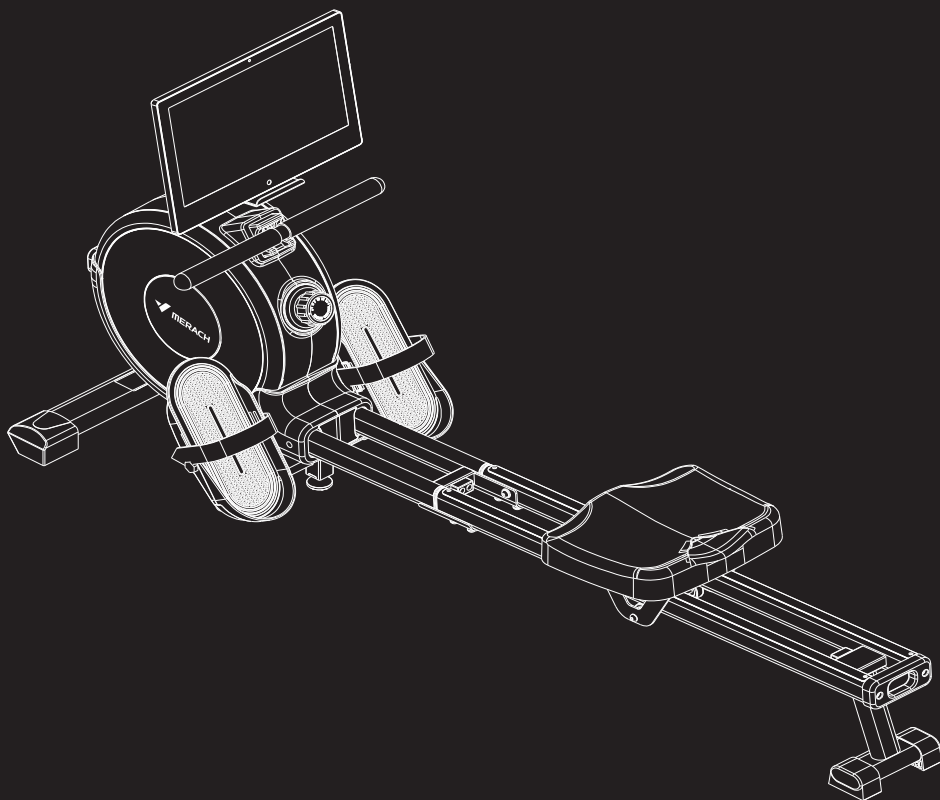


USER MANUAL

MAGNETIC ROWING MACHINE WITH HD DISPLAY



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: Q1S

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 very important to read the instruction manual carefully before assembling and using the training equipment. Only with proper installation, maintenance and use of the training equipment can safe and effective training be achieved, and it is important to make sure that all users are familiar with all the warnings and precautions of the training equipment.
- Before using the training equipment, the user should consult a doctor about his/her physical condition to prevent safety accidents from occurring during the training process, so that the training cannot be carried out normally. If the user is undergoing treatment for a medical condition such as heart, blood pressure, cholesterol, etc., it is important to consult a physician prior to training.
- Always pay attention to the condition of your body when training, incorrect training methods may affect your health.
- If you have the following discomfort symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, halo, dizziness and nausea, etc.), please stop the training immediately, and you must get a doctor's examination and confirmation in time, and you must get a doctor's permission before you can continue the training.
- Keep children and pets away from the training equipment, which is intended for adult use only.
- Place the training equipment on a hard, flat surface with a protective layer on the floor or carpet to prevent damage to the ground, and ensure that the perimeter of the training equipment is spaced at least 1.6ft/0.6m away from each obstacle.
- Before using the training equipment, please check all the bolts and nuts that need to be locked to ensure that they are locked and safe to use.
- Safe use of the training device can only be ensured by regular repair and maintenance of the parts that are susceptible to damage, wear and tear, and breakage.
- It must be ensured that the device is used in accordance with the guidelines in the instruction manual. When defective parts are found during assembly or servicing, or when abnormal noises are heard during use, stop operation and use immediately and ensure that all problems are resolved before proceeding. Ensure that all problems are solved before continuing.
- When using the training equipment, please pay attention to the dress, try to wear simple clothes, avoid wearing wide clothes, because wide clothes may be stuck in the equipment.
- This training device is not intended for medical use.
- When lifting or moving the device, do so in a safe manner and, if necessary, using proper handling methods, or with the assistance of others, or with the assistance of another person.
- When placing the training device in an upright position, always place it against a wall or in front of a fixed surface, and always place it in a safe position away from children to prevent injuries.

- Do not allow two or more people to use the equipment at the same time.
- The rower is a speed-related training device.
- This machine is only for home use, and the maximum load capacity of 350lbs/158kg.
- This appliance can be used by children aged from 14 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.
- When the machine stops, please approach and escape the machine in the direction indicated by the safety exit. If you want to dismount this equipment, you must stop the equipment completely.
- This Equipment for consumer use only.

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.
- Ropes, pulleys and connecting points are wearing parts and should be inspected regularly and replaced when they are worn out to ensure normal and safe use.
- When the parts of the rower are damaged, they should be replaced immediately.
- Set up the machine in a dry level place and keep it away from moisture and water.
- **WARNING:** The equipment shall be installed on a stable base and properly leveled.



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 Q1S 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.

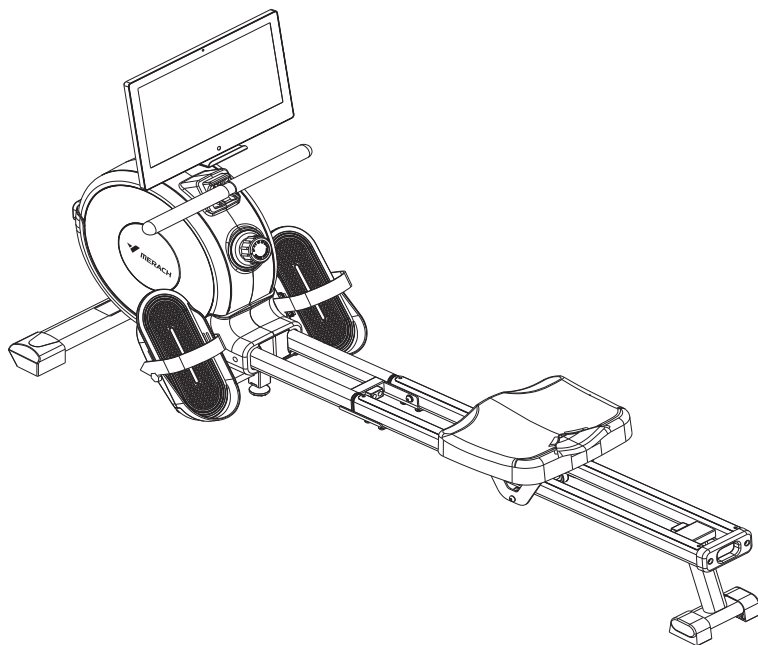
Manufactured by:

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

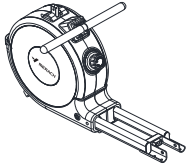
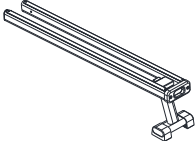
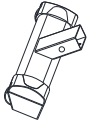
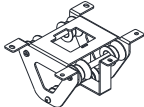
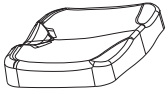
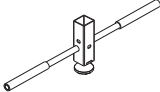
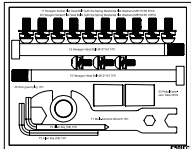
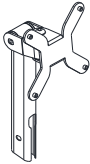
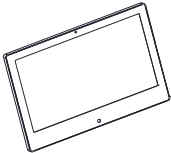
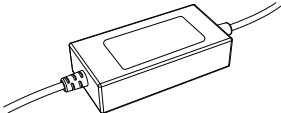
SPECIFICATIONS



Product Name:	MERACH Magnetic Rowing Machine with HD Display
Model:	Q1S
Max Load:	350lbs/158kg
Power:	12V=3A Adapter
Machine Dimensions:	64.6*18.8*32.8inch/1642*477*834mm
Net Weight:	48.1lbs/21.8kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402 -2480MHZ
Maximum RF Power:	1.48dBm

PACKING LIST

Check if all parts and accessories are in the package.

 A1 Main Frame Assembly	 A2 Slide Rail Assembly	 A3 Front Foot Tube Assembly
 A4 Left Pedal	 A5 Right Pedal	 A6 Seat Cushion Assembly
 A7 Cushion	 A8 Support Tube Assembly	 A9 User Manual
 A10 Screws&Kits	 A11 Display Stand Assembly	 A12 Mobile Phone Stand
 A13 HD Display	 A14 Adapter	

INSTALLATION PROCEDURE

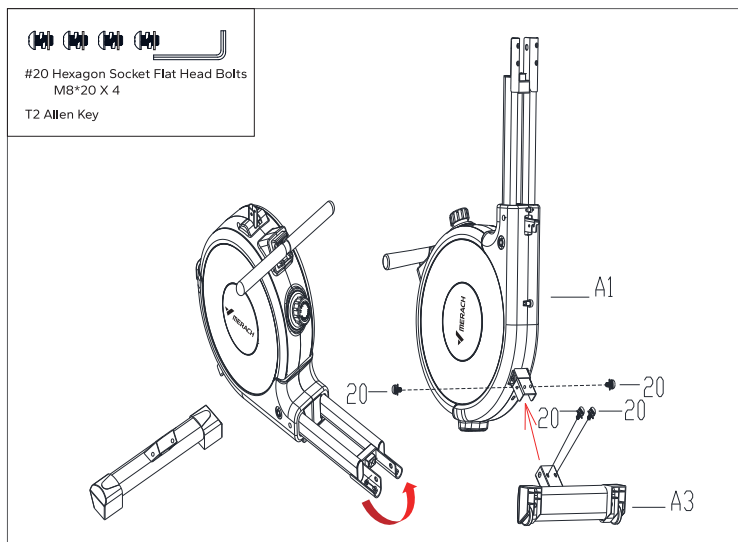


Tips | Scan QR code to watch installation video

Step 1:

Install the Front Foot Tube(A3) on the Main Frame Assembly(A1) with 4PCS Hexagon Socket Flat Head Bolts(20) and the Allen Key(T2).

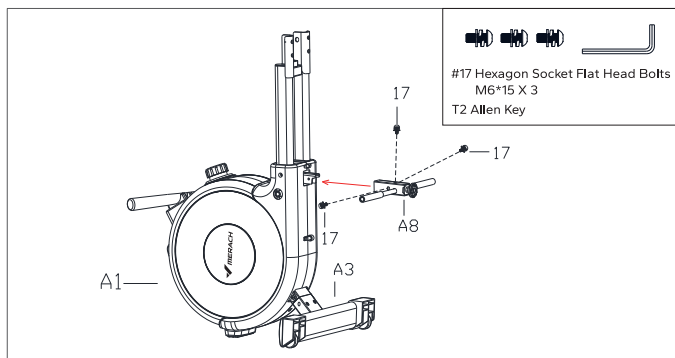
NOTE: The Hexagon Socket Flat Head Bolts(20) includes the Spring Washers and Flat Washers.



Step 2:

Screw the Support Tube Assembly(A8) into the Main Frame Assembly(A1) with 3PCS Hexagon Socket Flat Head Bolts(17) , tighten it by the Allen Key(T2).

NOTE: The Hexagon Socket Head Bolts(17) includes the Spring Washers and Flat Washers.

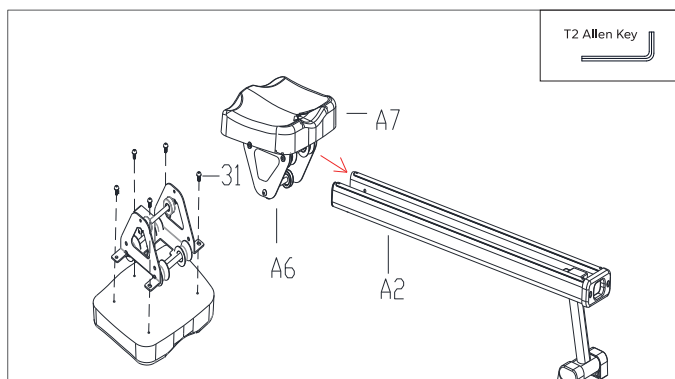


Step 3:

- A. Unscrew the pre-assembled 4PCS Hexagon Socket Head Bolts(31) from the Cushion(A7) with the Allen Key(T2).
- B. Install the Cushion(A7) on the Seat Cushion Assembly(A6) with the 4PCS Hexagon Socket Head Bolts(31).
- C. Put the Seat Cushion Assembly(A6) into the Slide Rail Assembly(A2).

NOTE:

- * The Hexagon Socket Head Bolts(31) is pre-assembled.
- * As shown, keep the Seat Cushion Assembly(A6) in the right direction.
- * Place the Seat Cushion Assembly(A6) at the back of rail so easy to STEP4.



Step 4:

A. Keep the machine upward, and then screw 2PCS Hexagon Socket Flat Head Bolts(20) into the inside of Slide Rail Assembly(A2) and the Main Frame(A1) as shown.

NOTE: *Hold the Cushion(A7) with one hand to prevent it from falling down.

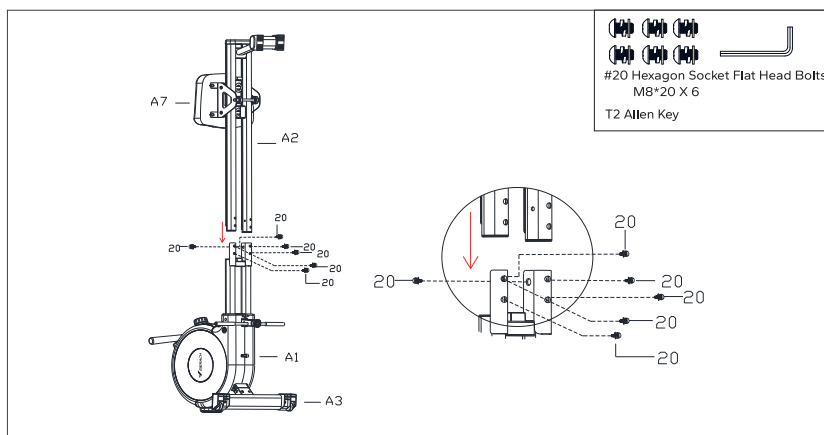
*Do not tighten the screws in SETPA completely.

B. Screw other 4PCS Hexagon Socket Flat Head Bolts(20) into the Slide Rail Assembly(A2) and the Main Frame(A1).

C. Tighten all the screws by the Allen Key(T2) lastly.

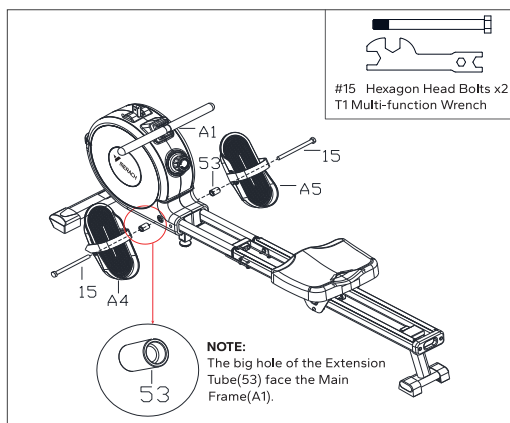
NOTE:* It is recommended that two people assemble it together.

* The Hexagon Socket Flat Head Bolts(20) includes the Spring Washers and Flat Washers.



Step 5:

Install the Foot Pedal(A4&A5) and Extension Tube(53) into the Main Frame Assembly(A1) with Hexagon Head Bolts(15) and the Multi-function Wrench(T1).

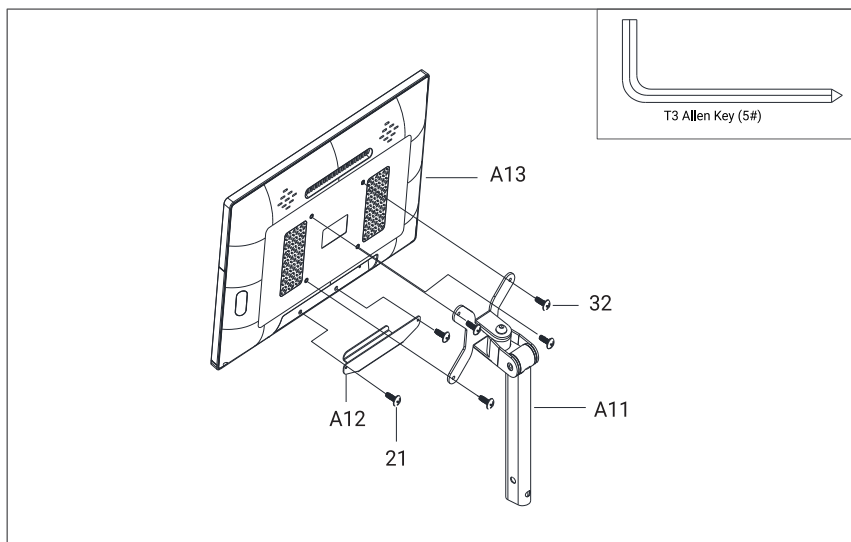


Step 6:

- A. Unscrew the 4PCS Pre-installed Phillips Slot Screws(21) from the HD Display (A13) with the Allen Wrench(T3).
- B. Install the Mobile Phone Stand(A12) to the HD Display (A13) with 4PCS Phillips Slot Screws(21) and the Allen Wrench(T3).
- C. Unscrew the 4PCS Pre-installed Phillips Slotted Screws(32) from the HD Display (A13) with the Allen Wrench (T3).
- D. Install the Display Stand Assembly (A11) to the HD Display (A13) with 4PCS Phillips Slotted Screws (32) and the Allen Wrench (T3).

Note:

- Phillips Slot Screws (21 & 32) are pre-installed.
- Put the HD Display (A13) on the ground or a soft cloth in order to avoid scratches.



Step 7:

A. Install the Display Stand Assembly (A11) to the Main Frame (A1) using 3PCS Hexagon Socket Flat Head Bolts(17) and an Allen Wrench(T2). Figure A.

Note:

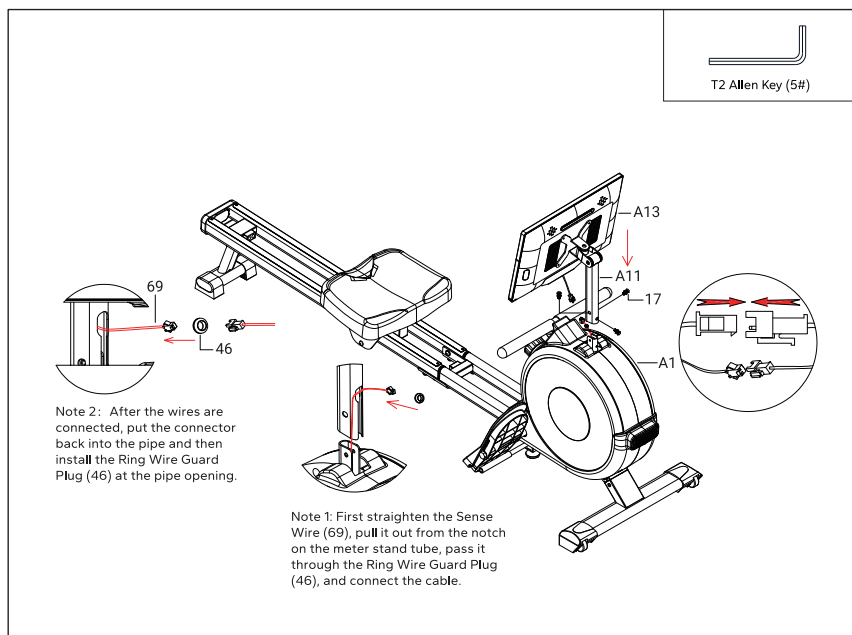
- Hexagon Socket Flat Head Bolts(17) are pre-installed on the Main Frame (A1), remove them before installation.
- When the Display Stand Assembly (A11) is installed downward, straighten the Sense Wire(69) and then pull it through the notch in the Display Stand Assembly (A11). Figure B.

B. Connect the sense wire between the HD Display(A13) and the Main Frame(A1), then place the sense wire connector back into the tube and put the Ring Wire Guard Plug(46) on the tube opening. Figure C.

Note:

The Ring Wire Guard Plug (46) are pre-installed on the Sense Wire(69).

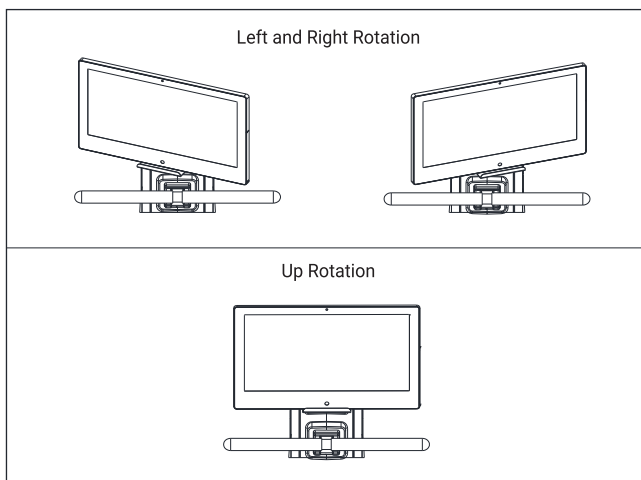
Wire guard plug in the Screws&Kits.



ADJUSTMENT INSTRUCTIONS

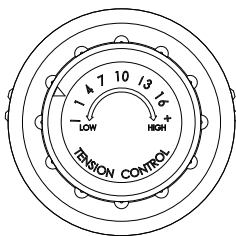
HD Display Direction Adjustment:

The HD Display supports three angles of rotation: left (90°), right (90°), up (180°).



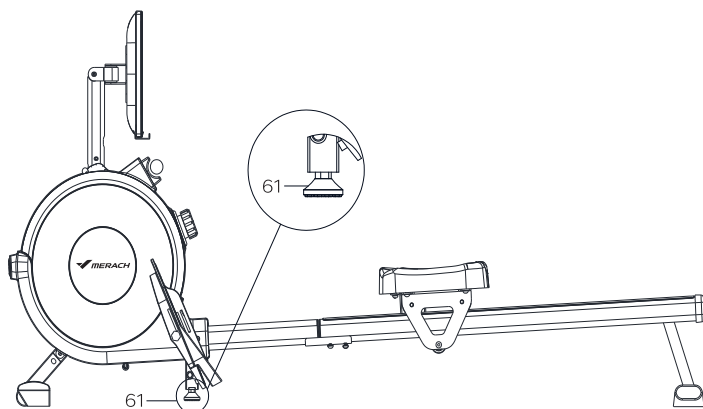
Sixteen-segment fine-tuning Resistance Adjustment:

Users can adjust the damping for exercise according to their own needs. This product provides 16-speed adjustment(1-16).

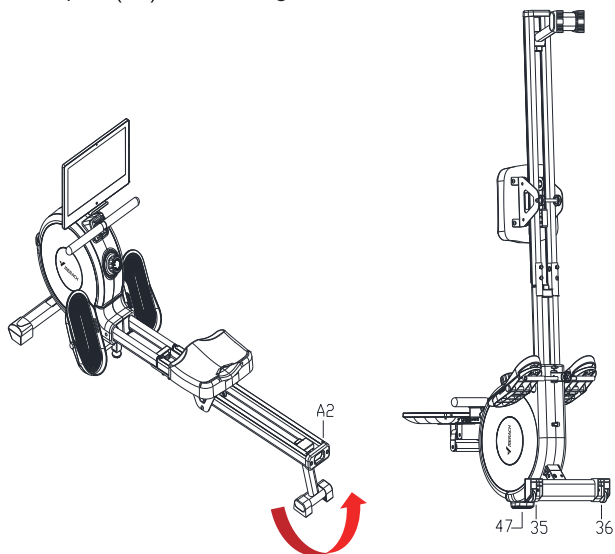


Adjustable Footrest Adjustment:

Lay the machine platform flat on the ground, and adjust the adjustable foot pads(61) to keep the machine stable.

**Storage Method :**

Hold the slide rail assembly (A2) with both hands and lift the machine in the direction of the arrow so that the left corner guard (35), right corner guard (36) and front foot pad (47) touch the ground.



HD DISPLAY INSTRUCTIONS

Power On

Please use the supplied adapter to connect to the HD Display before inserting the adapter into a suitable power outlet.

The power on HD Display interface is as follows:



Interface Instructions

- 1. Serial Port Interface:** 12V power supply, ground, TX, RX. Connect to the Rowing Machine serial port interface for communication and data transmission.
- 2. Type-C Interface:** Can be used for wired screen projection or for upgrading the main chip firmware.
- 3. 3.5mm Interface:** Earphone audio Output.



Buttons Functions Instructions

Button:

1. Click the V+ button to call out the volume adjustment menu:

Click the V+ button to increase the volume, and click the V- button to decrease the volume.

2. Long press the V+ button to switch to the Mirror Guide.

Button:

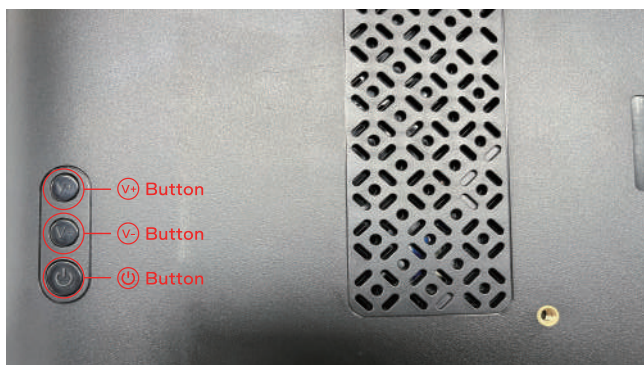
Click the V- button to call out the screen brightness adjustment menu:

Click the V+ button to brighten the screen, and click the V- button to dim the screen brightness.

Button:

1. Long press the  button to TURN ON/OFF the device.

2. In the projection mode, click the power button to TURN OFF the menu bar.



Wireless Projection Mode Operation Guide

1. Connect the adapter to **Turn On** the display.
2. When the **SSID Code** appears in the upper left corner of the display, open **Screen Mirroring** on your phone and search for the devices that can be mirroring. As shown in Figure 1.
3. Select the same **SSID code** as the display and connect. As shown in Figure 2.

Note: If it is the first time to connect an iPhone, you need to enter the four-digit password in the upper right corner of the display screen, and then wait for the screen to be projected. As shown in Figures 3 and 4.

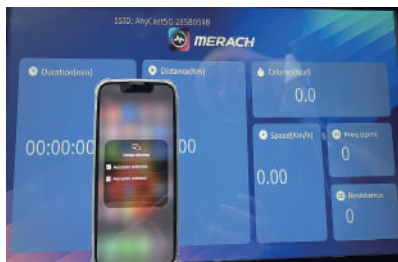


Figure 1



Figure 2

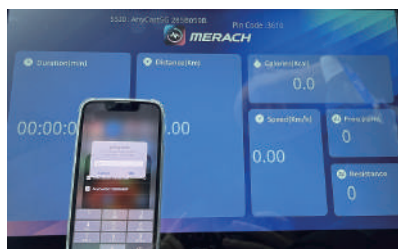


Figure 3

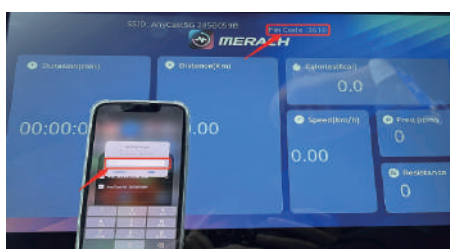


Figure 4

Wired Projection Mode Operation Guide

1. Prepare a TYPE-C data cable(not attached) with data transmission.

Note: The data cable must support data transmission with a maximum bandwidth of 40Gbps and video expansion functions.



2. Connect one end of the data cable to the mobile phone/tablet interface and the other end to the TYPE-C interface of the display.

Note: If the power supply capacity of the data cable projection device is weak, it is necessary to use a 12V=3A power supply on the serial port interface for power supply.



3. After devices are connected as shown in Figure.



CONNECTOR TYPE: USE C to USE C with Power Delivery.

NOTE: Please accept our apology for the Wired Projection Mode currently is not compatible with devices under iPhone 15, we recommend that operating it with the Wireless Projection Mode.

APP SETUP INSTRUCTION

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-R02C-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

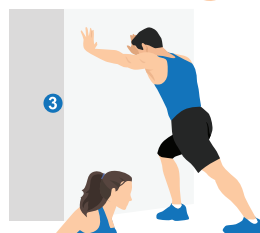
Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax.

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 HD Display 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.
What should be done when the HD Display 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 .
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 .
Range of application.	The applicable height is about 4'11" to 6'7". If this seat is not far enough for you, please contact us to purchase an extended length rail. Children need to use it under the supervision of adults.
	The rowing machine is still malfunctioning. Please contact Customer Support .
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 .
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 .
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 .
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 .

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.

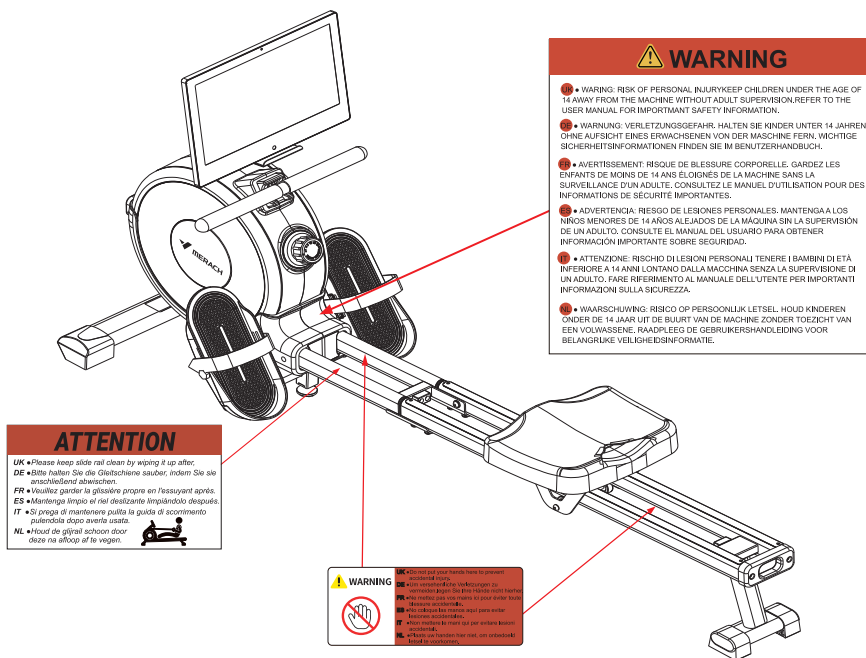
If you notice any wear and tear on your machine during your regular inspection that may require replacement, please contact us at support.eu@merach.com.

WARNING DECAL PLACEMENT

PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.

DO NOT DISCARD

This drawing show 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 Magnetic Rowing Machine with HD Display
Model	Q1S
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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