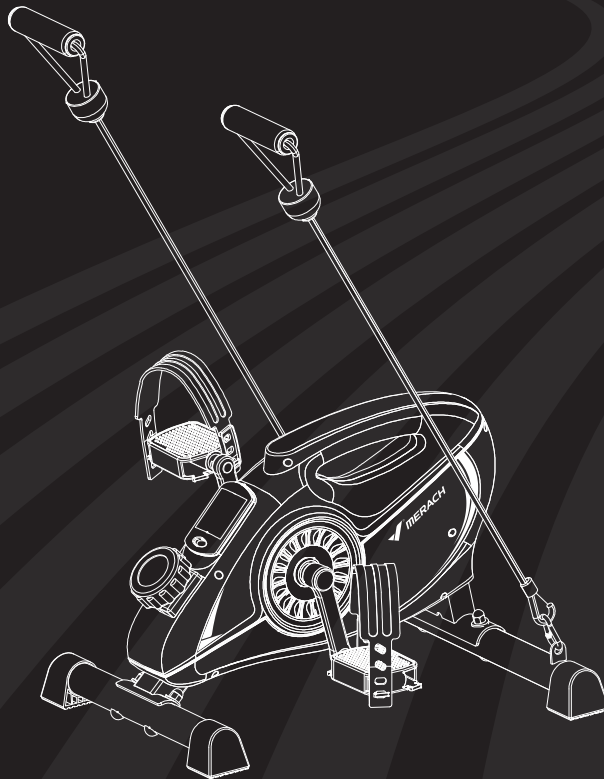


USER MANUAL

Smart Under Desk Bike

Model: MR-S04



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: 1-(877)3563730 Mon-Fri 8am-5pm(PST)

support.eu@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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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 127kg/280lbs.

This device contains a radio transmitter module with type approval code FCC ID ENTIFIER: 2A6QWMR-BLE001.



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

Safety Instructions

- 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.
- 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". 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-S04 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.



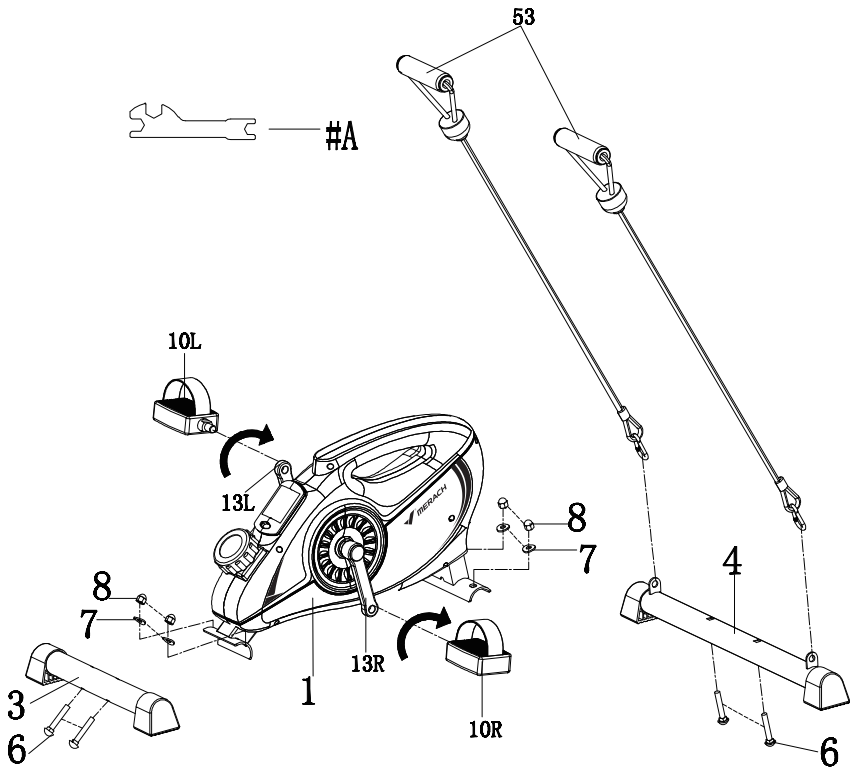
Batteries do not belong in household waste!

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

Parts List



NO.	Name & Qty.	NO.	Name & Qty.
A	Multi-tool *1	7	Washers *4
1	Bike Body *1	8	Cap Nuts *4
3	Rear Stabilizer *1	10L	L Pedal *1
4	Front Stabilizer *1	10R	R pedal *1
6	Bolts *4	53	Resistance Bands *2

Assembly Guide

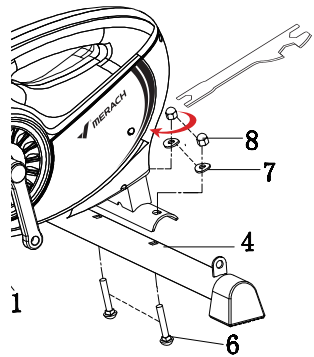


Tips

Scan QR code to watch installation video

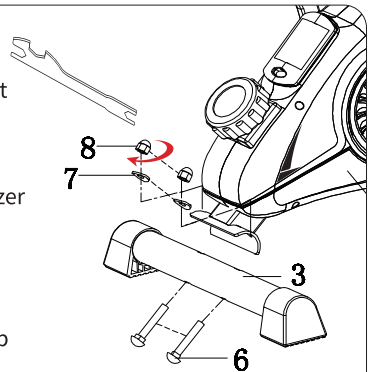
① Attach The Front Stabilizer

1. Align the front stabilizer (4) with the metal attachment point at the front of the bike. Make sure the screw holes line up.
2. Insert two bolts (6) through the bottom of the stabilizer and through the metal attachment point.
3. Put a washer (7) onto each bolt.
4. Screw a cap nut (8) onto the end of each bolt.
5. Use the included multi-tool (A) to tighten the two cap nuts, securing the front stabilizer to the bike



② Attach The Rear Stabilizer

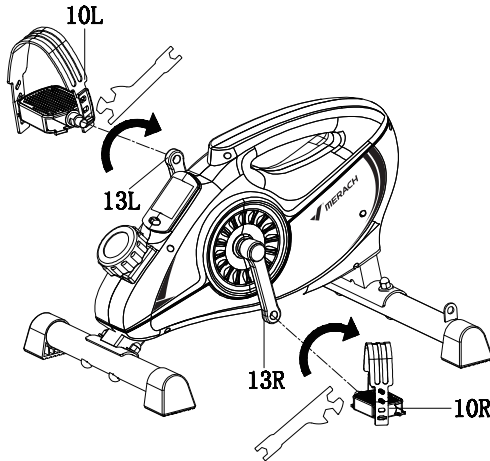
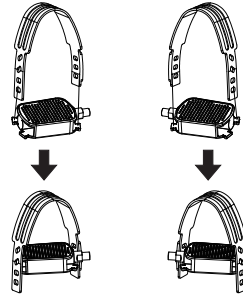
1. Align the rear stabilizer (3) with the metal attachment point at the rear of the bike. Make sure the screw holes line up.
2. Insert two bolts (6) through the bottom of the stabilizer and through the metal attachment point.
3. Put a washer (7) onto each bolt.
4. Screw a cap nut (8) onto the end of each bolt.
5. Use the included multi-tool (A) to tighten the two cap nuts, securing the front stabilizer to the bike



Assembly Guide

③ Attach The Leg Pedals

1. As shown in the right picture, the left and right straps are fastened to the protruding parts of the pedals according to the size of the feet.
2. Screw the pedals (10 L/R) into the threaded opening in each pedal arm(13 L/R).
3. Use the included multi-tool to tighten the nuts on both pedals, as shown in the image. Tighten the nuts as tight as possible so they do not loosen during use.



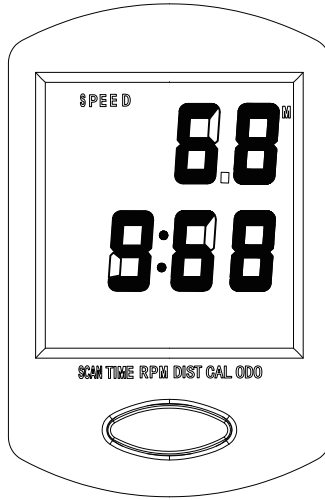
④ Attach The Resistance Bands

Clip one resistance band to each of the metal loops on the top of the front stabilizer.

⑤ Insert The Batteries

1. Remove the monitor by carefully pulling it out from the top edge.
2. Insert two AAA batteries into the battery receptacle. Ensure they are oriented correctly.
3. Carefully tuck the wires back in as you re-insert monitor. Insert from the bottom first.

Monitor Instructions



Button

Mode: Press this button to select the desired function, and press and hold it for 4 seconds to zero the data after full display (except the total number of times).

Sleep Mode

When there is no signal input, the monitor will enter sleep mode after 4 minutes, and can only be woken up by working again or pressing the button, and keep the data before sleep after waking up.

Note:

When the display is blurred and unclear, please replace 2 AAA batteries in time.

Specifications & Troubleshooting Guide

Power Input	AAA battery*2
Tension control	16 levels by manual
Recommended Use Time	With 60 minutes
Machine Dimensions	556*541*325mm
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402–2480MHz
Maximum RF Power:	1.48dBm

Troubleshooting Guide

PROBLEM	POSSIBLE SOLUTION
Loose pedals while riding	Check whether the locking nuts of the pedals are tight enough.
Monitor no data display	Check whether the batteries are installed correctly.
	Replace the batteries.
There is a noise when pedaling	Check if all the connection nuts are tight enough.
Bike body shake or buckle	Check whether the D-shaped anti-slip covers are installed smoothly.

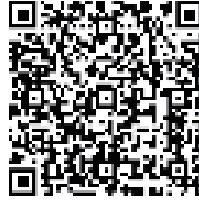
MERACH APP Setup

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. 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.

USING YOUR UNDER DESK BIKE

Note:

Coaching courses are only available in English.

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

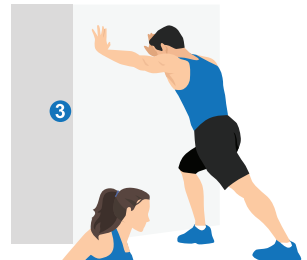
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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



3. Calf and Achilles tendon stretch

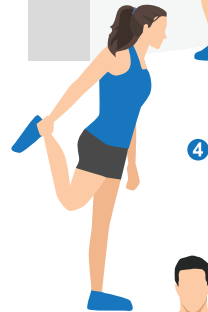
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



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 Under Desk Bike
Model	MR-S04
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 and doesn't apply to 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 failure, user negligence, user 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.

EN

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



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Our Website

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