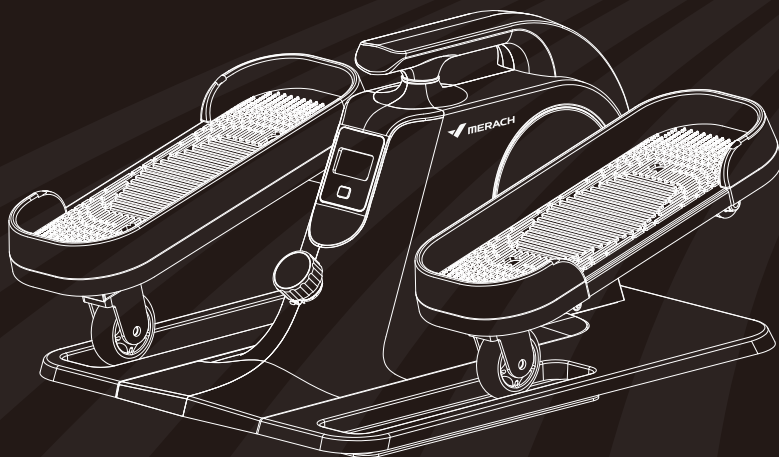


USER MANUAL

———— MERACH MR-E25 Mini Elliptical Machine ————



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



**WHO
WE ARE**



Our customers aren't just important; their health, fitness, and pure enjoyment for live 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 diqital 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: 2A6QWMR-BLE001 IC: 29678- MRBLE001 HVIN: MRBLE001



Please read the entire manual carefully
before installing and using the equipment,
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.
- Do not stand on the machine for using. The Maximum user weight is 250lbs.

Safety Instructions

- This machine is not for professional medical treatment.
- This equipment is designed for indoor and home use only; it is not intended for commercial 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.

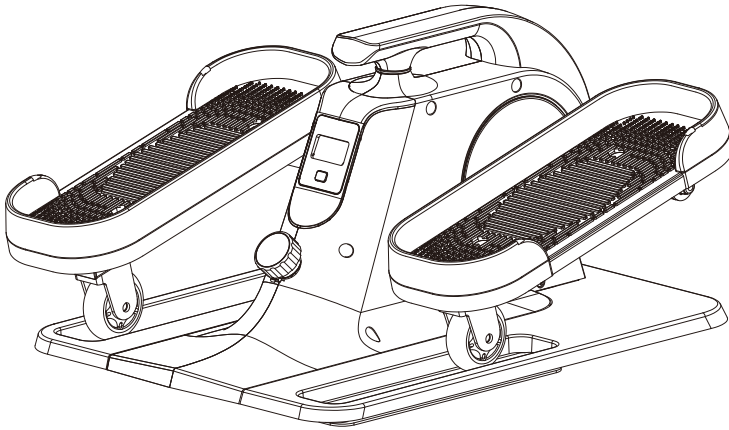
Care & Maintenance

- 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.



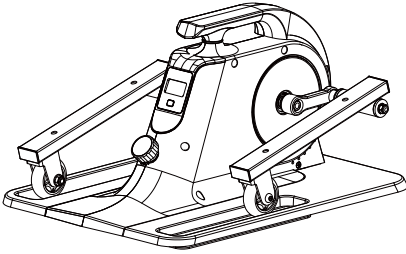
Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditions. Please read all instructions before using the machine.

Specifications

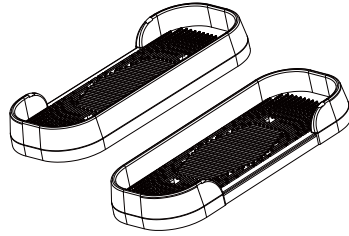


Product Name:	MERACH Mini Elliptical Machine
Model:	MR-E25
Max User Weight:	250lbs
Net Weight:	22.05lbs
Item Size:	21*18.9*11.4inch

Parts List



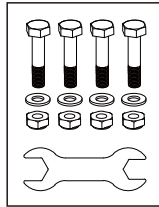
#1 Main Frame x 1



#48 Left & Right Foot Pedal x 2



Battery x 2



Screw Kit x 1



Use Manual x 1





Assembly Guide

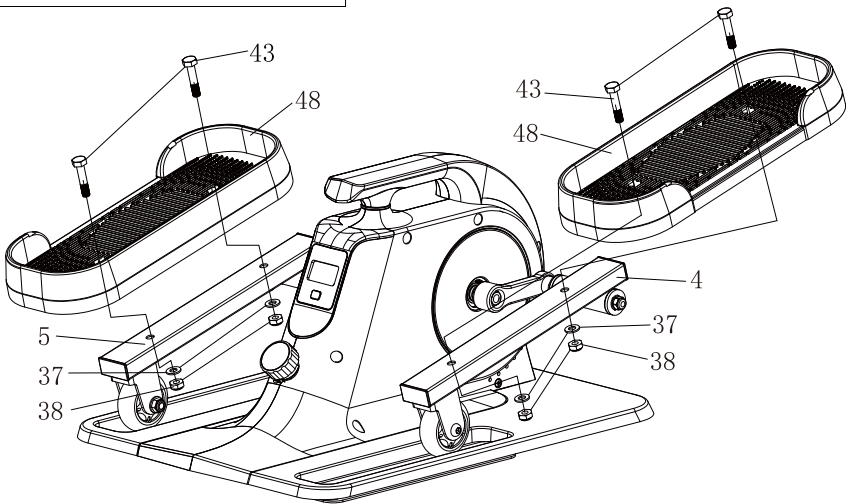
Install the Left & Right Foot Pedals

A. Install the Right Foot Pedal(#48) onto the Right Foot Tube Assembly(#4) with two Hexagon Bolts(#43), two Spring Washers(#37) and two Nylon Nuts(#38). And tighten it by the Open Spanner (#A).

B. Assemble the Left Foot Pedal(#48) in the same way.

Remark: As shown in Figure, tipping the Left&Right Foot Pedals(#48) up is easy to tighten it.

- | | |
|---|-----------------------|
|  | #43 M8*38*10*S14 4PCS |
|  | #37 D8*φ16*1.5 4PCS |
|  | #38 M8 4PCS |
|  | A S13-14 1PC |



Product Usage Instructions

Warning in Use

The machine is intended to use in a sitting position only, do not stand on the elliptical machine. Failure to follow all warnings and instructions could result in serious injury or death.



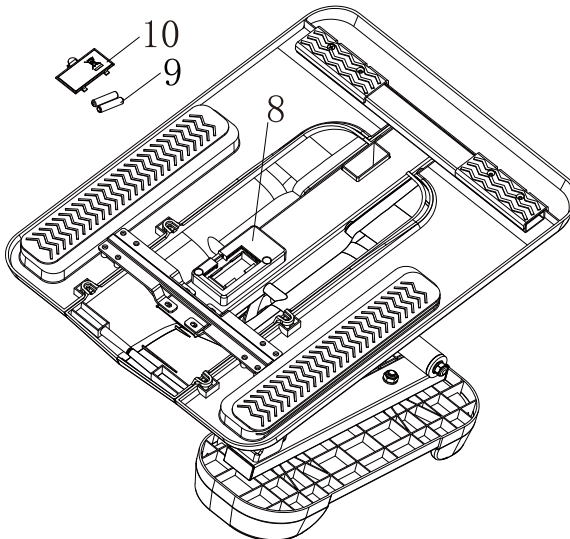
**USE ONLY WHILE
SITTINGDO**



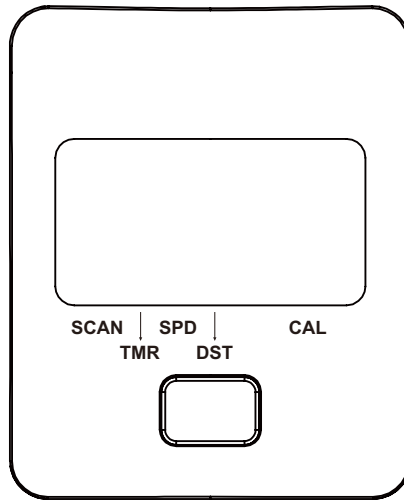
**DO NOT STAND ON
THE MACHINE**

Batteries Installation Instructions

Remove the Back Cover(#10), then install two batteries(#9) to the battery compartment(#8) with the correct polarity, then cover the back cover(#10).



Monitor Instructions



MODE: Press the "MODE" key repeatedly to select the desired value (SCAN, SPEED, TIME, DISTANCE, CALORIES). Hold the key for 3 seconds to have all function values reset (total reset).

FUNCTIONS AND OPERATIONS:

SCAN: Displays functions automatically in the following order every 6 seconds: TIME, SPEED, DISTANCE and CALORIES.

TIME(TMR): Displays the total time of the exercise from start to finish.

SPEED(SPD): Displays current speed.

DISTANCE(DST): Displays the distance of the exercise from start to finish.

CALORIES(CAL): Displays the total calories burned during an exercise from start to finish.

Monitor Instructions

FUNCTION	Auto Scan	Every 6 seconds
	Time(TMR)	0:00-99:59
	Speed (SPD)	Maximum speed 999.9 mph
	Distance(DST)	0.00~9999 miles
	Calories (CAL)	0.0~9999 Kcal
Battery Type		2pcs of SIZE-AAA or UM-4
Operating Temperature		0°C~+40°C
Storage Temperature		-10°C~+60°C

NOTE:

1. If the display is faint or shows no figures ,please replace the batteries.
2. The monitor will automatically shut off if there is no signal received after 4 minutes.
3. The monitor will turn on automatically after restarting the exercise or pressing the button.

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.

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).



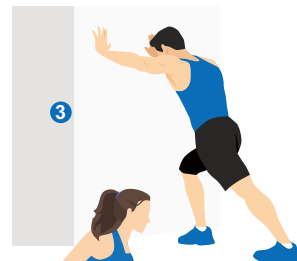
2. Seated hamstring stretch

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).



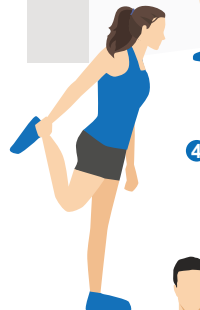
3. Calf and Achilles tendon stretch

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).



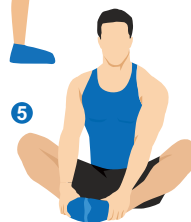
4. Quadriceps stretch

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 Mini Elliptical Machine
Model	MR-E25
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.

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merachfit.com

Customer Service: support@merach.com

Official Website: merachfit.com