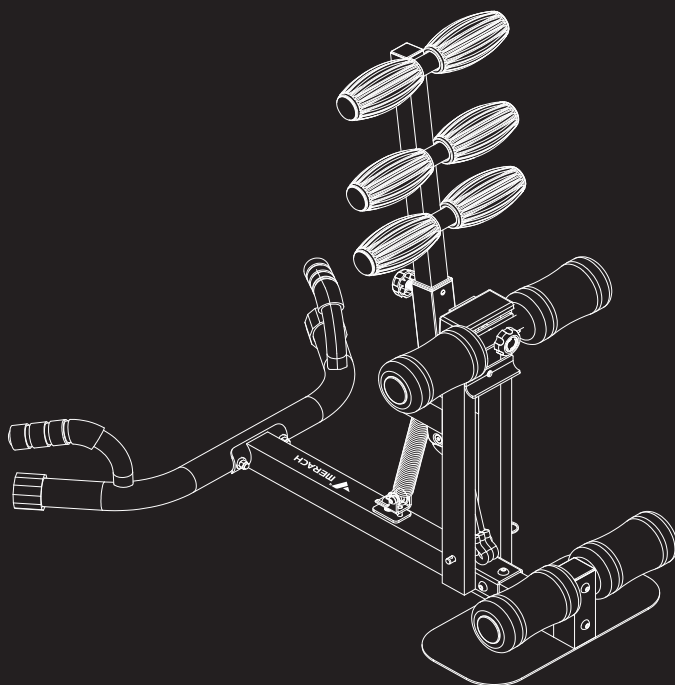


# USER MANUAL

## DEEP SQUAT MACHINE



### Questions or Concerns?

#### IMPORTANT!

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

PLEASE FEEL FREE TO CONTACT US: 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](mailto:support.eu@merach.com)

**MODEL: MR-2417**



## 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.

## WARNINGS

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

- Before using this product, please always read this manual carefully.
- Children, the elderly or people with physical disabilities shall use the goods under the supervision of the guardian according to the doctor's advice.
- Use with caution old injuries to the waist, elbow, shoulder or other joints and muscles.
- Do not expose the equipment to damp places, which will cause failure.
- Please confirm whether the parts are loose, detached, damaged or cracked before each use. If there is any damage, do not use it.
- Check the surrounding environment before use, and it is recommended that the barrier-free space is 3x3m.
- Please avoid ground cracks, slippery ground and uneven areas when using.
- The Company shall not be responsible for the damage to the personal damage caused by the use of the product in violation of the operating rules.
- This equipment is a non-competitive equipment, limited to fitness exercise, beyond the scope of use will cause physical injury.
- Before the use, you should do a warm-up exercise, please take exercise with your own condition, strengthen the exercise load step by step, if you have any discomfort, please stop practicing.
- The equipment can only be used for the intended purpose described by the manufacturer, do not change the equipment or use accessories not recommended by the manufacturer.
- The user must weigh no more than 136 kg (300 lb).
- CHOKING HAZARD-Small Parts, Not for children under 3yrs



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-2417 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.

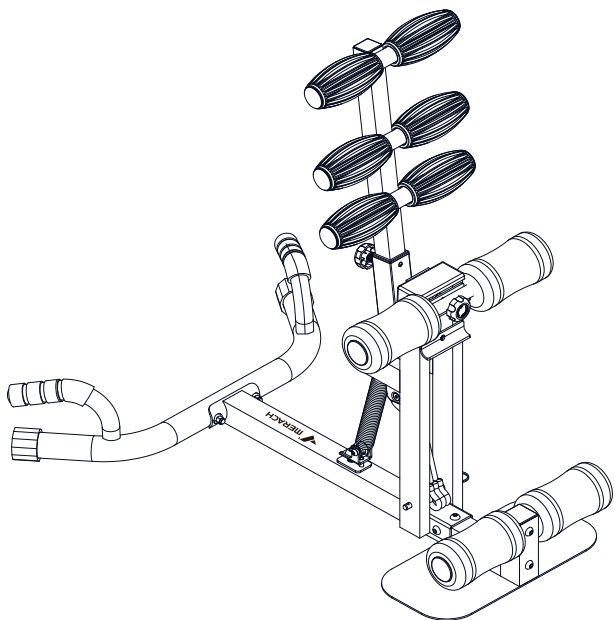
### Manufactured by:

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](mailto:yulu_mrk@merach.com)

### Imported by:

HANGZHOU JINGGE E-COMMERCE LTD  
Room 1205, Xianfeng Technology Building,  
298 Weiye Road, Puyan Subdistrict,  
Binjiang District, Hangzhou,  
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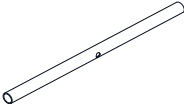
SPECIFICATIONS

















Name:	MERACH DEEEP SQUAT MACHINE
Model:	MR-2417
Size:	31.1*23.6*30.3inch/790*600*770mm
Material:	Iron, Plastic
N.W.:	18.5lbs/8.4kg
Max Load:	300lbs/136kg

## PARTS LIST

Check if all parts and accessories are in the package

 <p>#A1 Chassis</p>	 <p>#A2 Block Pipe</p>	 <p>#A3 Rear Foot Tube</p>
 <p>#A4 Backrest</p>	 <p>#A5 Foot Pedal</p>	 <p>#29 Curved Foam x4</p>
 <p>#33 Round Tube Stopper x4</p>	 <p>#8 Hook Leg Tube</p>	 <p>#9 Leg Tube</p>
 <p>#28 Lock Knob M8*33 x3</p>	 <p>#12 Marble Latch <math>\Phi 8</math></p>	
 <p>#T1 Open-end wrench x1</p>	 <p>#T2 L-shaped Wrench x1</p>	 <p>User Manual</p>

# PARTS TOOL LIST

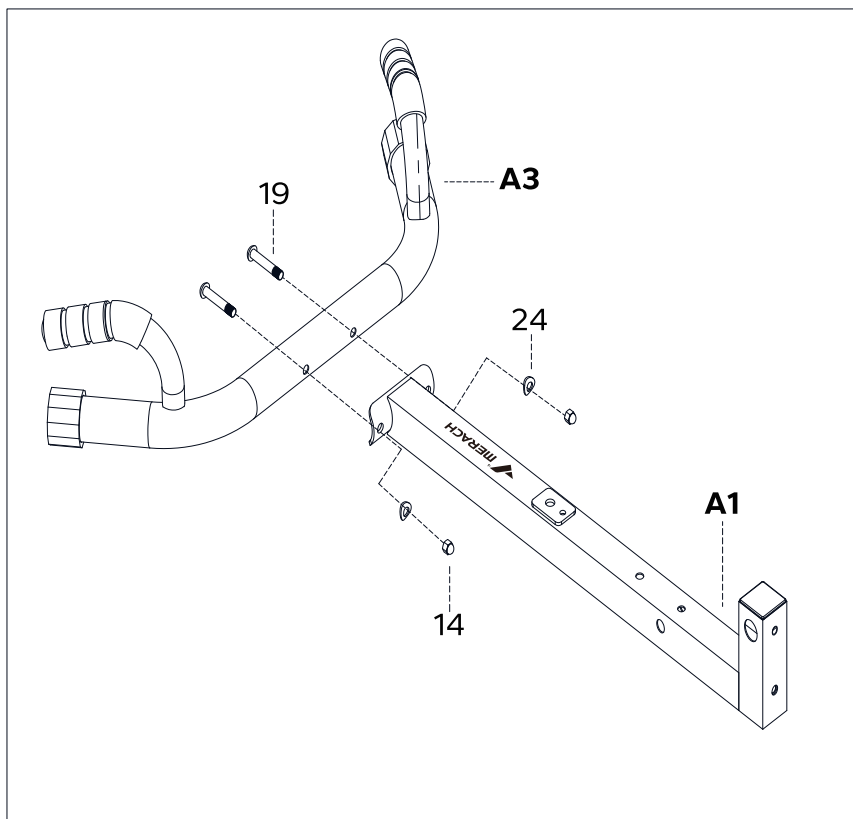
Step 1		#19 Hexagon Socket Bolts M8*45 x2
		#24 Arc Washers x2
		#14 Combined Cap Nuts M8 x2
		#T1 Open-end wrench x1
		#T2 L-shaped Wrench x1
Step 2		#18 Hexagon Socket Bolts M8*12 x3
		#20 Hexagon Socket Bolt M8*55 x1
		#15 Flat Washer M8 x1
		#T1 Open-end wrench x1
		#T2 L-shaped Wrench x1
Step 3		#22 Hexagon Socket Bolt M10*40 x1
		#T2 L-shaped Wrench x1
Step 4		#18 Hexagon Socket Bolt M8*12 x1
		#T2 L-shaped Wrench x1



## INSTALLATION GUIDE

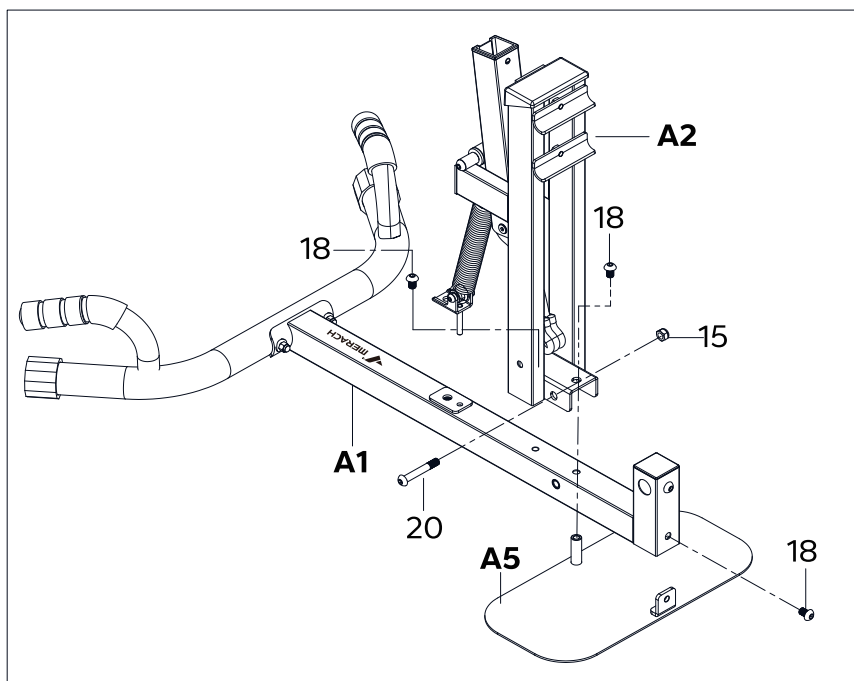
### Step 1: Installing the Rear Foot Tube

Use 2PCS Hexagon Socket Bolts (19) to pass through the Rear Foot Tube (A3) and connect it to the Chassis (A1). Install the Rear Foot Tube (A3) on the Chassis (A1) and screw it into place. Screw 2PCS Arc Washers (24) and 2PCS Combined Cap Nuts (14) onto the Hexagon Socket Bolts(19) to fix it. Use the L-shaped Wrench (T2) and the Open-end wrench (T1) to tighten the bolts.



## Step 2: Installing Block Pipe and Foot Pedal

- A. Use the L-shaped Wrench (T2) and the 2PCS Hexagon Socket Bolt (18) to install the Foot Pedal (A5) on the Chassis (A1) and do not tighten them yet.
- B. Install the Block Pipe (A2) on the Chassis (A1), and after the hole positions are matched, then pass 1PCS Hexagon Socket Bolt (20) through Block Pipe (A2) and Chassis (A1), and 1PCS Flat Washer (15) through the Hexagon Socket Bolt (20) to pre-lock it.
- C. Then pass 1PCS Hexagon Socket Bolt (18) through Block Pipe (A2) and Chassis (A1) and lock it on Foot Pedal (A5). Pass the Hexagon Socket Bolt (18) through Block Pipe (A2) and lock it on Chassis (A1).
- D. Finally, use the L-shaped Wrench (T2) and Open-end wrench (T1) to tighten all the bolts into place without any signs of looseness.

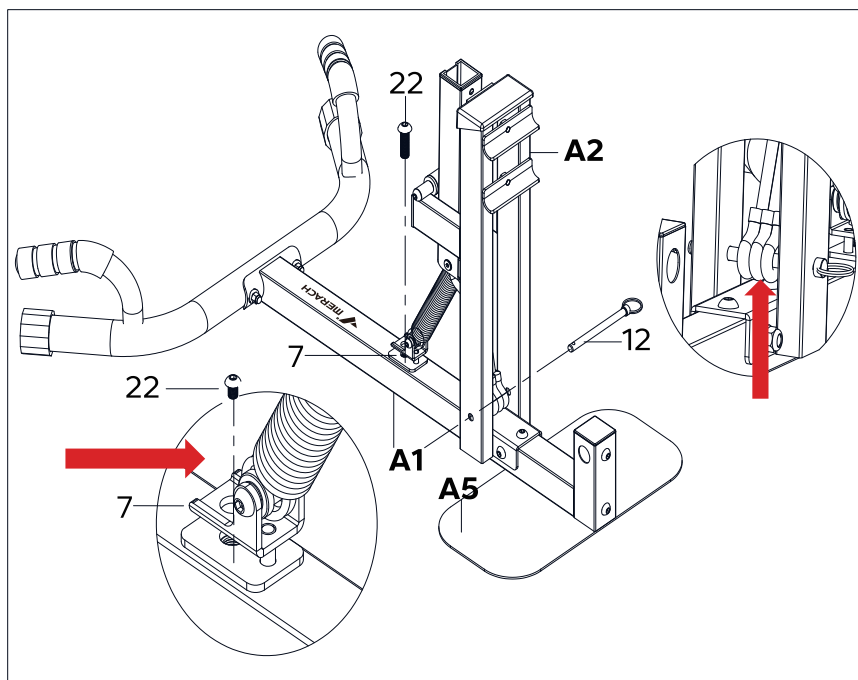


### Step 3: Installing Spring Fixing Plate

- A. First, use one hand to hold the Spring Fixing Plate (7) to the hole on Chassis (A1), and use the other hand to pass 1PCS Hexagon Socket Bolt (22) through Block Pipe (A2) and screw it onto Chassis (A1) and install it in place using the L-shaped Wrench (T2).
- B. Use the Marble Latch (12) to pass through Block Pipe (A2), and select a few elastic ropes to pass through according to the force value you need and install it in place.

**NOTE:**

1. The force of the tension spring is adjustable. The force can be adjusted by the tightness of the Hexagon Socket Bolt (22). The force increases with clockwise rotation and decreases with counterclockwise rotation.
2. At the point indicated by the red arrow, you can choose how many elastic ropes to pass through according to their own exercise needs. The more elastic ropes passed through, the greater the force.

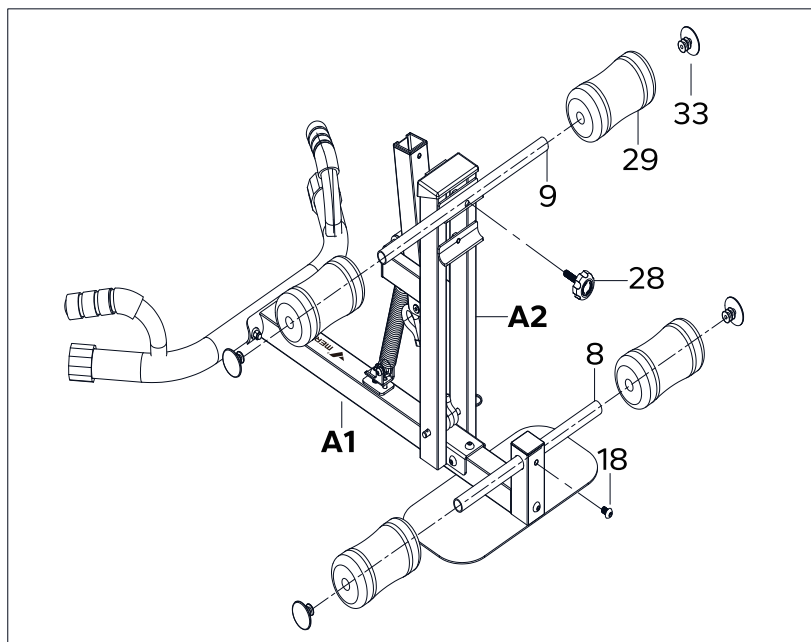


## Step 4: Installing Leg Tube and Hook Leg Tube

- A. First, pass the Hook Leg Tube (8) through the two ends of the Chassis (A1) symmetrically, with the same length on the left and right sides. Continue to install the Curved Foam (29) on both ends of the Hook Leg Tube (8), and then install the Round Tube Stopper (33) on both ends of the Hook Leg Tube (8). Finally, use the L-shaped Wrench (T2) and the 1PCS Hexagon Socket Bolt (18) to hold the Hook Leg Tube (8) against the Chassis (A1).
- B. First install the Curved Foam (29) on the Leg Tube (9), and the outermost two ends of the Curved Foam (29) are on the same plane as the two ends of the Leg Tube (9). Continue to knock the Round Tube Stopper (33) on both ends of the Leg Tube (9), and finally install the Leg Tube (9) on the Block Pipe (A2) and fix it with the Lock Knob (28).

### NOTE:

All Round Tube Stopper (33) must be assembled in place, and the end faces of the stoppers must be close to the end faces of the tubes.

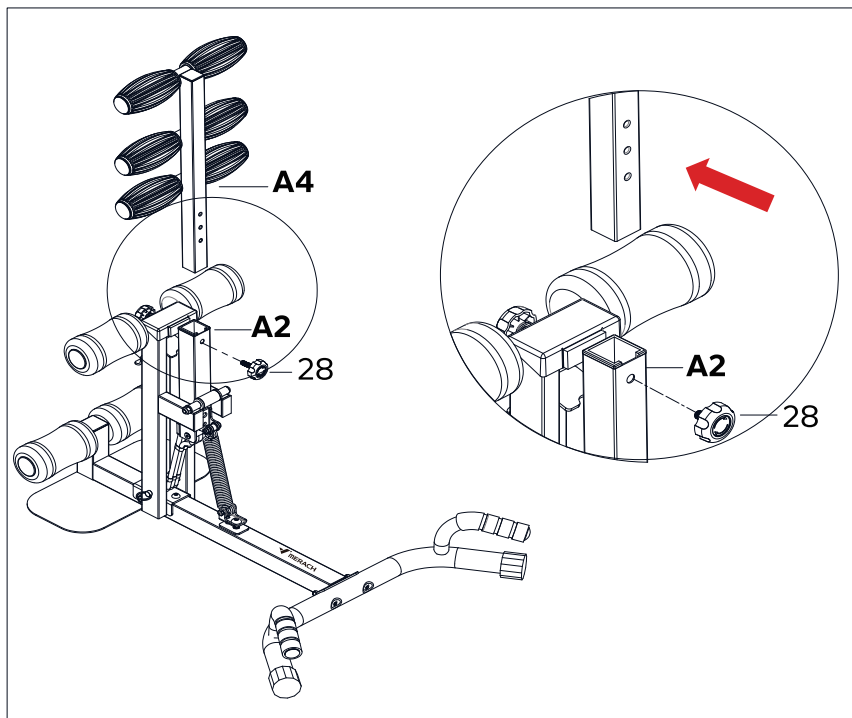


## Step 5: Installing the Backrest

First, install the Backrest (A4) on the Block Pipe (A2) and fix it with the Lock Knob (28).

### NOTE

There are 3 round holes at the arrow points. You can adjust the height of the Backrest (A4) according to your height.



### NOTE

After installation, carefully check whether each bolt is fully locked in place. Make sure it is fully locked in place and not shaking before starting training.

## 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).



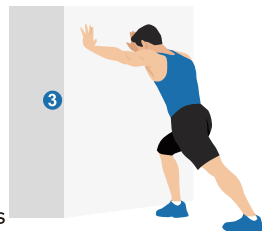
### 2. Seated hamstring stretch

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 DEEP SQUAT MACHINE
Model	MR-2417
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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