



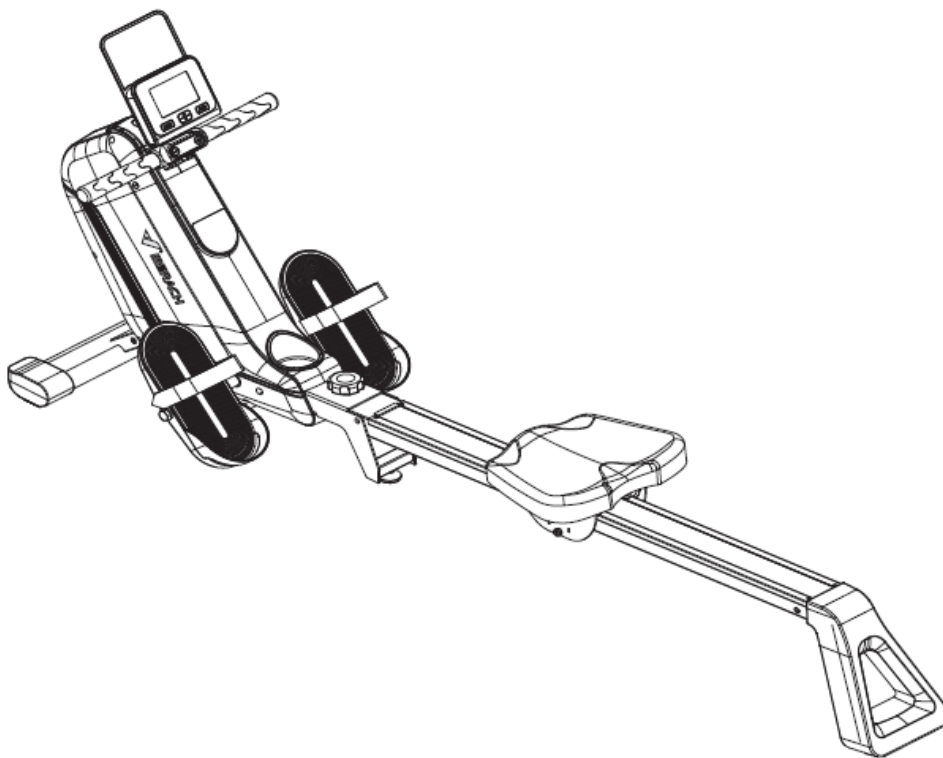
Contents [[hide](#)]

- [1 MERACH R15B4 R15 Self-Generating Electromagnetic Rowing Machine](#)
- [2 SPECIFICATIONS](#)
- [3 PARTS & ACCESSORIES LIST](#)
- [4 WHO WE ARE](#)
- [5 SAFETY INSTRUCTIONS](#)
- [6 Care & Maintenance](#)
- [7 INSTALLATION GUIDE](#)
- [8 PRODUCT OPERATION GUIDE](#)
- [9 Storage Instructions](#)
- [10 SELF-POWERED SYSTEM OPERATING INSTRUCTIONS](#)
- [11 INSTRUCTION OF MONITOR](#)
- [12 Description of Button Functions](#)
- [13 Description of instrument window](#)
- [14 Description of Error Codes](#)
- [15 APP SETUP INSTRUCTION](#)
- [16 WARM-UP](#)
- [17 MAINTENANCE GUIDE](#)
- [18 WARRANTY INFORMATION](#)
- [19 Support Email](#)
- [20 Our Website](#)
- [21 Documents / Resources](#)
 - [21.1 References](#)

MERACH R15B4 R15 Self-Generating Electromagnetic Rowing Machine



SPECIFICATIONS

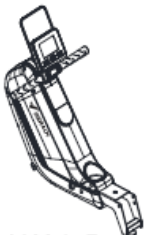

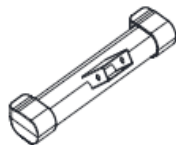

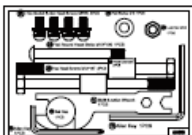









Model:	MR-R15
Name:	MERACH SELF-GENERATING ELECTROMAGNETIC ROWING MACHINE
Resistance:	Magnetic Resistances (1-16 Level)

Max Load:	350lbs/158kg
Product Dimensions:	L73.7*W18.4*H29.7 inch/L1872*W468*H754 mm
Net Weight:	43.7 lbs/19.8 kg
Radio Frequency:	2.4GHz
Radio Frequency Band:	2402-2480MHZ
Maximum RF Power:	3.3dBm

PARTS & ACCESSORIES LIST

Check if all parts and accessories are in the package.

 A1 Main Frame	 A2 Slide Rail	 A3 Front Foot Tube
 A4 Rear Foot Tube	 A5 Screws & Kits	 A6 Cushion
 A7 Seat Cushion Assembly	 A8 Pedal Limit Shaft	  A9 Left Pedal A10 Right Pedal
 A11 Plum Knob	 A12 User Manual	

WHO WE ARE

Our customers aren't just important; their health, fitness, and pure enjoyment for life are 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 APR 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

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 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 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 the floor from damaging. Make sure the distance between the machine and each obstacle is at least 2.0 ft (0.6m).

- Please check that all screws and nuts are properly tightened before using the machine.
- The safe use of the machine can only be guaranteed if 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/158kg.
- 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.
- This appliance can be used by children aged 8 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 the 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.

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, 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 a 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.

INSTALLATION GUIDE



Tips

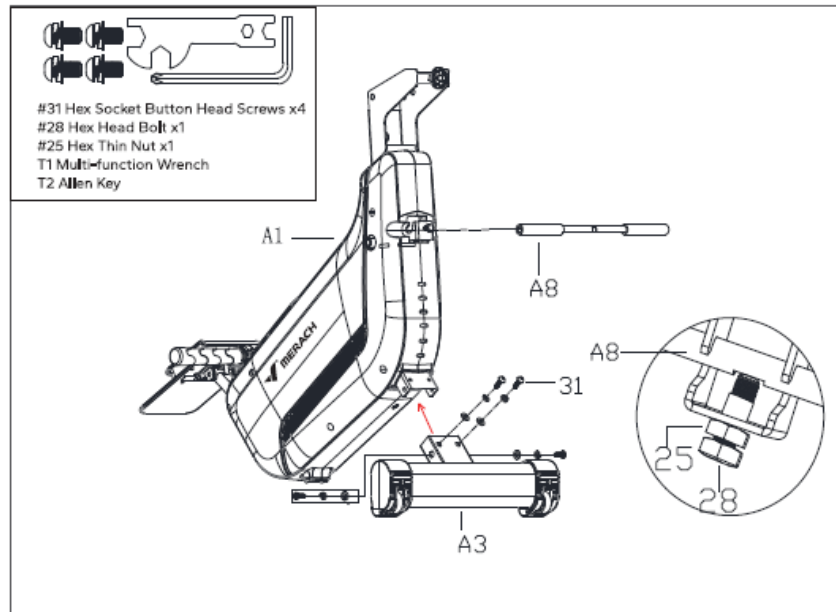
Scan QR code to watch installation video

Step 1:

- A. Install the Front Foot Tube {A3} on the Main Frame {A1} with 4PCS Hex Socket Button Head Screws (31) and the Allen Key (T2).
- B. Use the Multi-function Wrench (T 1) to install the Pedal Limit Shaft (AS) on the Main Frame (A1).

NOTE:

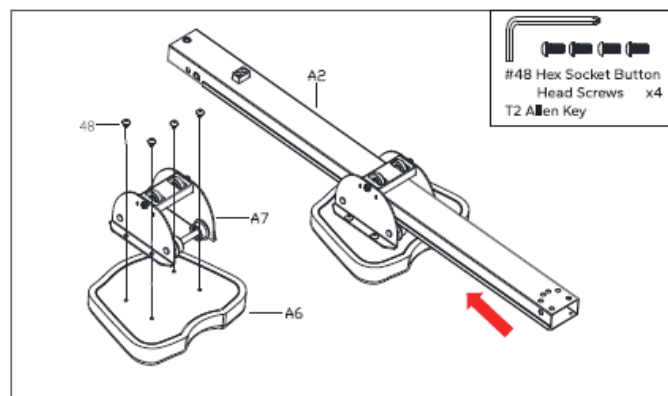
- The Hex Head Bolt (28) and the Hex Thin Nut (25) are pre-installed on the Main Frame (A 1).
- After installation, check whether each bolt is tightened.
- The Hex Socket Button Head Screws (31) include the Spring Washers and Flat Washers.
- As you install it in Step 11, adjust the angle of the Monitor to prevent scratching it.



Step 2:

- A. Remove 4PCS Hex Socket Button Head Screws {48} from the Cushion {A6}.
- B. Use the Allen Key (T2) to attach the Seat Cushion Assembly (A7) with the Cushion (A6).
- C. After tightening all screws, install the Seat Cushion Assembly (A7) into the Slide Rail (A2) in the direction of the arrows.

NOTE: The Hex Socket Button Head Screws (48) are pre-installed on the Cushion (A6).

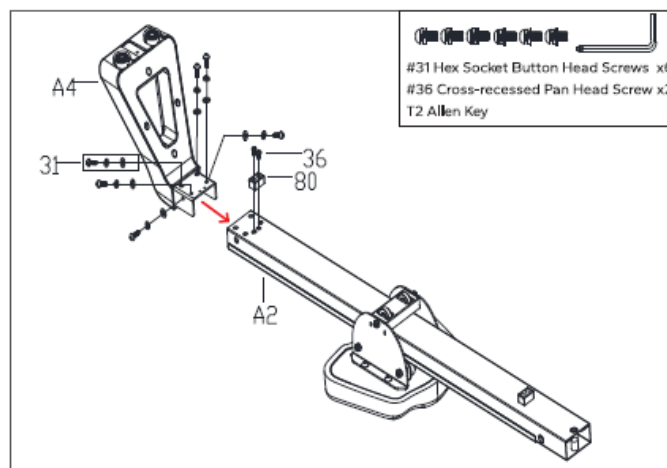


Step 3:

- A. Remove the Limit Block {80} and 6PCS pre-installed Hex Socket Button Head Screws (31) from the Rear Foot Tube {A4} with the Allen Key {T2}.
- B. Use the Allen Key (T2) and 6PCS Hex Socket Button Head Screws (31) to install the Rear Foot Tube (A4) with the Slide Rail (A2) in the direction of the arrow.

- C. Use the Allen Key (T2) and 2PCS Cross-recessed Pan Head Screw (36) to attach the Limit Block (80) to the Slide Rail (A2).

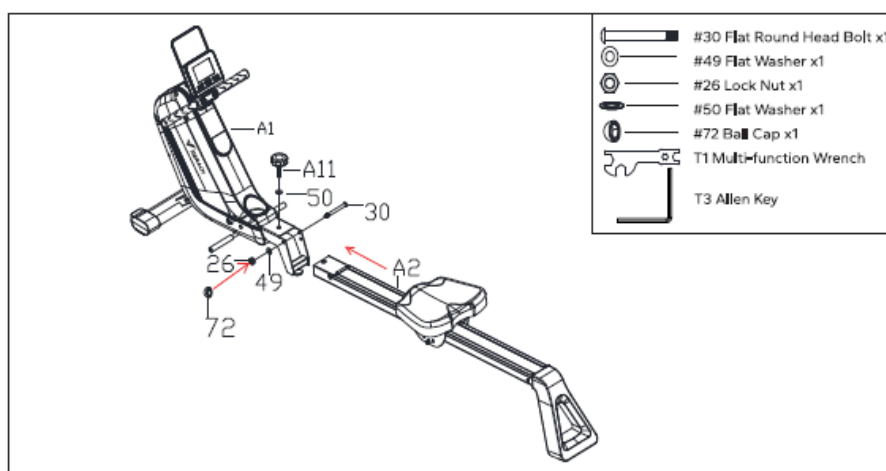
NOTE: The 6PCS pre-installed Hex Socket Button Head Screws (31) include the Spring Washers and Flat Washers.



Step 4:

- A. As shown in the Figure, install the Slide Rail (A2) on the Main Frame (A1) in the direction of the arrow, and secure it with 1PC Flat Round Head Bolt (30), 1PC Flat Washer (49), and 1PC Lock Nut (26).
- B. Use 1PC Plum Knob (A11) and 1PC Flat Washer (50) to pass through the Main Frame (A1) to the Slide Rail (A2) to strengthen the fixation.
- C. Finally, put the Ball Cap (72) on the Lock Nut (26).

NOTE: It is recommended to tighten the Flat Round Head Bolt (30) and Lock Nut (26) with the Multi-function Wrench (T1) and the Allen Key (T3).

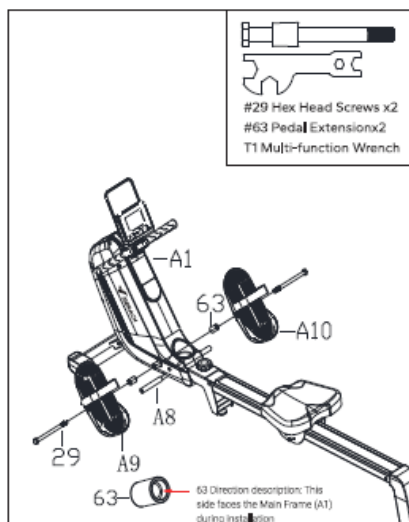


Step 5:

- A. Use 2PCS Hex Head Screws (29) and 2PCS Pedal Extension (63) to connect the Left & Right Pedal (A9&A10) with the Main Frame(A1).
- B. Use the Multi-function Wrench (T1) to tighten it.

NOTE:

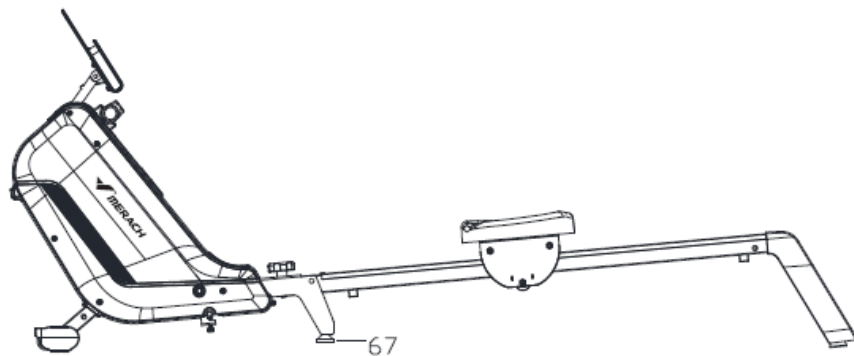
Realize the direction of the Pedal Extension (63) (the large circle facing the Main Frame (A1) and the small circle facing the Pedals (A9) (A10)).



PRODUCT OPERATION GUIDE

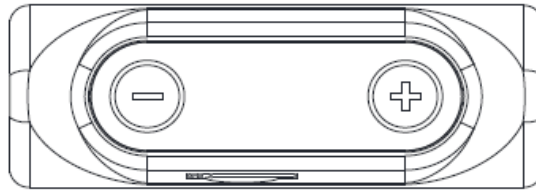
Foot Pad Adjustment Instructions

- When using, adjust the Foot Pad (67) to 3-5 mm from the ground.
- If you find that the head of the machine is tilted after use, adjust the Foot Pad (67) to 5- 10 mm from the ground.



Magnetic Resistance Adjustment Instructions

Bluetooth Handle Instructions Users can adjust the magnetic resistance according to their needs for exercise. This equipment provides 16 levels of adjustment (1 to 16 Levels). Press the “-” and “+” buttons of the Bluetooth Handle to select the instance.



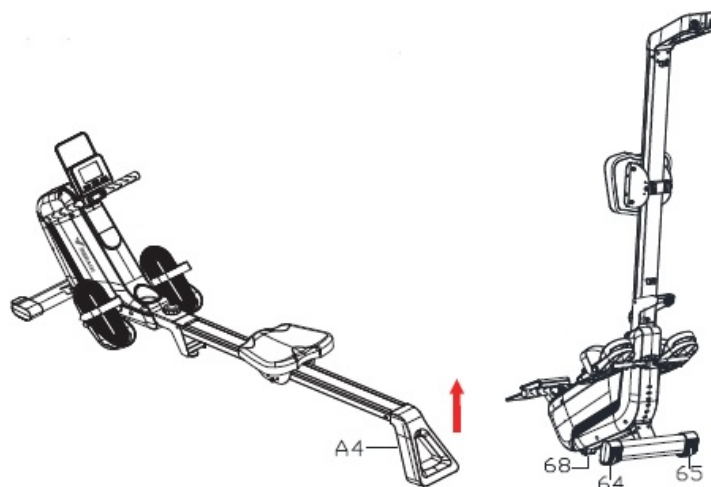
Storage Instructions

Method 1:

Grasp the Rear Foot Tube (A4) with both hands and lift the machine in the direction of the arrow until the Transport Wheel Assembly (64) (65) and the Foot Pad (68) touch the ground at the same time.

NOTE:

- Be sure to place the equipment against a wall or in front of a fixed surface when placed vertically.
- Be sure to place it in a safe place away from children to prevent them from being hit.
- When lifting the slide rail, the seat cushion may slide down.



Method 2:

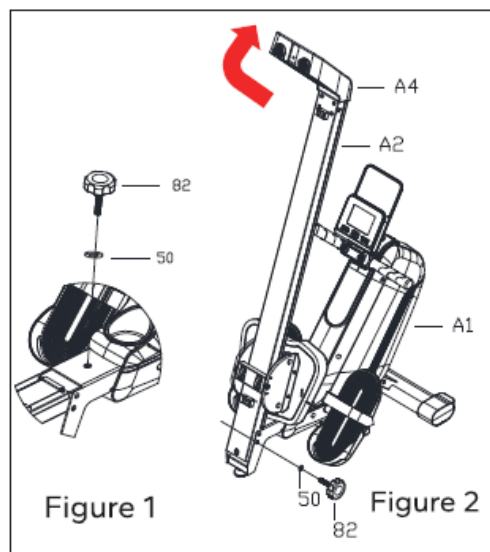
- A. Remove the Plum Knob (82) and Flat Washer (50) in Figure 1 firstly, and keep them

well for later usage.

- B. Lift the Rear Foot Tube (A4) upwards to the state in Figure 2 according to the red arrow, then pass the Plum Knob (82) and Flat Washer (50) through the Main Frame (A1) and rotate them onto the Slide Rail (A2).

NOTE:

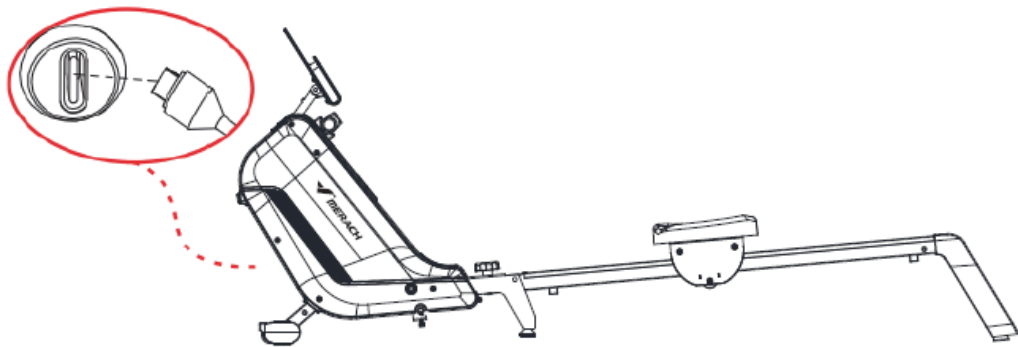
- Please operate carefully and be careful not to injure your finger.
- When lifting the slide rail, the seat cushion may slide down.



SELF-POWERED SYSTEM OPERATING INSTRUCTIONS

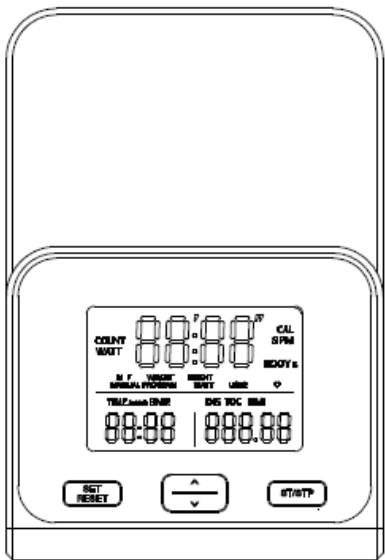
1. Start by initiating motion; after the system receives the signal, turn the knob to power on. The machine enters standby mode and can be connected to the Blu Blue oor started ddirectlybuttongforr the operator to commence normal movement. The knobwill display workout parameters, and rotating it adjusts resistance levels.
2. During exercise, the built-in generator produces electricity to power the knob display and resistance adjustment. Extra energy is intelligently converted and stored in the built-in energy storage battery.
3. When exercise stops, the energy storage battery continues to supply power to theknob and resistance adjustment system. If there is no activity for 3 minutes, the knobenters sleep mode, and the battery power system goes into deep sleep to preserve energy.
4. If the device is unused for an extended period, the energy storage battery may experience slight power consumption, potentially leading to insufficient battery

capacity. If the machine continuously runs without display or flickering, run the machine continuously for over 10 minutes to charge the energy storage battery. Alternatively, charge the battery through the universal Type-C port at the rear of the machine(input: 5V/1A). This ensures the battery has sufficient power to drive the knob and allows simultaneous charging during workout sessions.



INSTRUCTION OF MONITOR

Description of Instrument Window





ITEM	DESCRIPTION	RANGE
TIME	Current time for exercise	Omin:00s- 99rnin:59s

TIEM/SOOM	Time per 500 meters: Real-time estimation of time/500m at the current stroke speed	Omin:00s~ 99min:59s
DIS	Current distance for exercise	0-99999 M
	Distance from all of the exercises	-99999 M
WATT	Power	0-999 W
CAL	Current calories burned during the exercise	0 -9999 Kcal
SPM	Stroke speed: Number of strokes per minute, indicating the stroke speed during	
COUNT	The strokes of each workout, when starting exercise	0~9999
TOC	The total number strokes of in all workouts	0~99999
APP(•)	MERACH, KINOMAP	MERACH, KINOMAP

NOTES: Optional – users can choose whether to have this function for the product.

Description of Button Functions

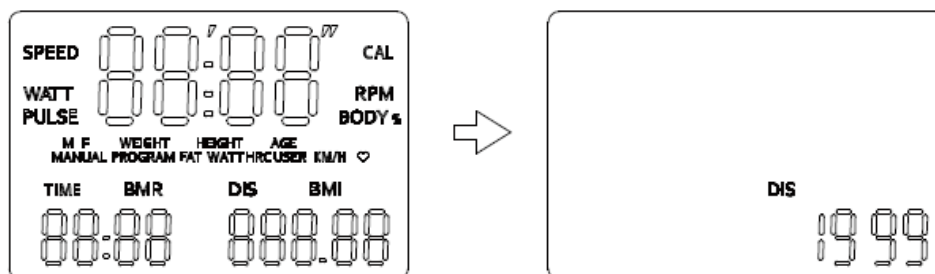
S.T/STP.	Start or stop the exercise,
SET RSTET (Compound key)	In the set state: Clears the current data to 0; In the stop state: Clears the all of the data to 0 (without TOC);
 UP	Exercise State: which is used to increase the value of LEVEL.press and hold for quick adjustment; Stop State:upward adjustment when setting, press and hold for quick adjustment;
 DOWN	Exercise State: which is used to decrease the value of LEVEL.press and hold for quick adjustment; Stop State: downwards adjustment when setting, press and hold for quick adjustment;

Description of instrument window

1. COUNT: The number of strokes
2. MANUA: Program mode;
3. TIME: Current time for exercise; 4.1-16: This product features 16 resistance levels, with level 1 offering the least resistance and level 16 providing the most resistance;

Distance from all of the exercises

1. The maximum value is 99999M, and the value restarts at 0M when it overflows.
2. It is displayed only after the power-on or RESET function.



1. MANUAL icon display;
2. Press the “S:r/STP.” key to start exercise, or press the “Compound key” to enter the setting mode;
3. At the set state, press the “Compound key” to select the set items in sequence, and the selected items (time, distance, strokes, calories) will flash;
4. Press the “UP” or “DOWN” key to adjust upwards or downwards, and press the “Compound key” to select the next item;
5. After all selections are completed, it will automatically exit the set state, or you can directly press the 5 “ST./STP.” key to start at the set state.
6. Exercise state, you can use the “UP” or “DOWN” key to increase or decrease the resistance value in
7. At the exercise state, you can press the “Compound key” to change the COUNT-WATT-CAL-SPM-SCAN;
8. If any time/ distance/ calories/ strokes set, at exercise state, this item is displayed as a countdown. When the countdown reaches 0, the exercise will automatically stop with a “DI DI” sound prompt.
9. Press “S:r/STP.” key to stop exercise;

Sleep Mode

The system turns off automatically when the sensor has no signal input or no key is pressed for approximately 5 minutes.

Description of Error Codes

ERROR CODES	POSSIBLE CAUSES	INSPECTION	SOLUTIONS
E3	The motor is not working properly.	Whether the motor wiring plug is correctly plugged into the wiring terminal	Whether the motor wiring plug is correctly plugged into the wiring terminal
	The internal cable of the machine is failing	Whether the cable is damaged	Replace the cable.
	The instrument cannot output the corresponding control signal to the motor.		Replace the electronic Instrument.

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-R15L-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**

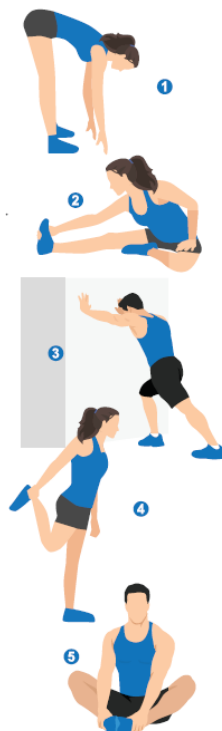
Stand with both hands against the wall or a tree, put one foot behind the other. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.
(see Figure 3).

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 (Figure 4e4).

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 Figure5).



Note: This machine is full-body training equipment. Please follow the above steps to warm up.

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 contact, 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.

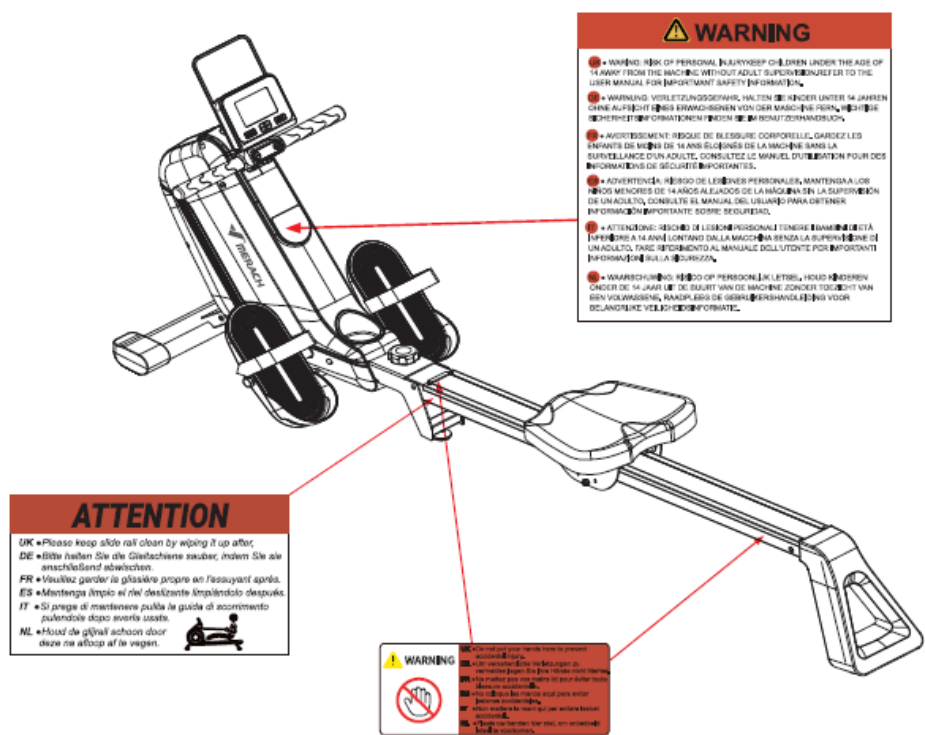
If you notice any wear and tear on your machine during your regular inspection that may require replacement, please contact us at support.eu@merach.com.

WARNING DECAL PLACEMENT

PLEASE KEEP THESE INSTRUCTIONS FOR FUTURE USE & REFERENCE.

DO NOT DISCARD

This drawing shows the locations of the important Safety and Warning Decals. Please ensure that any user of the unit familiarizes themselves with the Safety and Warning guidelines before use.



Note: The decals may not be shown at actual size.

WARRANTY INFORMATION

Product Name	MERACH SELF-GENERATING ELECTROMAGNETIC ROWING MACHINE
Model	MR-R15
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's 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 commercial, rental, or any other uses for which the product is not intended. 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 the urn 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.



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-R15 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

Questions or Concerns?

IMPORTANT!

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

PLEASE CONTACT US BEFORE THE RETURN:

am-5:00 pm PST/PDT

- Phone: 44-1315070255
- Mon-Fri 10am-7 pm PST UK/DE/FR/ES/IT/NL
- support.eu@merach.com
- MODEL: MR-R15


Support Email

- EU: info.eu@merachfit.com
- UK: info.uk@merachfit.com

Our Website

- EU: merachfit.eu
- UK: uk.merachfit.com

Documents / Resources

	<p>MERACH R15B4 R15 Self Generating Electromagnetic Rowing Machine [pdf] User Manual</p> <p>EU, R15B4 R15 Self Generating Electromagnetic Rowing Machine, R15B4 R15, Self Generating Electromagnetic Rowing Machine, Electromagnetic Rowing Machine, Rowing Machine, Machine</p>
---	--

References

- [User Manual](#)

■ MERACH

🔑 Electromagnetic Rowing Machine, EU, Machine, MERACH, R15B4 R15, R15B4 R15 Self Generating Electromagnetic Rowing Machine, Rowing Machine, Self Generating Electromagnetic Rowing Machine

Leave a comment

Your email address will not be published. Required fields are marked *

Comment *

Name

Email

Website

☐ Save my name, email, and website in this browser for the next time I comment.

Post Comment

Search:

e.g. whirlpool wrf535swhz

Search

[Manuals+](#) | [Upload](#) | [Deep Search](#) | [Privacy Policy](#) | [@manuals.plus](#) | [YouTube](#)

This website is an independent publication and is neither affiliated with nor endorsed by any of the trademark owners. The "Bluetooth®" word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. The "Wi-Fi®" word mark and logos are registered trademarks owned by the Wi-Fi Alliance. Any use of these marks on this website does not imply any affiliation with or endorsement.