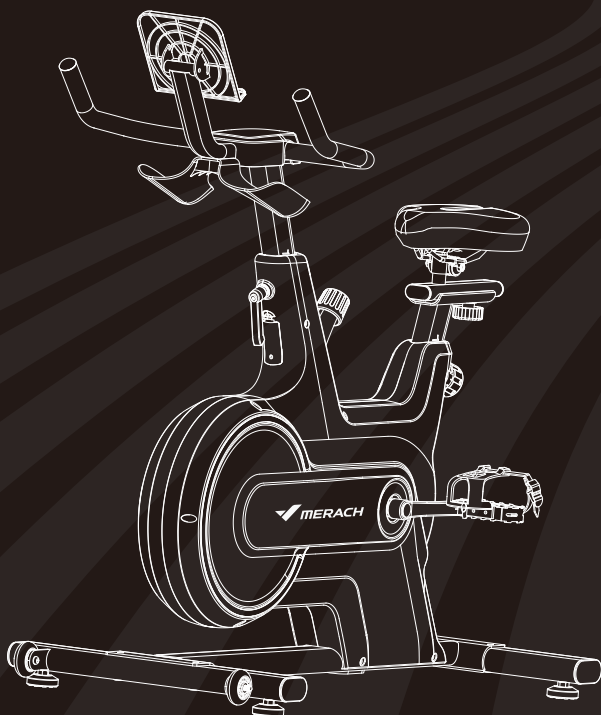


USER MANUAL

— MERACH MR-667 EXERCISE BIKE —



Questions or Concerns?

IMPORTANT!

Please read all details before use, and keep this user manual for future reference.
PLEASE CONTACT US BEFORE THE RETURN: Mon-Fri, 9:00 am-5:00 pm PST/PDT
support@merach.com | (213) 672-2298



**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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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

- 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 350 lbs.

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.

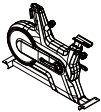
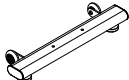
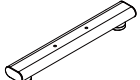
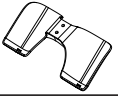

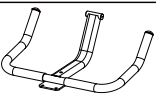

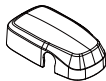




Care & Maintenance

- 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.






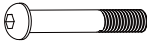





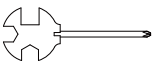
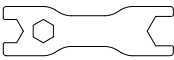


Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditions. Please read all instructions before using the machine.

Parts List

NO	Parts	Name	Spec.	QTY
1		Main Frame		1
2		Front Stabilizer		1
3		Rear Stabilizer		1
4		Bottle Cage		1
5		Pedals	Left pedal(Mark L) Right pedal(Mark R)	2
6		Handle		1
7		Handle Adjustment Tube		1
8		Handle Decorative Cover		1
9		Tablet Holder		1
10		Adjust Assembly on Seat Cushion		1
11		Foot Pad		1
12		Bolt	M8*37	1

Parts List

NO	Parts	Name	Spec.	QTY
13		Bolt	M6*15	2
14		ARC Washer	Φ6	2
15		Standard Elastic Washer	Φ6	2
16		Knob	M10	1
17		Flat washer	Φ24*10*2	1
18		Bolt	M8*50	4
19		Flat Washer	Φ8	4
20		Standard Elastic Washer	Φ8	4
21		Bolt	M8*12	2
22		Bolt	M6*15	2
A		Allen Key	5#	1
B		Cross Wrench		1
C		Open-end Wrench		1

Parts List



Assembly Instructions



Tips

Scan QR code to watch installation video



1. Prepare #2 front stabilizer, two #18 bolts, two #20 standard elastic washers, two #19 flat washers and A: Allen Key.



2. Put 20# standard elastic washers and 19# flat washers into 18# bolts in turn.



3. Align the holes on #2 front stabilizer and the front bracket on the #1 main frame.



4. Put the bolts assembly from step 2 into the two holes on the front stabilizer.

Assembly Instructions



5. Tighten and secure the bolts with A: Allen Key.



6. Complete assembly of #2 front stabilizer.



7. Prepare #3 rear stabilizer, two #18 bolts, two #20 standard elastic washers, two #19 flat washers and A: Allen Key.



8. Put 20# standard elastic washers and 19# flat washers into 18# bolts in turn.

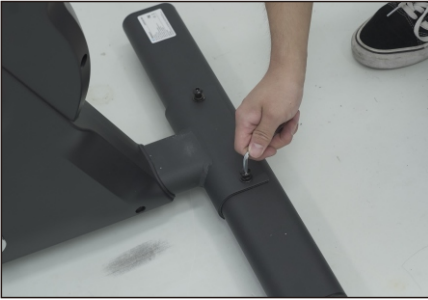


9. Align the holes on #3 rear stabilizer and the rear bracket on the #1 main frame.



10. Put the bolts assembly from step8 into the two holes on the rear stabilizer.

Assembly Instructions



11. Tighten and secure the bolts with A: Allen Key.



12. Complete the assembly of #3 rear stabilizer.



13. Prepare the right pedal (marked R).



14. Unscrew the locknut on the right pedal (marked R) first.



15. Prepare right pedal (marked R) and locknut, B: Cross Wrench and C: Open-end Wrench.



16. Make sure to match the right pedal and the right crankarm (both marked R).

Assembly Instructions



17. Screw the right pedal (marked R) into the crank.



18. Tighten the right pedal with the B: Cross Wrench, make sure it's fully tightened.



19. Screw the locknut into the right pedal (marked R).



20. Tighten the right pedal with the B: Cross Wrench and C: Open-end Wrench, and make sure it's fully tightened.



21. Complete the assembly of right pedal.



22. Prepare the left pedal (marked L)

Assembly Instructions



23. Unscrew the locknut on the left pedal (marked L) first.



24. Prepare left pedal (marked L) and locknut, B:Cross Wrench and C: Open-end Wrench.



25. Make sure to match the left pedal and the left crankarm (both marked L).



26. Screw the left pedal (marked L) into the crank.



27. Tighten the left pedal with the B: Cross Wrench, and make sure it's fully tightened.



28. Screw locknut into the left pedal (marked L).

Assembly Instructions



29. Tighten the left pedal with the B: Cross Wrench and C: Open-end Wrench, and make sure it's fully tightened.



30. Complete the assembly of left pedal.



31. Prepare #10 adjust assembly on seat cushion, #16 knob and #17 flat washer.



32. Put the #10 adjust assembly on seat cushion onto seat post.



33. Then put the 17# flat washer into the knob.



34. Tighten the #16 knob into #10 Seat .

Assembly Instructions



35. Make sure the adjust assembly on seat cushion will not wobble.



36. Loosen the knob pre-locked on the #1 main frame, then pull it outward.



37. Pull the knob outward with one hand, then insert the #7 handle adjustment tube to #1 main frame with the other hand.



38. Align the knob to the adjustment hole in #7 handle adjustment tube and then tighten this knob.



39. Prepare #6 handlebar, two #21 bolts, #12 bolt and A: Allen Key.

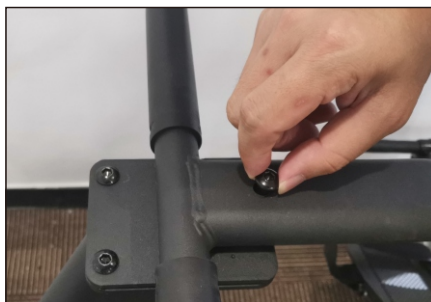


40. Align the #6 handle to the #1 main frame.

Assembly Instructions



41. Put the two #21 bolts into the left two holes.



42. Put the #12 bolt into the right hole.



43. Tighten and secure #12 bolt and the two #21 bolts with A: Allen Key.



44. Prepare #8 handle decorative cover.



45. Press #8 handle decorative cover on the #6 handle.

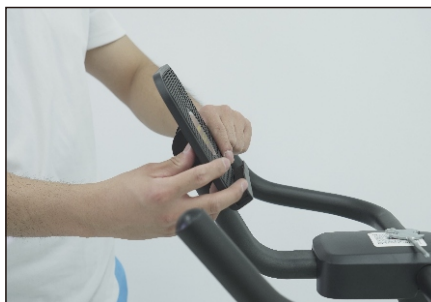


46. Prepare #9 tablet holder, two 13# bolts, two #15 standard elastic washers, two #14 ARC washers and B: Cross Wrench.

Assembly Instructions



47. Put 15# standard elastic washers and 14# ARC washers into 13# bolts in turn.



48. Align the #9 tablet holder to the #6 handle.



49. Put the bolts assembly from step 47 into the two holes on both sides.



50. Tighten and secure the two #13 bolts with B: Cross Wrench.



51. Complete the assembly of #9 tablet holder.



52. Prepare #4 bottle cage, two 22# bolts and B: Cross Wrench.

Assembly Instructions



53. Align the #4 bottle cage to the #6 handle.



54. Insert two #22 bolts into the holes, Tighten and secure the two #22 bolts with B: Cross Wrench.



55. Complete the assembly of #4 bottle cage.



56. Prepare the 11# foot pad.



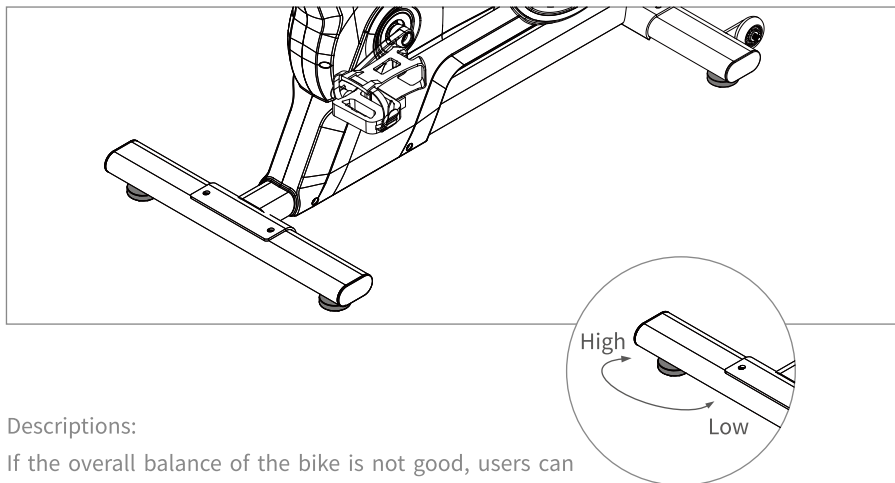
57. Tilt the machine, screw the 11# foot pad into the main frame, and then lay the machine flat. Adjust the foot pads to be leveled with the ground.



58. Complete assembly.

Instructions on Product Usage

Illustration diagram of foot pad adjustment



Descriptions:

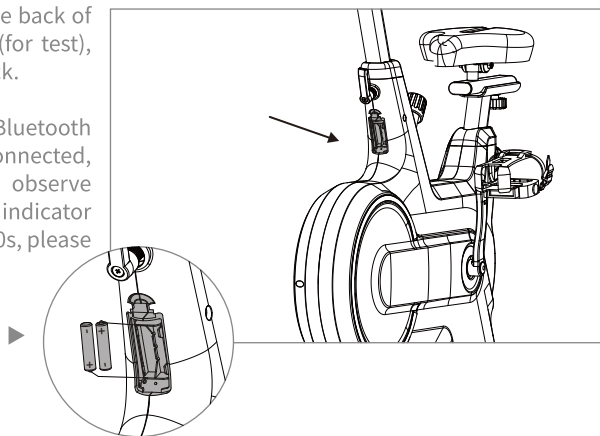
If the overall balance of the bike is not good, users can adjust it through 4 foot pads of the front and rear foot tubes.

Rotating the foot pads can make them fully support the ground, and the bike will no longer wag from side to side.

Battery installation

Open the battery cover on the back of the bike, install the battery (for test), and put the battery cover back.

Battery replacement: If the Bluetooth has no signal or cannot be connected, please rotate the pedal and observe the Bluetooth indicator. If the indicator doesn't flash for more than 60s, please replace the battery in time.



※After using the test battery once, replace it with a new battery.

Indicator status description

- The indicator light goes off: The Bluetooth is dormant or out of power.
- The indicator light slowly flashes: When the Bluetooth is in the stand-by state, it can be connected to the bike (step on the bike pedal for two cycles to enter this state).
- The indicator light quickly flashes: The Bluetooth is in the connection status. The Bluetooth and APP will be disconnected automatically after suspending the movement for 1 minute.

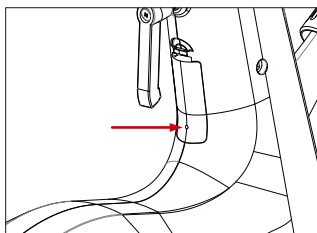
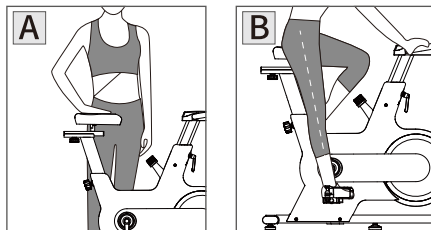


Illustration Diagram of Cushion Adjustment

Properly set the cushion position

● Cushion height

Align your legs, and stand straight next to the cushion. Adjust the cushion, align it with your hips (Figure A), and then sit on the cushion. Step on the pedal with your heels, stop when your feet are directly under you, and keep your legs completely straight. (Figure B)

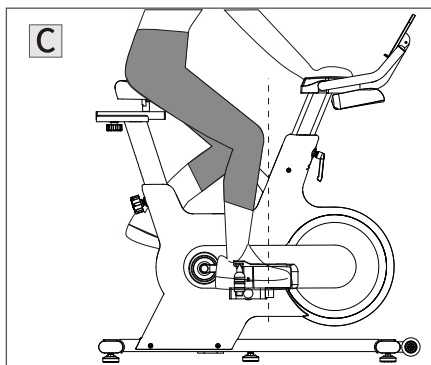
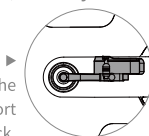


● Front and rear position of the cushion

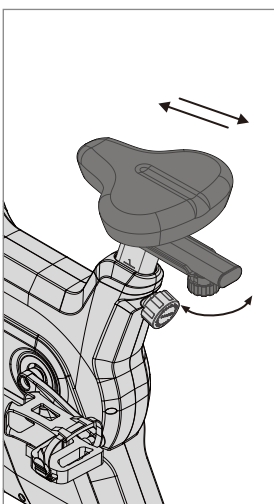
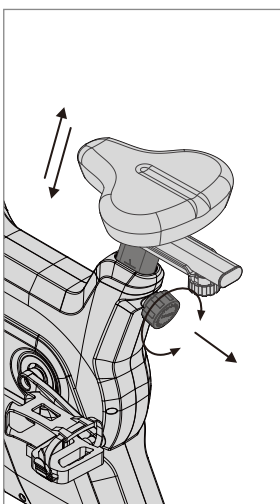
Place your right shoe into the pedal and the foot straps of the pedal.

When the current pedal is in the short needle position at 3 o'clock (level with the ground), if the front of the knee joint is in the vertical line with the pedal, the adjustment is correct (Figure C).

The right crank is parallel to the ground on the right, that is the short needle direction at 3 o'clock.



Adjustment method of cushion



● Up and down adjustment method

Turn the cushion column knob with one hand, loosen it slightly and pull outward. 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 re-tighten the knob.

● Front and rear adjustment method

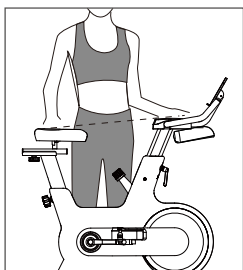
Loosen the knob at the bottom of the saddle and slide the saddle back and forth. Tighten the knob after adjusting to the desired position.

Illustration Diagram of Handrail Adjustment

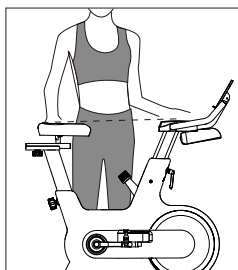
Correctly set the handrail height

You can set the handles to the appropriate height according to your height and riding experience.

- The method recommended by our company



For first training people
Adjust the handrail slightly higher than the cushion



For experienced people
Adjust the handrail to the same height as the cushion, or just below it

* If you feel worried about the lumbar disc herniation or spondylolysis, please consult your doctor before use.

In addition, it is recommended to adjust the handrail to a higher position than beginners.

Adjustment of handrail height

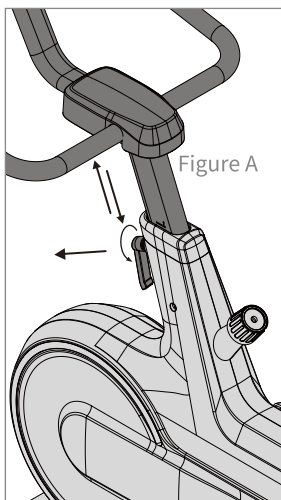


Figure A

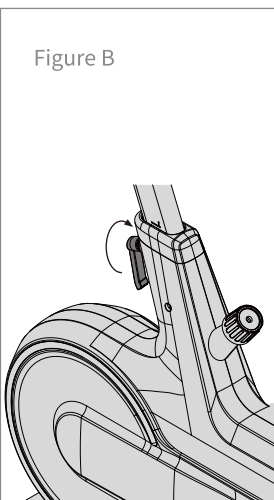


Figure B

You can adjust the handrail height according to your height.

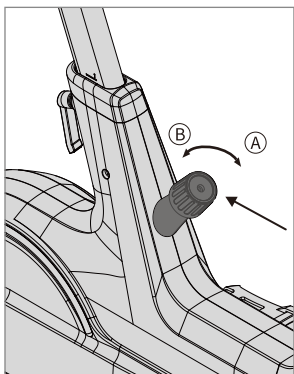
Rotate the pull pin, loosen it and put it outward to move the handrail column up and down (Figure A).

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).

* If the handle lever cannot 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.

Resistance Adjustment and Handling Instructions

Resistance adjustment and use method of brakes



① Resistance adjustment

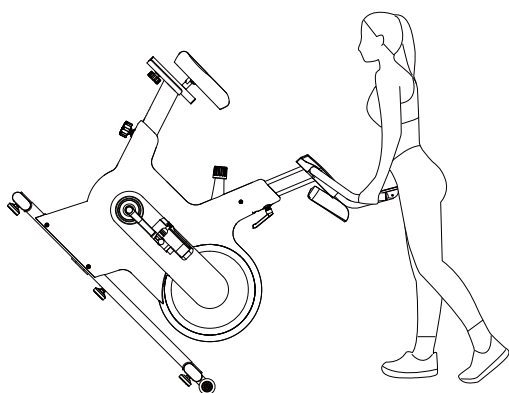
Rotate the resistance adjusting knob clockwise to increase resistance(A) and counterclockwise to reduce resistance (B).

Please adjust the resistance according to your physical strength.

② How to use brakes

In case that 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.

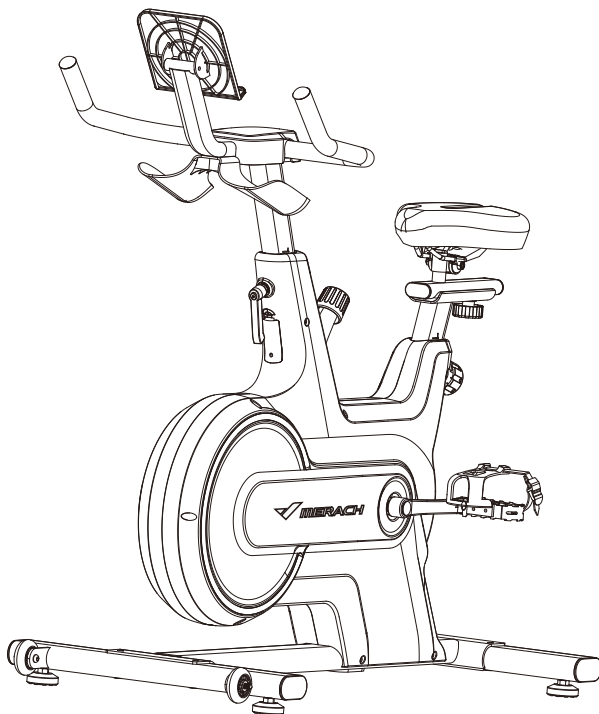
Machine handling instructions



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.

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.

Technical Details



Resistance Mechanism:	Magnetic
Model Name:	MR-667
Max. User Weight:	280 Pounds
Item Weight:	73.8 Pounds
Item Dimensions L x W x H:	48 x 20 x 45.2 inch
Item Package Dimensions L x W x H:	40.15 x 10.23 x 30.7 inch

Instructions for [MERACH] App Connection and Use

Download and use of MERACH

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

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



MERACH APP Download



APP Connection Guide



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

USING YOUR ELLIPTICAL MACHINE

Note:

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

Instructions for [KINOMAP] App Connection and Use

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 FTMS.
5. Select "Exercise bike", and find your "MERACH-MR667-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).



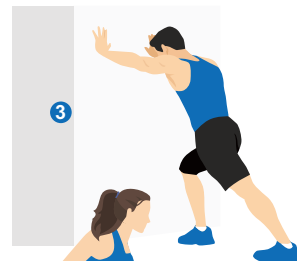
2. Seated hamstring stretch

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).



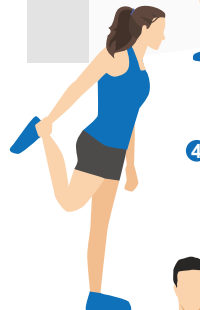
3. Calf and Achilles tendon stretch

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).



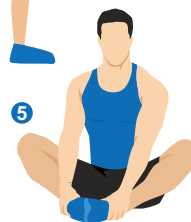
4. Quadriceps stretch

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. The resistance of the bicycle is adjustable with infinitely variable speed and multiple gears.
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.

Warranty Information

Product Name	MERACH Exercise Bike
Model	MR-667
Default Warranty Period	12 Months
For your own reference, we strongly recommend that you record your order number and date of purchase.	
Date of Purchase	
Serial Number	

Terms & Policy

The MERACH products are premium in material, craftsmanship, and service. MERACH 1-year limited warranty is effective from the date of purchase.

MERACH will replace defective products based on eligibility. Refunds are available to the original purchasers of our products within the first 30 days of purchase. This warranty extends only to personal use, doesn't apply to the commercial, rental, or any other uses for which the product is not intended for. There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferable. MERACH is not responsible for any damages, losses or inconveniences caused by equipment's failure, user's negligence, user's abuse, or improper operation that does not follow the included user manual.

This warranty does not apply to the following situations:

- Damage due to abuse, accident, alteration or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 18 years old.

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

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

MERACH



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merachfit.com

Customer Service: support@merach.com

Official Website: merachfit.com

Toll-Free: (213) 672-2298