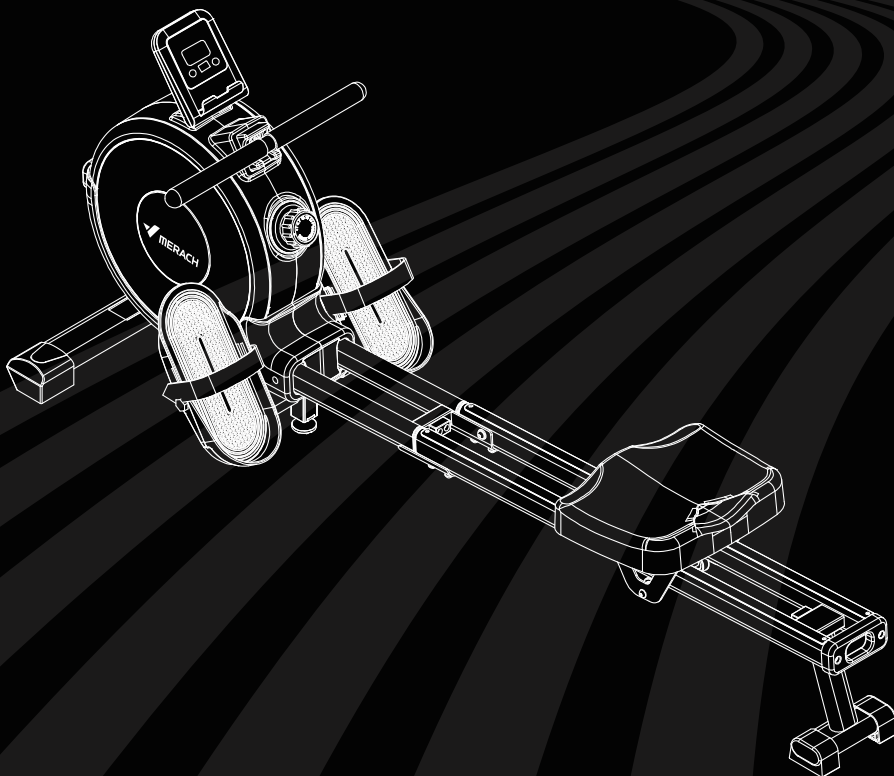


USER MANUAL

Rowing Machine

Model: MR-R02(Q1S)



Questions or Concerns?

IMPORTANT!

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

PLEASE CONTACT US BEFORE THE RETURN: support.eu@merach.com

44-1315070255 Mon-Fri 10am-7pm PST UK/DE/FR/ES/IT/NL



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

Contents

Safety Instructions	001
Specification	005
Packing List	006
Installation Procedure	007
Adjustment Instructions	011
Instructions for the Monitor	013
Instructions for Replacing the Battery	015
MERACH APP Setup	016
KINOMAP APP Setup	017
Warm-up	018
Instructions for Using the Rower	019
Troubleshooting	020
Warranty Information	021

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.

Safety Instructions

- When lifting or moving the device, do so in a safe manner and, if necessary, usingd proper handling methods, or with the assistance of others, or with the assistanceof 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 directionindicated by the safety exit. If you want to dismount this equipment, you must stop the equipment completely.
- This Equipment for consumer use only.

Safety Instructions

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.

Safety Instructions



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". 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 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:

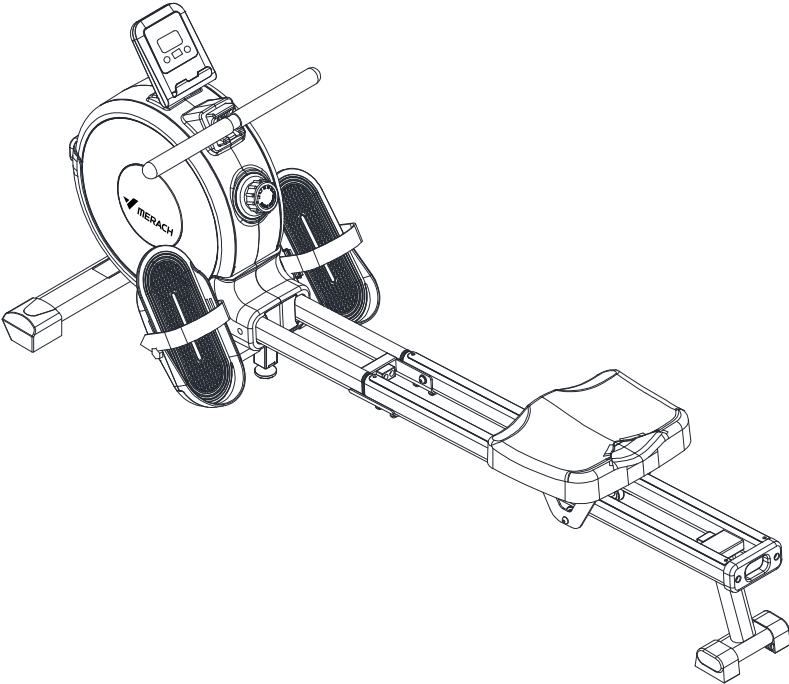
Zhejiang Yulu Electronic Technology Co.,Ltd.
Room 805, 8th Floor, Xianfeng
Technology Building, 298 Weiye Road,
Binjiang District, Hangzhou,
Zhejiang Province, China
yulu_mrk@merach.com

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

EN

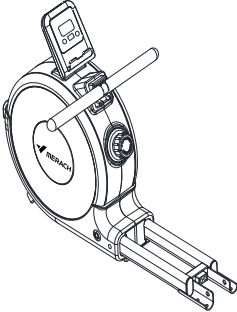
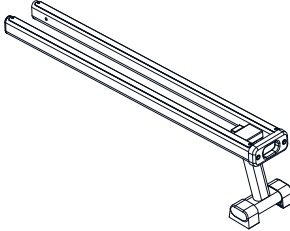
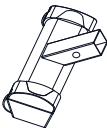


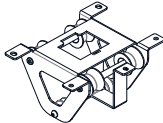
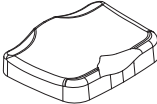
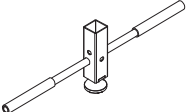
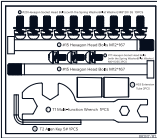

Specification



Power Input	AAA battery *2
Applicable Height	4'11" to 6'7"
Weight Capacity	158kg(350lbs)
Recommended Use Time	Within 60 minutes
Machine Dimensions	64.6*18.7*25.1inches
Net Weight:	19.1kg(42.1lbs)
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.

 <p>A line drawing of the main frame assembly of a Peloton bike. It features a large flywheel with the Peloton logo, a crank arm, and a pedal. The frame is made of metal and has a sliding rail at the bottom for the seat.</p>	 <p>A line drawing of the slide rail assembly, which consists of two parallel metal rails and a mounting bracket at one end.</p>
A1 Main Frame Assembly	A2 Slide Rail Assembly
 <p>A line drawing of the front foot tube assembly, which is a metal bracket that holds the front foot pedal.</p>	 <p>A line drawing of the left and right pedals, which are black and have a textured surface for grip.</p>
A3 Front Foot Tube Assembly	A4 Left Pedal A5 Right Pedal
	 <p>A line drawing of two #32 batteries, which are small, rectangular, and have a label that reads "1.0V".</p>
	#32 Battery
	 <p>A line drawing of the seat cushion assembly, which is a metal bracket that holds the seat cushion.</p>
	A6 Seat Cushion Assembly
 <p>A line drawing of the seat cushion, which is a rectangular, padded piece of foam.</p>	 <p>A line drawing of the support tube assembly, which is a metal tube with a bracket at one end.</p>
A7 Cushion	A8 Support Tube Assembly
	 <p>A line drawing of a box containing screws and kits. The box is labeled "Screws & Kits" and "Peloton".</p>
	Screws&Kits
	 <p>A line drawing of the user manual, which is a booklet with a cover that shows a person riding a Peloton bike.</p>
	A9 User Manual

Installation Procedure



Tips

Scan QR code to watch installation video

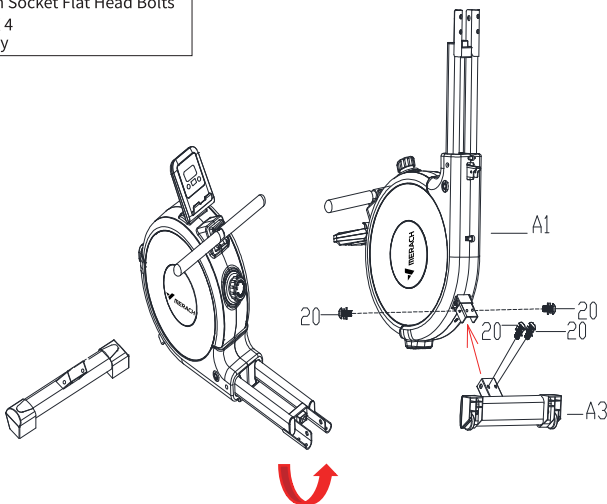
Step 1:

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.



#20 Hexagon Socket Flat Head Bolts
M8*20 X 4
T2 Allen Key



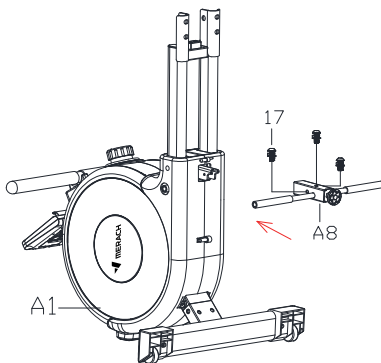
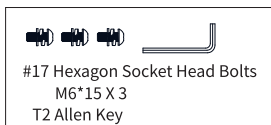
Installation Procedure

Step 2:

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

NOTE:

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

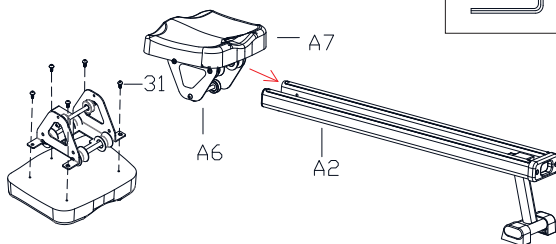


Step 3:

- Unscrew the pre-assembled 4PCS Hexagon Socket Head Bolts(31) from the Seat Cushion Assembly(A6) with the Allen Key(T2).
- Install the Cushion(A7) on the Seat Cushion Assembly(A6) with the 4PCS Hexagon Socket Head Bolts(31).
- 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.



Installation Procedure

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:

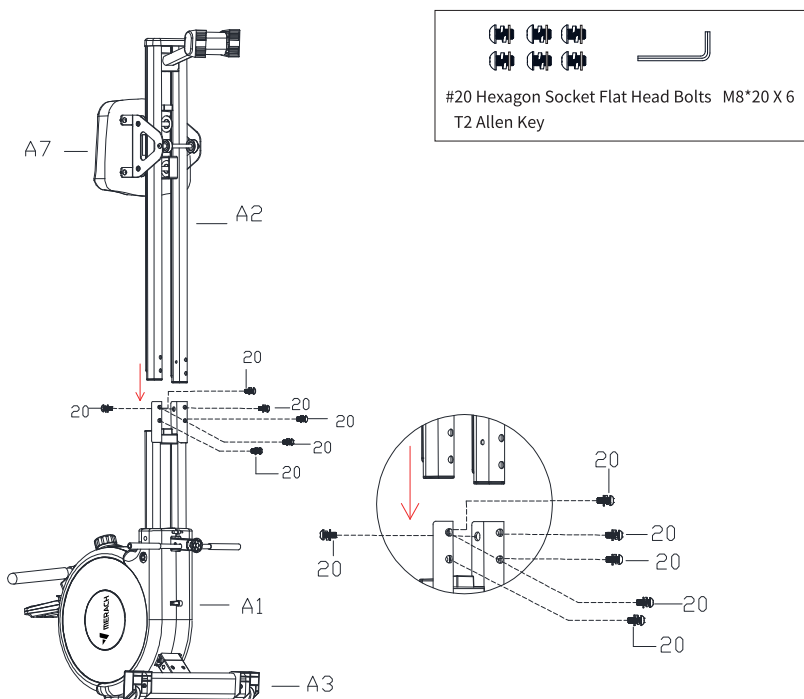
- Hold the Seat Cushion Assembly(A6) with one hand to prevent it from falling down.
- Do not tighten the screws in SETPA completely.

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 Washer and Flat Washer.

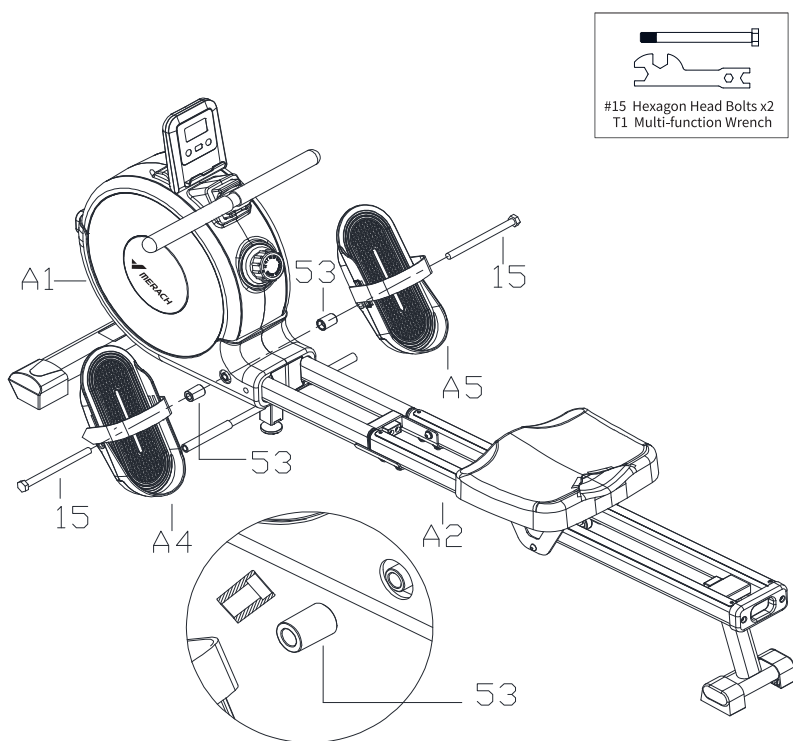


Installation Procedure

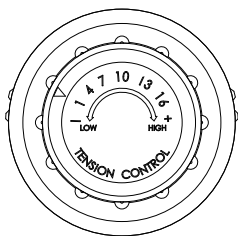
Step 5:

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).

NOTE: The big hole of the Extension Tube(53) face the Main Frame(A1).

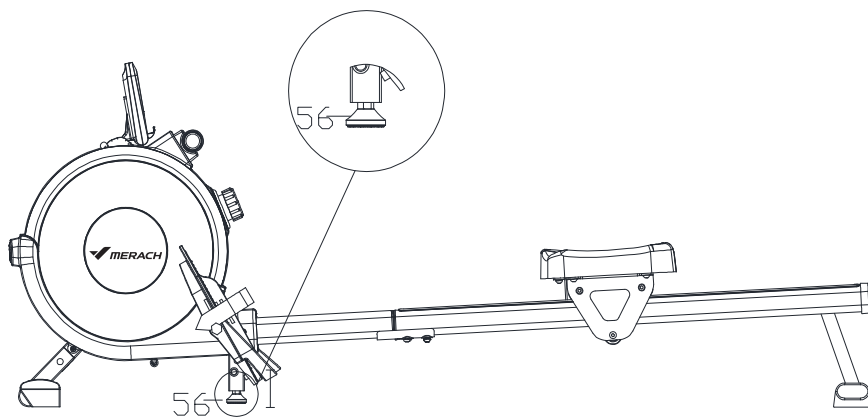


Adjustment Instructions



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)



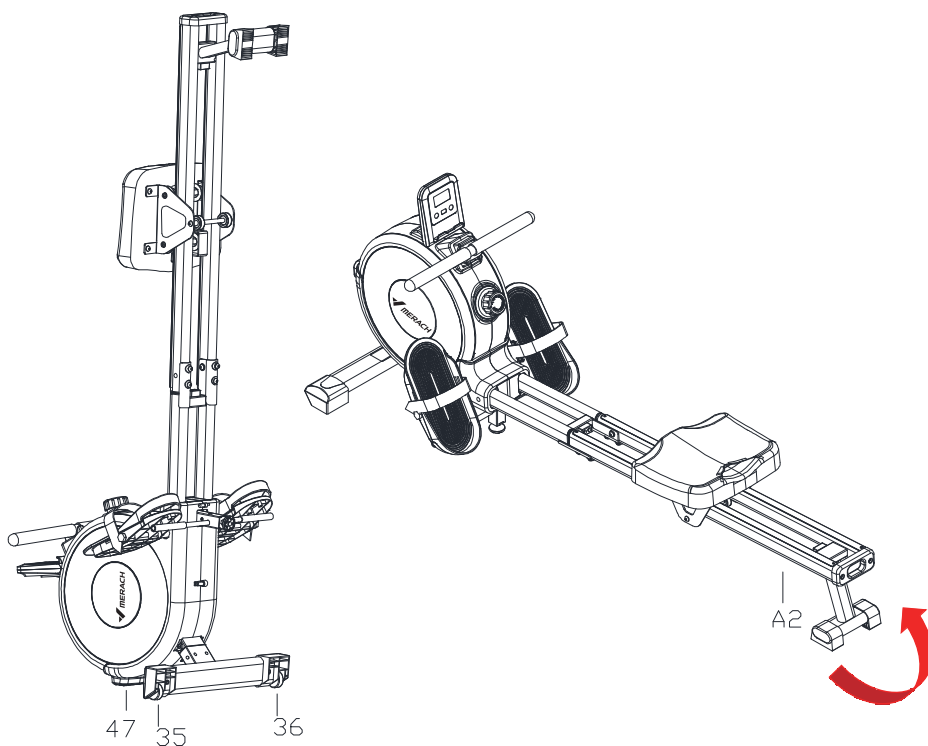
Adjustable footrest adjustment:

Lay the machine platform flat on the ground, and adjust the adjustable foot pads(56) to 5-10mm from the ground.

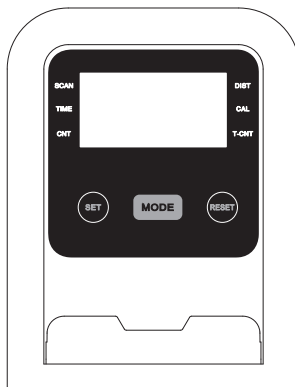
Adjustment Instructions

Storage method:

Hold the rear leg assembly (A2) with both hands, lift the machine in the direction of the arrow, and make the left front corner guard (35), right corner guard (36), and front foot pad (47) touch the ground at the same time.



Instructions for the Monitor



Button Function

MODE- Short press to select; long press to reset time/times/calories

SET- Set time/count/calorie in non-scanning mode

RESET- Press to reset the set time/times and calories.

Instructions for Operation

1. SCAN:

Press the "MODE" button to switch to display "SCAN", the monitor will switch the display every 4 seconds in the following sequence: TIME, CNT, T-CNT, DIST and CAL.

2. TIME:

(1) Time from start to finish of exercise.

(2) Press the "MODE" button to switch to display "TIME", and press the "SET" button to set the target exercise time.

When the set time counts down to 0, it will stop for about 1 second and start counting up.

Instructions for the Monitor

3. CNT:

- (1) Display the current exercise times.
- (2) Press the "MODE" button to switch the display to "CNT", and press the "SET" button to set the target number of exercises.

When the set number of times counts down to 0, it will stop for about 1 second and start counting up.

4. T-CNT:

The total number of exercises since the battery was installed.

5. DIST:

Measure the distance from the start to the stop of the movement.

6. CAL :

- (1) Calculate the calories burned from the beginning to the end of the exercise.
- (2) Press the "MODE" button to switch to display "CAL", and press the "SET" button to set the target calorie consumption.

When the set calorie countdown reaches 0, it will stop for about 1 second and start counting up.

Precautions

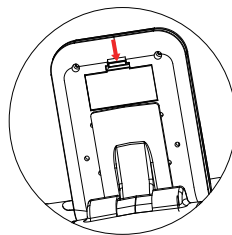
1. If the monitor does not display or the display is blurred, please replace the battery.
2. After 4 minutes of inactivity, the monitor will automatically shut down.
3. After restarting the exercise or pressing the button, the monitor will automatically turn on.
4. After the exercise starts, the monitor will automatically calculate the exercise data, and stop calculating the exercise data after 4 seconds of stopping the exercise.

Instructions for Replacing the Battery

PLEASE NOTE: The device is equipped with two trial AAA batteries that have passed MSDS certification. These batteries may not provide the same life as standard batteries. In order to ensure a functioning, please replace them in time.

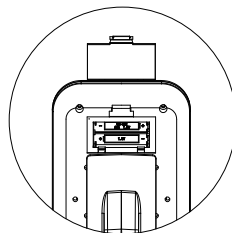
Step 1:

On the back of the monitor, find the position shown on the right, press the battery cover buckle downward (in the direction of the arrow), and pull it out slightly.



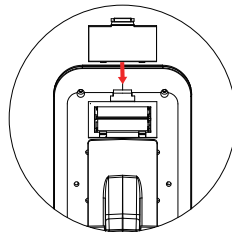
Step 2:

After removing the battery cover, install the battery. Please pay attention to the installation position as shown in the picture on the right and install it correctly.



Step 3:

Gently replace the battery cover into the electronic watch in the direction shown on the right, and push it inwards to complete the installation.



MERACH APP Setup

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. Please note: If your phone is Apple - iPhone, please refer to the path: Profile > Settings > Language after login to switch the desired language.
4. Follow the in-app instructions to set up your device.

USING YOUR ROWING 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.

KINOMAP APP Setup

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 "Rowing machine", and find your "MRK-CRYDN-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).



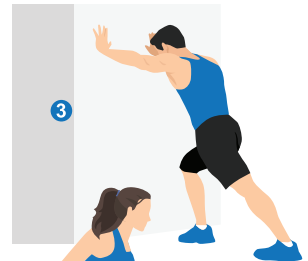
2. Seated hamstring stretch

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).



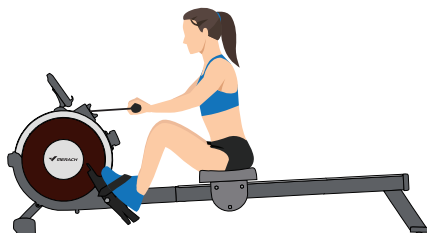
5. Sartorius (inner thigh muscle) stretch

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).



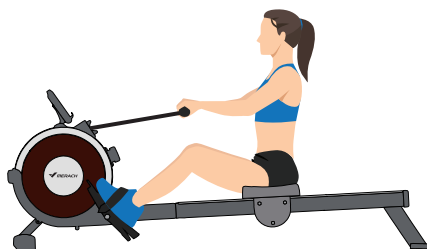
Note: This machine is full body training equipment, please follow the above steps to warm up.

Instructions for Using the Rower



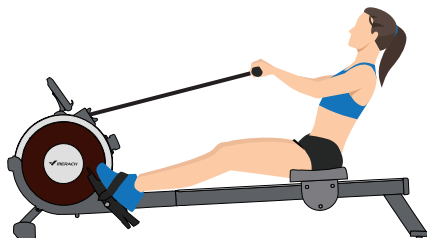
The Catch

Keep your wrists flat and grip the handle. Place your feet on the footrests and slightly lean forward. Keep your back and arms straight.



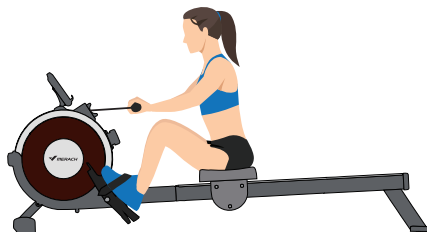
The Drive

Begin by using your leg. Press through the foot pedals with your posture firm and upright. When your legs almost reach full extension, start to pull the handle.



The Finish

Pull the handle to the space between the chest and navel.



The Recovery

Reverse the motion and return to the starting point. Then repeat.

Troubleshooting

Problem	Possible Solution
What should be done when the monitor 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 (see page 22).
What should be done when the monitor 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 (see page 22) .
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 (see page 22) .
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 (see page 22) .
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 (see page 22) .
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 (see page 22) .
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 (see page 22) .
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 (see page 22) .

Warranty Information

Product Name	MERACH Rowing Machine
Model	MR-R02(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 and doesn't apply to 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 failure, user negligence, user 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.



OUR SOCIAL MEDIA



[merachfit.eu](https://www.instagram.com/merachfit.eu)



[Merachfit.eu](https://www.facebook.com/Merachfit.eu)



[Merachfit_EU](https://www.youtube.com/Merachfit_EU)



[merach_uk](https://www.instagram.com/merach_uk)



[Merachfit.UK](https://www.facebook.com/Merachfit.UK)



[Merach UK](https://www.youtube.com/Merach_UK)



[merach_uk](https://www.tiktok.com/merach_uk)

Support Email

EU: info.eu@merachfit.com

UK: info.uk@merachfit.com

Our Website

EU: [merachfit.eu](https://www.merachfit.eu)

UK: [uk.merachfit.com](https://www.uk.merachfit.com)