MERACH
R28划船机说明书

尺寸:148*210mm



PANTONE 2394 C

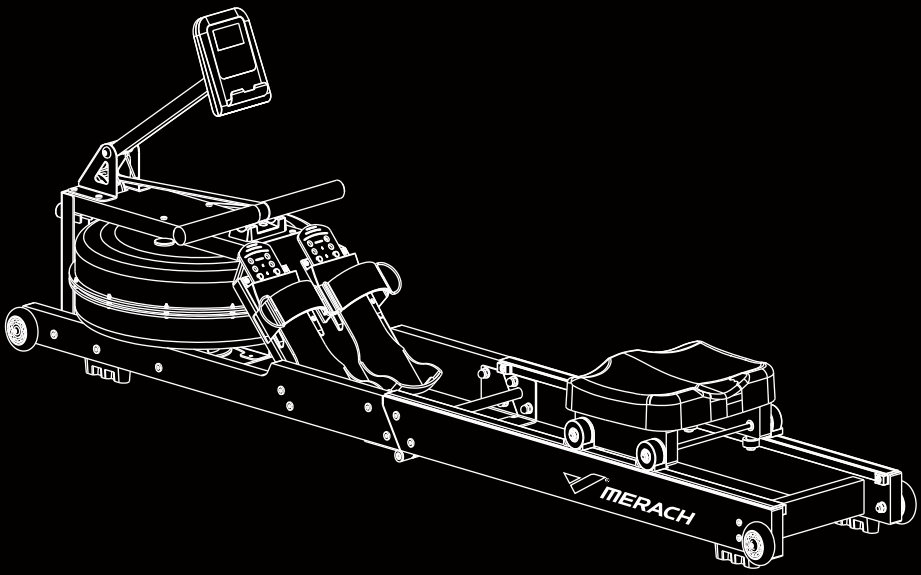
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MERACH

POWERED BY MERACH

USER MANUAL

MERACH WATER ROWING MACHINE

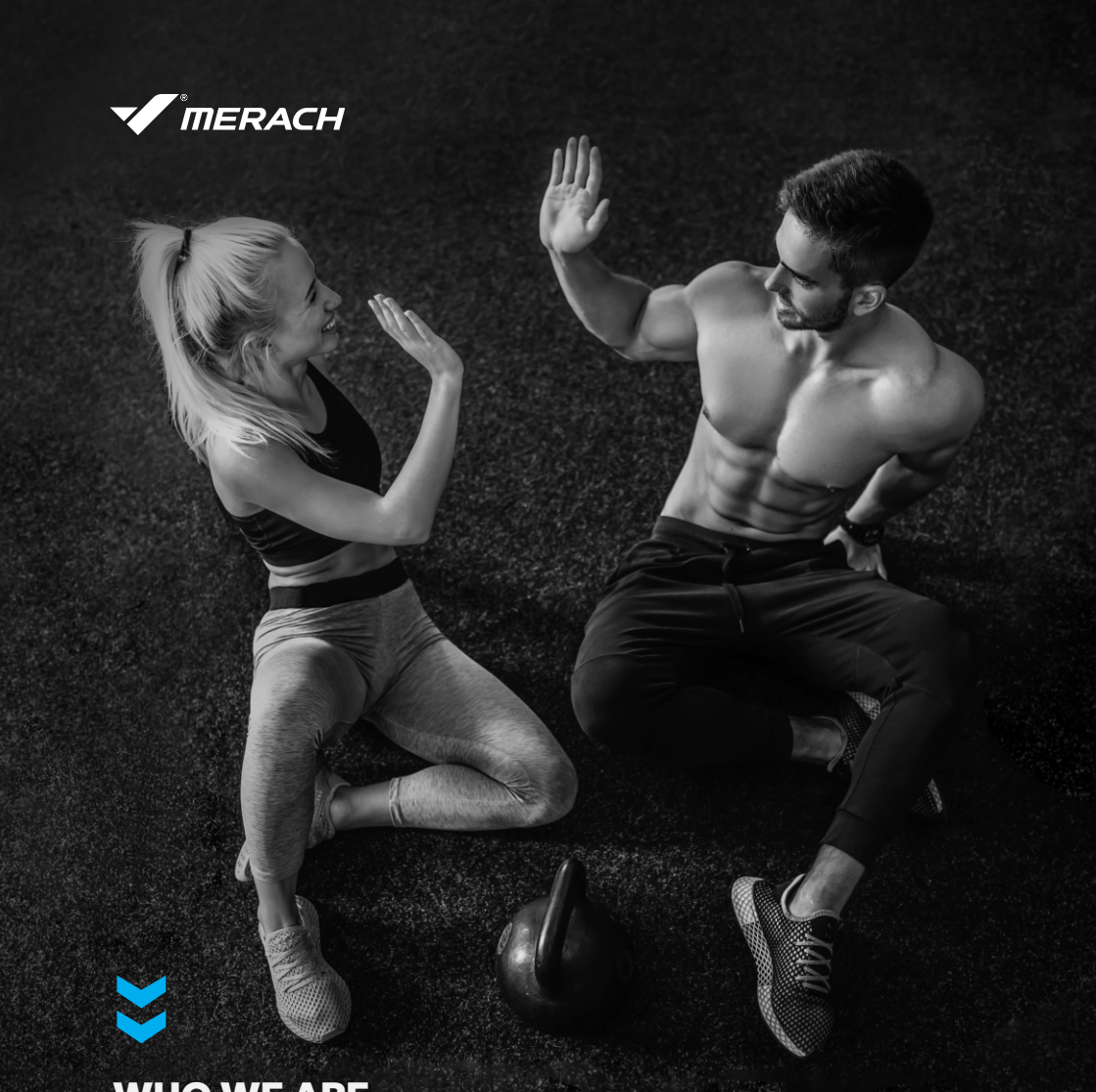


Questions or Concerns?

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
Phone: 1- (877) 3563730 Mon-Fri 8am-5pm (PST)
support@merach.com

Model: MR-R28



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 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

THANK YOU FOR YOUR PURCHASE!

(We hope you love your new rowing machine as much as we do.)

Join

Join the MERACH Fitness Community on Facebook
facebook.com/groups/merachfitness

Explore

Explore fitness courses
merachfit.com/blogs/courses

Enjoy

Enjoy weekly, featured courses
made exclusively by our in-house fitness instructor

WARRANTY REGISTRATION

Please register your warranty to keep yourself protected !

Register your warranty via
merachfit.com/pages/warranty

Email your item model to
register@merach.com

If purchased outside US/Canada: To register your product warranty, contact your local distributor.

For details regarding product warranty or if you have questions or problems with your product, please contact your local distributor.

SELF-SERVICE CUSTOMER SUPPORT FAQ

1. The outer package was broken, which makes me worried that the product may be damaged.

Please contact us via the after-sales email to ask for FREE return /replacement in time.

2. This was the first time I bought your product, is there a user manual or tutorial video available?

A detailed user manual is included in the package and you can also watch the installation video by scanning the QR code on the packaging.

3. I just received the parcel today, but it doesn't come with accessories.

You'll get twice the price refund of the accessories if the missing accessories don't affect your user experience. Or you can contact us for a refund or free accessories via the after-sales email service.

4. Purchased it six months ago, I want to return it but can't find the return window. What should I do?

Great after-sales service including 12-month exchange or return, ***support@merach.com***, or Amazon live chat.

5. Where can I get your latest product information and related promotions?

Search our products on Amazon or visit our ***Facebook, Twitter, TikTok, Instagram @merachfit***, and also you can send us the product list you're interested in and ask if there is any discount.

FAQ

Contact us by ***support@merach.com***

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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 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 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 2.0 ft (0.6m).

- 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 400lbs/180kg.

- This machine is not for professional medical treatment.

- This product is only for consumer 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 from 13 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.

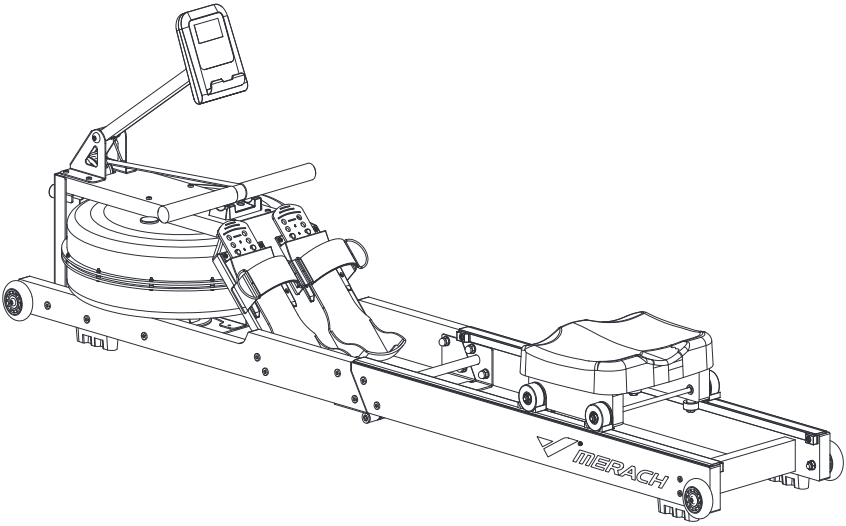
Care & Maintenance

- 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.

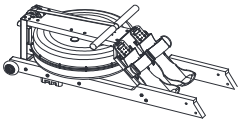
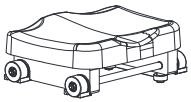
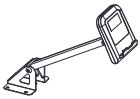
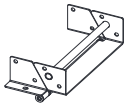
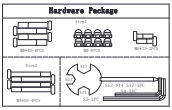
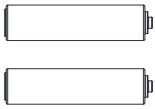
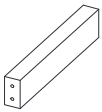
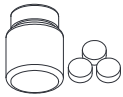
SPECIFICATIONS



Model:	MR-R28
Name:	MERACH Water Rowing Machine
Resistance:	1-6 Level(Water Resistance)
Power:	AAA Battery x2
Max Load:	400lbs/180kg
Product Dimensions:	72.6*17.3*28.0inch/1845*440*710mm
Net Weight:	51.4lbs/23.3kg

PARTS & ACCESSORIES LIST

Check if all parts and accessories are in the package.

 Main Frame	 Left Slide Rail	 Right Slide Rail
 Seat Cushion Assembly	 Monitor	 Rear Connecting Plate Assembly
 Screws & Kits	 User Manual	 AAA Battery x2
 Track Connecting Plate	 Water Absorber	 Water Purification Tablet	 Handle Seat

INSTALLATION GUIDE

Tips | Scan QR code to watch installation video

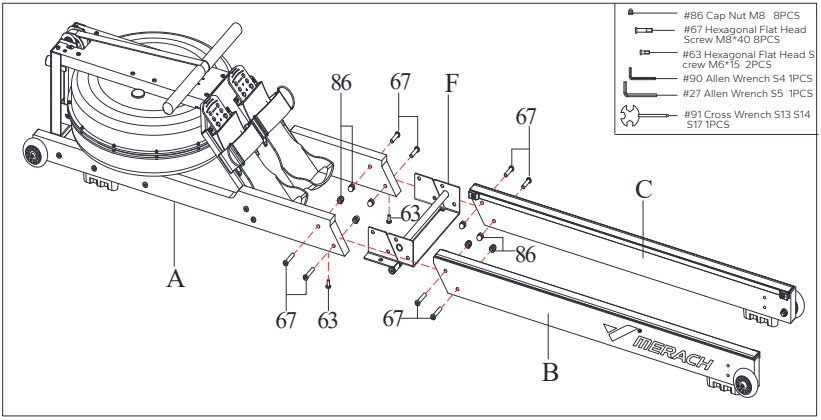
Step 1: Connecting Rails

A. Use the Allen Wrench (27), Cross Wrench (91), Hexagonal Flat Head Screw (67), and Cap Nut (86) to tighten the Main Frame (A), the Rear Connecting Plate Assembly (F), the Left Slide Rail (B), and the Right Slide Rail (C).

B. Use the Allen Wrench (90) and Hexagonal Flat Head Screw (63) to tighten the Main F rame (A) and the Rear Connecting Plate Assembly (F).

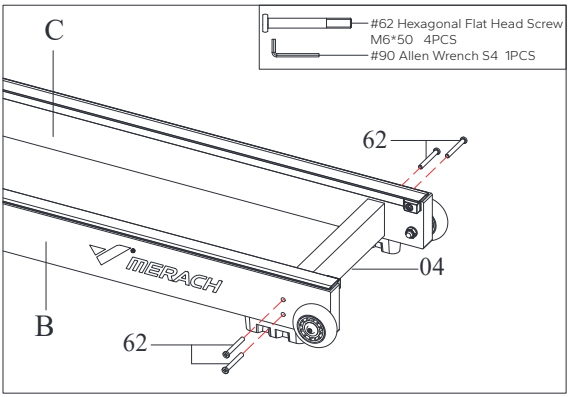
C. Tighten all nuts.

Note: When connect the rails, lift the Main Frame (A) up for easy to align the screws hole of Slide Rail.



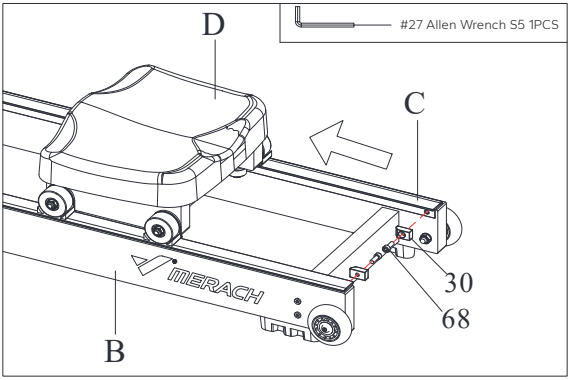
Step 2: Assemble the Track Connecting Plate

Use the Allen Wrench (90) and Hexagonal Flat Head Screw (62) to assemble the Left Slide Rail (B), the Right Slide Raily (C) and the Track Connecting Plate (4).



Step 3: Installing the Seat Cushion Assembly

A. Use an Allen Wrench (27) to remove the pre-installed Seat Stopper (30) and the Hexagon Socket Head Screw (68) from the Left Slide Rail (B) and the Right Slide Raily (C).
B. Push the Seat Cushion Assembly (D) in the direction of the arrow, and then tighten the Seat Stopper (30) and the Hexagon Socket Head Screw (68).



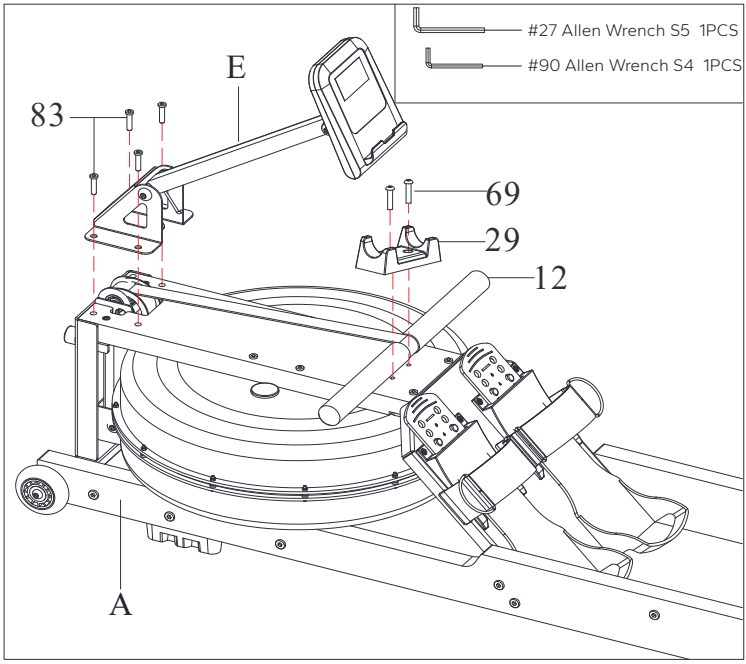
Step 4: Install the Monitor

A. Use the Allen Wrench (27) to remove the pre-installed Hexagonal Pan Head Screw (69) from the Main Frame (A).

B. Use the Allen Wrench (90) to remove the pre-installed Hexagonal Flat Head Screw (83) from the Main Frame (A).

C. Use the Allen Wrench (27) and the Hexagonal Pan Head Screws (69) to install the Handle Seat (29) on the Main Frame (A), and place the Handle Tube (12) on the Handle Seat (29).

D. Use the Allen Wrench (90) and Hexagonal Flat Head Screws (83) to install the Monitor (E) on the Main Frame (A).



PRODUCT OPERATION GUIDE

Water Regulation InstructionF

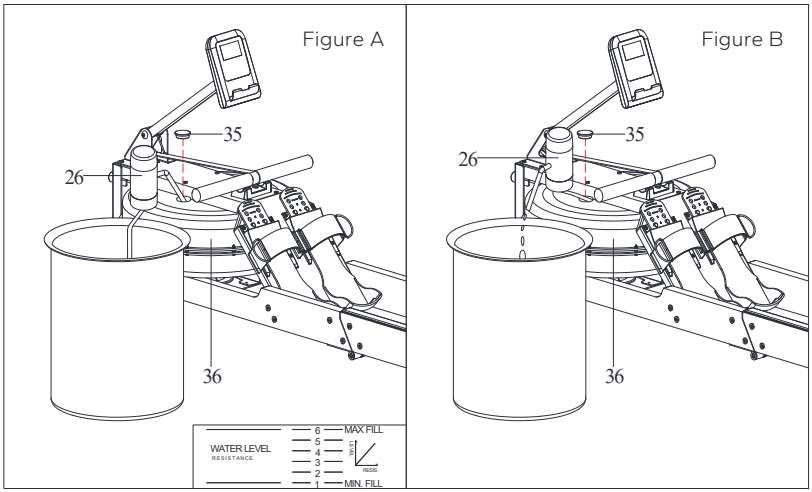
1. Remove the plug from the water tank.
2. Water Filling: Insert the water pump head into the water tank, then insert the water pipe into the bucket. Refer to the numerical scale on the side of the water tank to measure the water level in the tank (as shown in Figure A).
3. Water Drawing: Place a bucket next to the machine, and use the water pump to draw water from the tank into the bucket (as shown in Figure B).
4. Insert the plug back into the top water tank, and use a dry cloth to wipe dry any water stains around the tank.

·Notes: Please ensure the electric water pump is fully charged before use.

·Only non-distilled water should be poured into the water tank, along with adding water purification tablets. Do not use low-quality purification tablets or bleach to avoid damaging the water tank.

·Add water purification tablets every 6 months or as needed. If the water quality becomes very turbid, please replace the water in the tank.

·The water drained from the tank is not suitable for reuse and should be treated as wastewater.



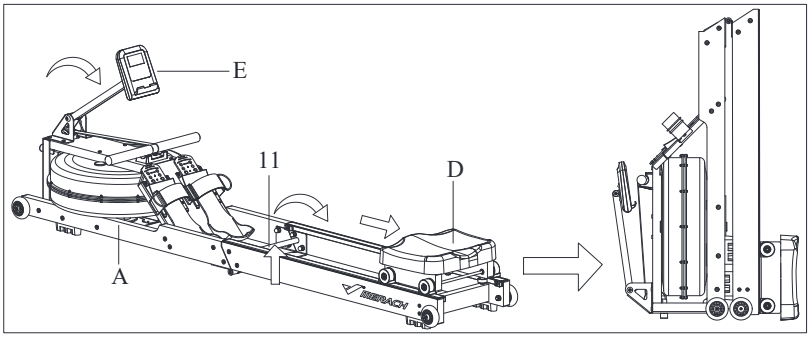
Water Level Scale:

·The water level scale is on the side of the water tank. The maximum water filling level is marked by 6 levels. Do not exceed this numerical line.

·Resistance depends on the amount of water in the tank (1 level of water represents the lowest resistance, while 6 levels of water represent the highest resistance).

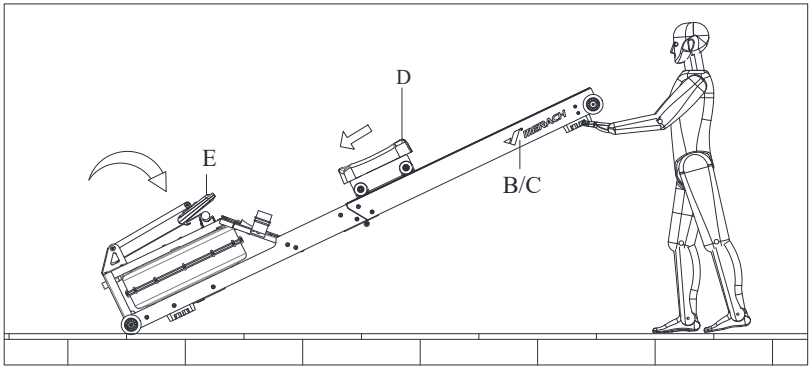
Product Storage

1. Move the Seat Cushion Assembly (D) to the position shown in the figure (to prevent the seat cushion assembly from falling down quickly when the product is folded, which may damage the product).
2. Adjust the Monitor (E) in the direction of the arrow so that it is flat against the Main Frame (A).
3. Hold the Rear Connecting Plate Assembly (11) tightly with your hands and slowly pull it up as indicated by the red arrow.



Product Movement

1. First move the Seat Cushion Assembly (D) to the position shown in the figure (to prevent the Seat Cushion Assembl from falling quickly when the product is folded and damaging the product).
2. Turn the Monitor (E) in the direction of the arrow to make it flat against the Main Frame (A).
3. Hold the Left and Right Slide Rail (B/C) tightly with your hands, lift them up slowly, and move them to the required position.



INSTRUCTIONS OF MONITOR

FUNCTIONAL BUTTONS:



MODE- Push down for selecting functions.
If the long time holds down MODE button down for resetting time, count and calories.

FUNCTION AND OPERATIONS:

1. SCAN:
Press"MODE" button until "SCAN" appears, monitor will rotate through all the 5 functions

2.TIME:
Count the total time from exercise start to end.

3. CNT:
Accumulate the steps while exercising.

4. DIST:
The current status of the traveled distance is displayed.

5 . CAL:
Count the total calories from exercise start to end.

6.T-CNT:
Display the steps you have exercised.

NOTE :

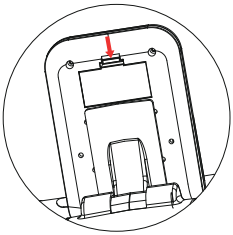
- If the display is faint or shows no figures, please replace the batteries.
- The monitor will automatically shut off if there is no signal received after 4 minutes .
- The monitor will be auto-powered on when starting to exercise push button w/signal in.
- The monitor will automatically start calculating when you start to exercise and will stop calculating when you stop exercising for 4 seconds .

SPECIFICATIONS:

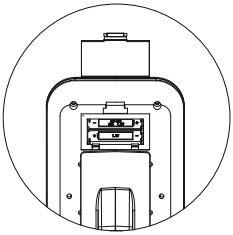
FUNCTION	AUTO SCAN	Every 6 seconds
	TIME	00:00'~99:59'
	COUNT	0-9999
	T.COUNT	0-9999
	CALORIES	0.0~999.9Kcal
	DIST	0-99.99
BATTERY TYPE		2pcs of SIZE –AAA or UM –4
OPERATING TEMPERATURE		0°C ~ +40°C
STORAGE TEMPERATURE		-10°C ~ +60°C

INSTRUCTIONS FOR REPLACING THE BATTERY

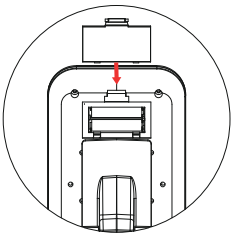
PLEASE NOTE: The device is equipped with 2 trial AAA batteries that have passed MSDS certification. These batteries may not provide the same life as standard batteries. In order to ensure a functioning, please replace them in time.



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.

APP SETUP INSTRUCTION

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

GET IT ON Google Play Available on the App Store

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

App Store

Google Play

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-R28-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

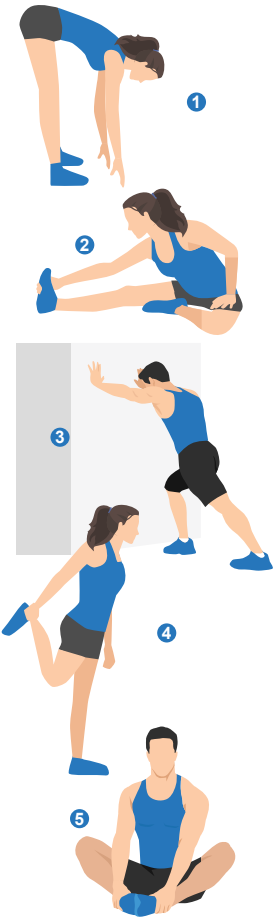
Stand with both hands against the wall or a tree, put one foot behind another. Keep the back leg straight and your heel on the ground, lean toward a wall or a tree. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

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 Figure4).

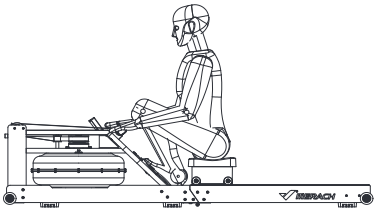
5. Sartorius (inner thigh muscle) stretch

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).



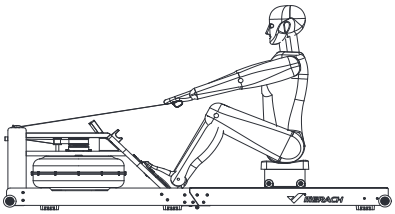
Note: This machine is full body training equipment, please follow the above steps to warm up.

ROWING POSTURE GUIDE



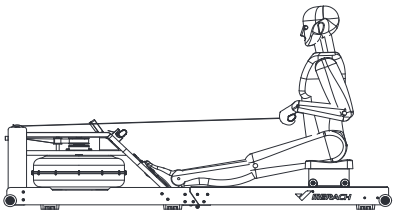
The Catch

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



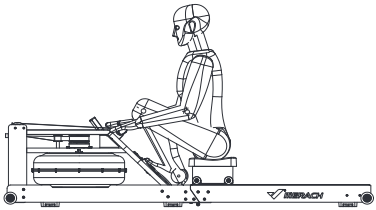
The Drive

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.
What should be done when the rower can not be connectted to the APP?	Check whether other members are connectedto Bluetooth at the same time. If so, unbind and rconnect.
	The rowing machine is still malfunctioning. Please contact Customer Support.
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.
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.
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.

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 contacts, 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@merach.com**.

WARRANTY INFORMATION

Product Name	MERACH WATER ROWING MACHINE
Model	MR-R28
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 13 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.

Additional 12-month Warranty:

You can enjoy an additional 12-month warranty. Just active your warranty by sending the product's model name via ***register@merach.com***, or log onto ***merachfit.com/pages/warranty*** and enter your order number (i.e. Amazon) within the first 14 days of purchase to register your new product for the extended warranty. If you are unable to provide the order number for your product, please type a short note in the order number field along with the date you received your product.

Defective Products & Returns:

Should your product prove defective within the specified warranty period, please contact the Customer Support via ***support@merach.com*** with your invoice and order number. ***DO NOT*** dispose of your product before contacting us. Once our Customer Support team has approved your request, please return the product with a copy of your invoice and order number.

Customer Support

Your satisfaction is our goal! Should you encounter any issues or have any questions about your new product, feel free to contact our Customer Support Team via ***support@merach.com*** or Phone Support:

1- (877) 3563730 Mon-Fri 8am-5pm(PST)

TikTok Shop Exclusive after-sales: ***service@merach.com***

*** Please have your Order ID and serial number (usually on the equipment) ready before contacting Customer Support.**

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@merach

Contact Us: 1- (877) 3563730 Mon-Fri 8am-5pm(PST)
Customer Service: support@merach.com
Official Website: merachfit.com