Following the setup instruction, to check whether the left and right pedals are locked on the first step.
	Following the setup instruction, to check whether the inner fixing nut of the second stage of setting up the pedal is locked.
What to do when the whole machine is slightly tilted?	Check whether the four adjusting foot pads at the bottom of the front and rear foot tubes are on the same plane.
	Adjust and rotate the raised foot pads parallel to the floor.
What to do when the monitor does not display?	Check whether the positive and negative electrodes of the battery are installed correctly.
	Replace the battery with a new one.

Warranty Information

Product Name	MERACH Exercise Bike
Model	MR-S26
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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