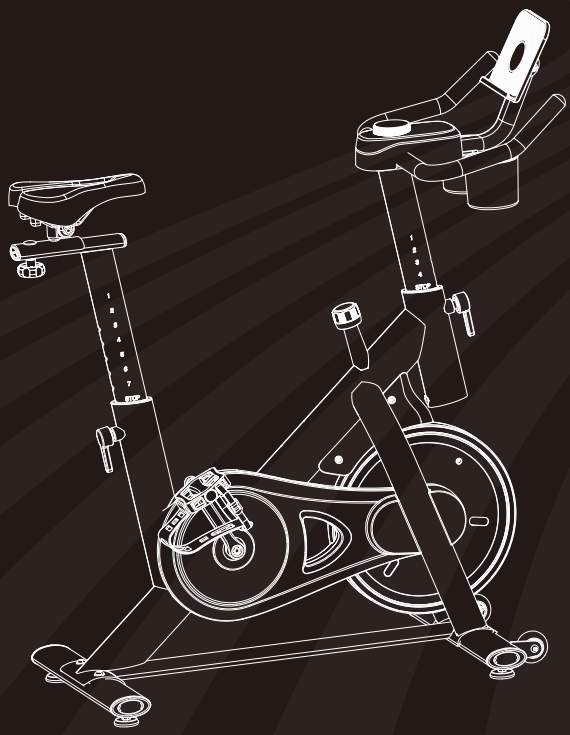
MERACH

POWERED BY MERACH

USER MANUAL

MERACH MR-S26 EXERCISE BIKE



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

MERACH



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.

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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 bike, 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 onthe 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 270 lbs.

Safety Instructions

- 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.

Care & Maintenance

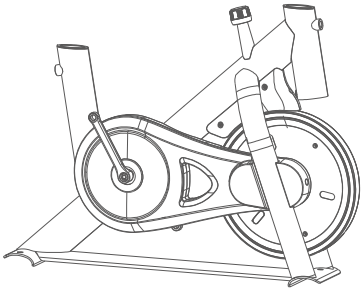
- Do not store the machine in a place exposed to direct sunlight, wind and rain, or with high humidity. If needed, please pack the machine to keep children away from touching or playing with it.
- Please check if there's rust or cracks after long-term storage.
- Please understand that for the consumable 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.

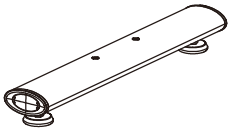


Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditions. Please read all instructions before using the machine.

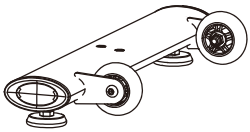
Parts List

1. Main Frame

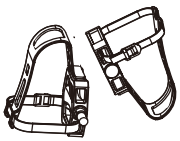




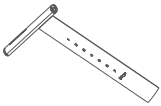
6. Rear Foot Stabilizer



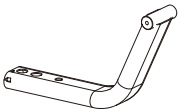
7. Front Foot Stabilizer



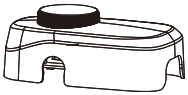
40 56. Pedals*2



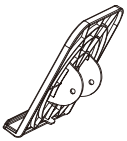
Seat Post



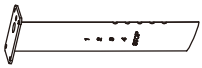
8. IPAD Holder Support Tube



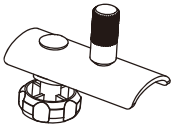
98. Monitor Decoration Cover



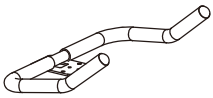
11.IPAD Holder



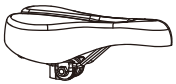
4. Handlebar Post



3.Seat Slider Assembly



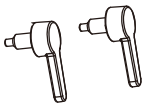
5. Handlebar



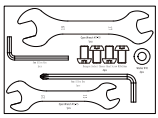
9. Seat



16.Bottle Holder



29. L-shape Pop pin Knob*2



Screwkit

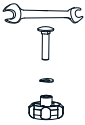
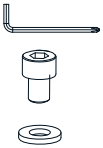


Batteries



Instruction manual

Parts Tool List

Step 1	 #D	#6 Allen Key with Phillips screwdriver head x1 Hexagon Socket Cheese Head ScrewM10*16 x4 WasherΦ10 x4
Step 2	 #B #A	#17-#19 Open Wrench x1 #13-#15 Open Wrench x1
Step 3		L-shape Pop Pin Knob x1
Step 4	 #A	#13-#15 Open Wrench x1 Carriage Bolt x 1 Washer x1 Lock Knob x1
Step 5		L-shape Pop Pin Knob x1
Step 6	 #D	#6 Allen Key with Phillips screwdriver head x1 Hexagon Socket Cheese Head Screw x4 Washer x4
Step 7	 #D #C	#6 Allen Key with Phillips screwdriver head x1 #5 Allen Key x1 Hexagon socket head cap screw x2 Hexagon socket flat round head screw x2 Elastic Pad x2 Washer x2
Step 8	 #C	#5 Allen Key x1 Hexagon socket flat round head screw x2
Step 9		AA Battery x2
Step 10		Monitor with Decoration Cover x1



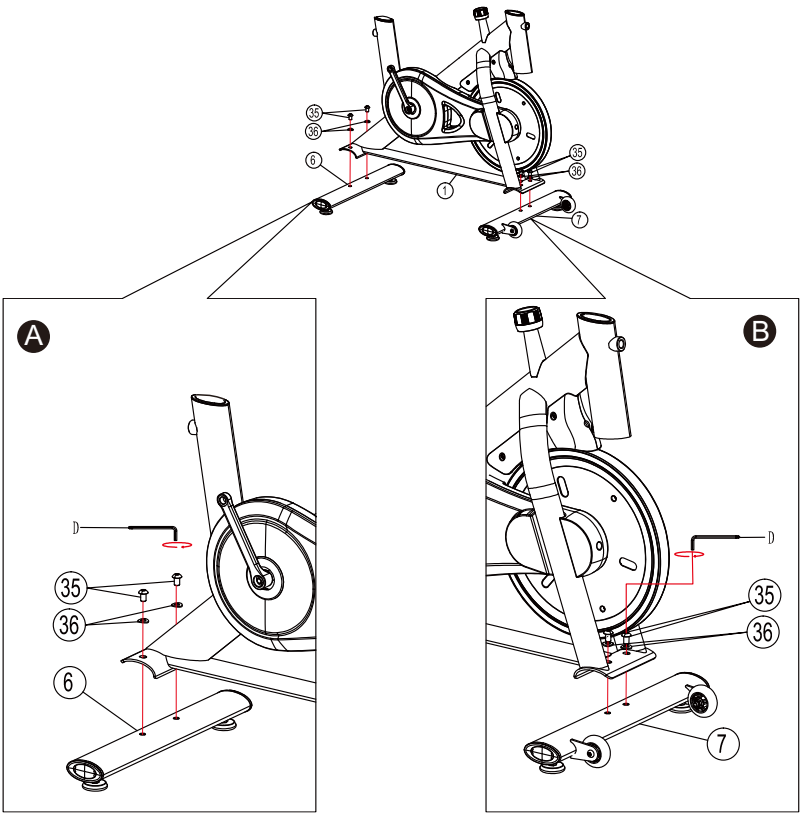
Tips | Scan QR code to watch installation video

Step 1: Install Front and Rear Stabilizer

Take out Tool D-Allen Key, 4×Hexagon socket flat round head screws M10*16 (35) and 4×Washer Φ10(36)from Toolkit.

A: Place the Rear Stabilizer (6) as shown in the figure and align it with the fixing holes on the frame. Secure it to the frame with Tool D, Hexagon socket flat round head screw M10*16 (35) and the Washer Φ10(36).

B: Place the Front Stabilizer (7) as shown in the figure and align it with the fixing holes on the frame. Secure it to the frame with Tool D, Hexagon socket flat round head screw M10*16 (35) and the Washer Φ10(36).



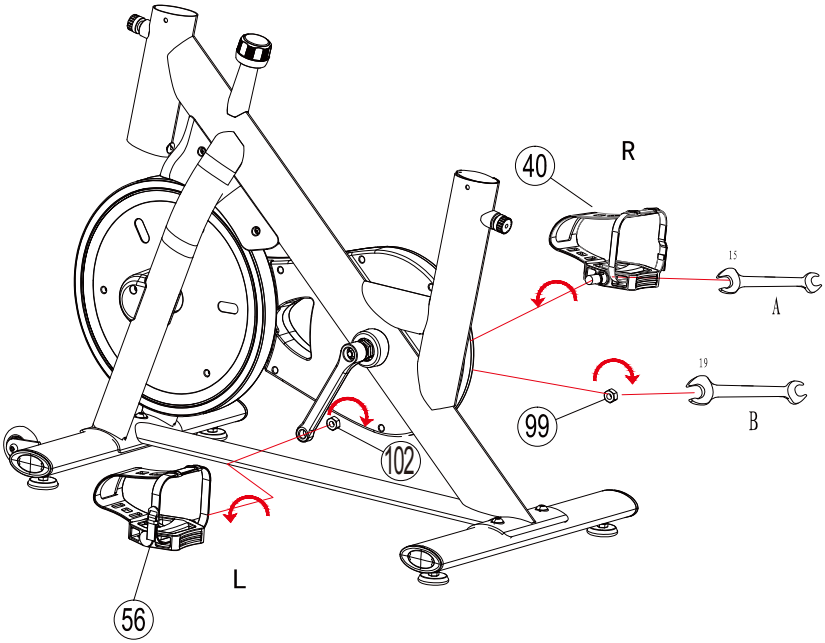
Step 2: Install Left & Right Pedal

1. Remove the left Hexagonal nut (102) on the left pedal (56) and the right Hexagonal nut (99) on the right pedal (40) respectively with Tool B #19 and put them aside.

2. Install the left pedal (56) by vertically aligning it with the left crank hole. Rotate the left pedal (56) 3 turns by hand in the direction shown in the figure (towards the direction of the flywheel), and then lock the pedal with the Tool A #15.

3. Finally, install the removed Hexagonal nut (99) back onto the pedal with Tool B #19.

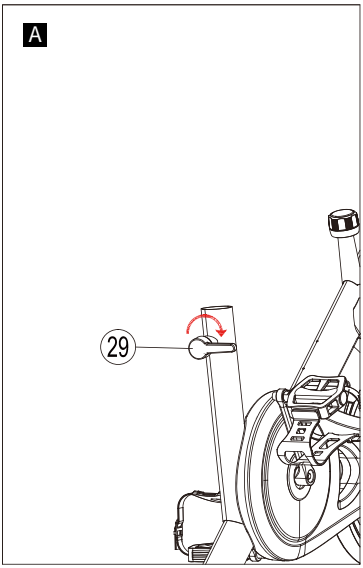
4. Install the right pedal (40) in the same way. Note that the direction of tightening is all toward the flywheel.

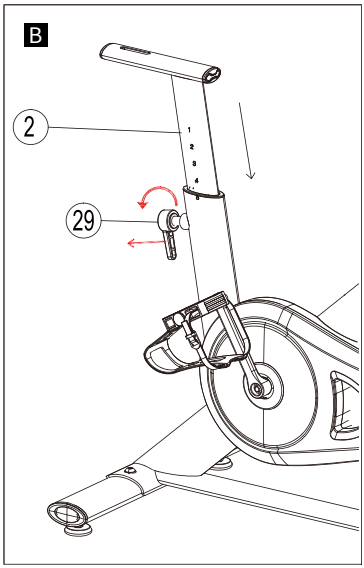


Step 3:Install Seat Post

1. As shown in the picture, lightly turn the knob (29) 3 turns to fix it on the frame. (Figure A)

2. Hold the handle of the knob (29) with one hand and pull it out, and put the seat cushion upper and lower adjustment tube (2) into the frame with the other hand. Adjust it to the appropriate height and then rotate the knob (29) to lock the adjustment tube. (Figure B)



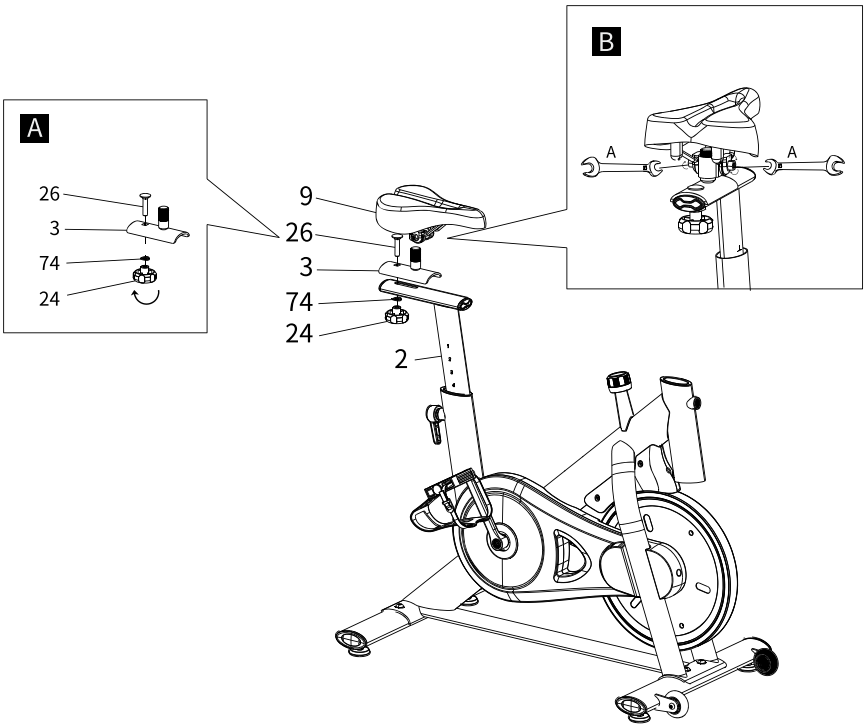


Step 4: Install Seat Slider and Seat

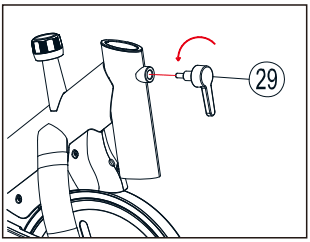
1. Take out Seat Slider Assembly from the inner package. Remove the Carriage screw(26), Washer(74) and Lock Knob(24) and put them aside (Figure A) .

2. Place assembled Seat(9) and Seat Slider(3) on the Seat Post(2), and then use carriage screw(26) & Washer(74) & Lock Knob(24) to lock it.

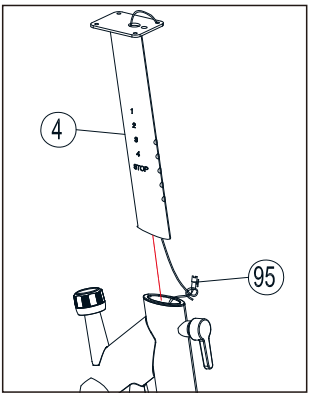
3. Refer to figure as below, place Seat(9)onto Seat Slider(3). Then lock the nuts on both sides of the seat by Tool A#13. Make sure the front of the seat is facing straight ahead when locking (Figure B) .



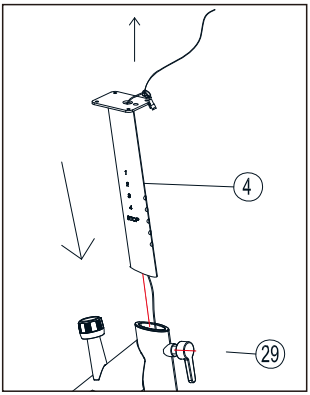
Step 5:Install Sensor Middle Wire and Handlebar Post



1. Take out L-shape Pop pin Knob (29) from inner package and rotate 3 turns to fix it to the frame.



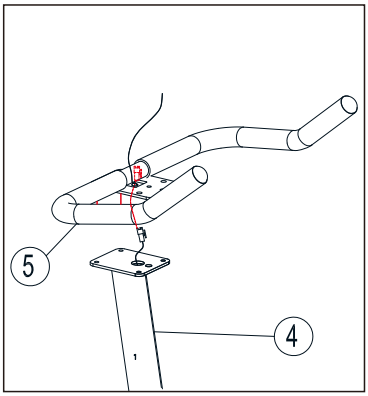
2. Then untie the steel wire fixed at the bottom of the Handlebar Post(4). Secure the Sensor Middle Wire(95) with the end of the steel wire.



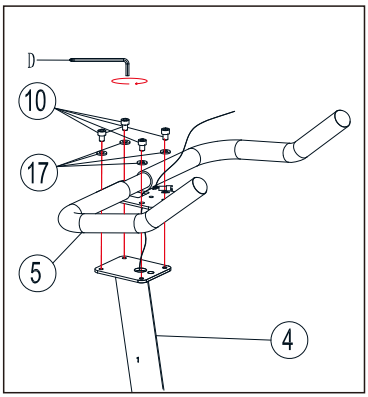
3. Pull the upper most end of the steel wire to drive the Sensor Middle Wire(95) through out the inside of the Handlebar Post(4) to the top and hold it in place.
4. Hold the Knob(29)Handle and pull it outward, while installing the Handlebar Post(4) into the Main Frame(1) to the proper position. And rotate the knob(29)to lock the Handlebar Post(4).

Step 6: Install Handlebar

Remove the 4×Hexagon Socket Head Cap Screw(10) and Washer(17) and put them aside for using.



1. Pull the steel wire to bring the Sensor middle wire(95)connector passes through the slot in the center of the Handlebar mounting piece.



2. Place Handlebar (5) on Handlebar Post (4) as shown. Make sure the holes are aligned. Secure the Handlebar (5) to the Handlebar Post (4) as shown in the figure by using Tool D #6, Hexagon socket head cap screws (10) and Washers (17).

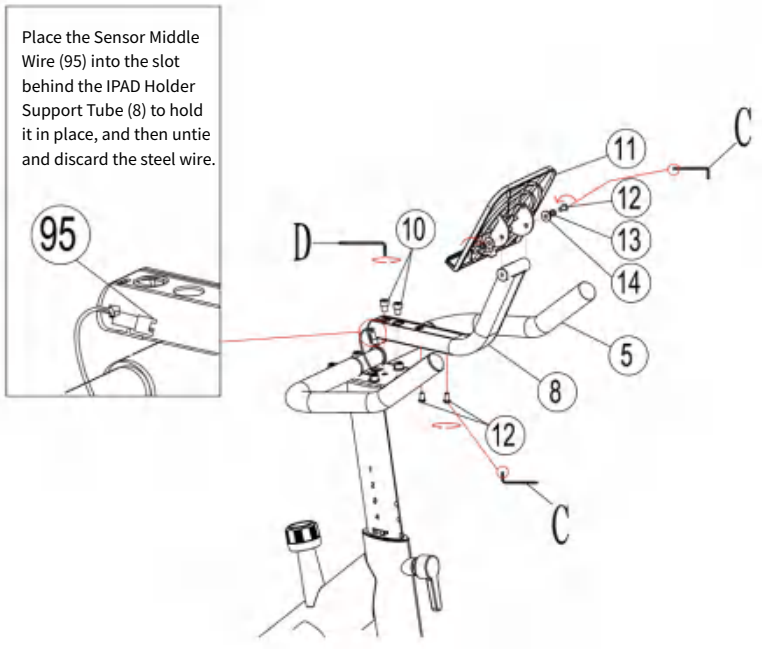
Step 7: Install IPAD Holder Support Tube and IPAD Holder

1. Take out the IPAD Holder Support Tube (8) from the inner package, and remove the 2 ×Hexagon socket head cap screws (10) on the tube and the 2×Hexagon socket flat round head cap screws (12) at the backward of the tube and put them aside.

2. Place the IPAD Holder Support Tube (8) on the Handlebar (5). Then lock it by using Tool D and Hexagon socket head cap screws (10).

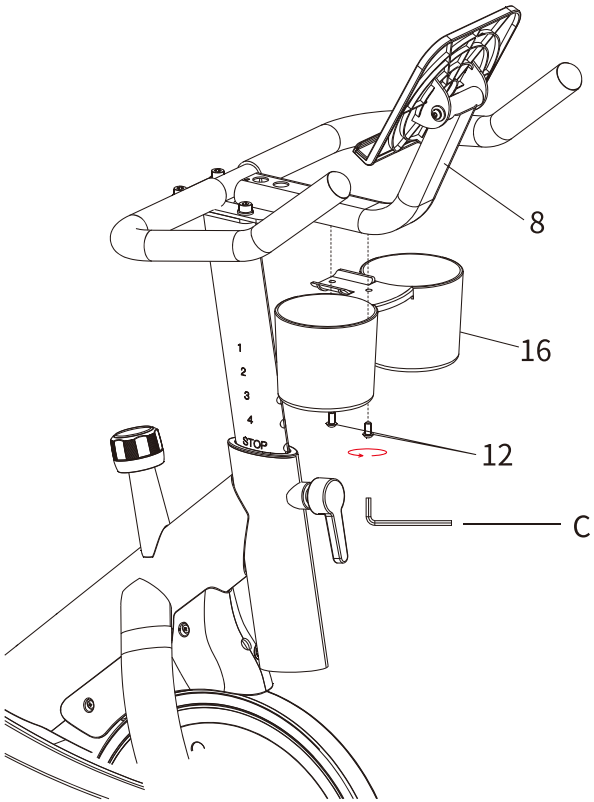
3. Then remove the 2 ×Hexagon socket head cap screws (12), 2×Elastic Pad (13) and 2 ×washers (14) from the top of the IPAD Holder Support Tube (8) with Tool C.

4. Align the holes in the back of the IPAD Holder (11) with the holes on the top of the IPAD Holder Support Tube (8). Then secure it by using Tool C and Hexagon socket head cap screws (12), Elastic pad (13), and Washers (14) as shown in the figure.



Step 8: Install Bottle Holder

Align the screw holes on the Bottle holder(16) with the screw holes on the IPAD Holder Support Tube(8). Then tighten the Bottle holder by using the removed Hexagon Socket Head Flat Round Head Screw(12) in Step 7 and Tool C.



Step 9: Install Batteries

Remove the back cover by hand(Figure A),then prepare the batteries(Figure B) and install two 2A batteries(Figure C). And install the back cover to complete the battery installation (Figure D)

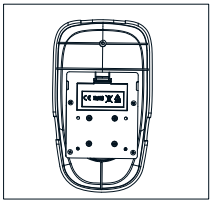


Figure A

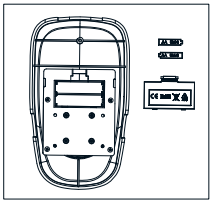


Figure B

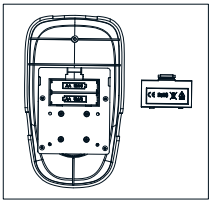


Figure C

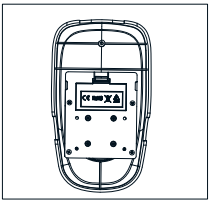
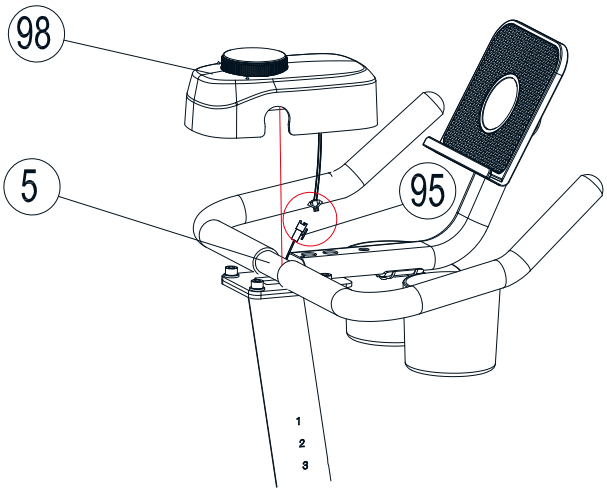


Figure D

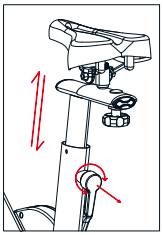
Step 10: Install the Monitor Decoration Cover

Plug the wire from the backward of the Monitor Decoration Cover(98) and the Sensor wire(95) coming out of the Handlebar (5). Then snap the Monitor Decoration Cover(98) onto the Handlebar.

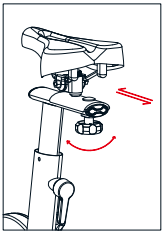


Installation is complete. Check all mounting screws and make sure they are tightened.

Adjustment method of cushion



Up and down adjustment method
Turn the cushion column knob with one hand, loosen it slightly and pull out ward. Grab the cushion with other hand, and pull it up (or down). Slightly move the saddle column up and down after adjusting to the desired position, loosen the spring to restore it to its original position (the knob is already in the hold of the cushion column when you hear a "clicking" sound), and then retighten the knob.



Front and rear adjustment method
Loosen the knob at the bottom of the saddle and slide the saddle back and forth. Tighten the knob after adjusting to the desired position.

Adjustment of handrail height

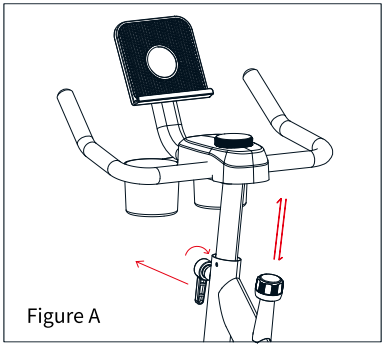


Figure A

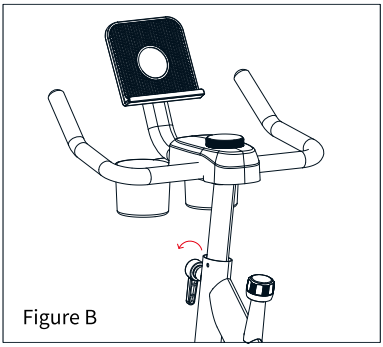


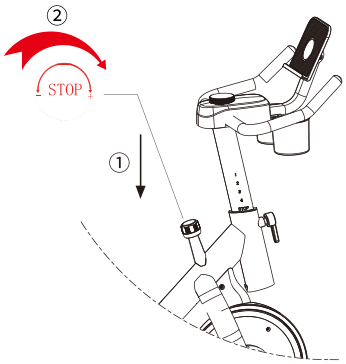
Figure B

You can adjust the handrail height according to your height.

- Rotate the pull pin,loosen it and put it outward to move the handrail column up and down (Figure A).
- After adjusting to the appropriate height, please align the pull pin and the hole of the handrail column,and tighten it by turning clockwise (Figure B).

If the handle lever can not be moved up and down smoothly, you can apply the lubricating oil.
Please note that your hands may get dirty if you touch them directly.

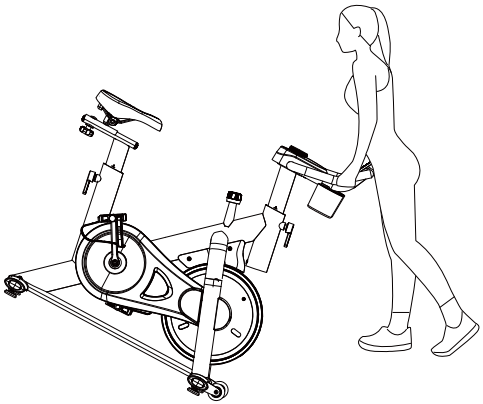
Emergency stop and use method of brakes



1. About emergency stop
The flywheel and the pedal of the dynamic bicycle belong to the linkage state. If the flywheel does not stop rotating, the pedals will not stop rotating. It is dangerous to leave the pedals while the pedals are rotating or to take your foot off the pedals immediately.
If you need to stop the pedals in an emergency, please press the brake knob downward until the motorized bike stops.

2. How to use brakes
In case you want to stop after reaching a certain movement speed, you can put your hand on the knob and push it down to gradually add resistance to the wheels and finally stop the bike.

Machine handling instructions



When moving the product, hold the front of the handle and push it down so that the moving wheels of the forefoot tube completely touch the ground.

For women and the elderly, it is easier to hold the front leg tube with your feet and press down on the front of the steering wheel. After lifting up. the movement becomes simple. The method is the same when putting it down, first fix the front leg tube with your feet before putting it down.

1.Main Display Instruction

NO.	Project	Display	Description
1	Display		1.Display exercise data: "Time," "Speed," "Distance," "Calories," "Power," "Cadence. 2.Display Bluetooth connection status. 3.Display in both metric and imperial units. 4.The panel touch button serves as the settings function. 5.The shuttle knob functions to switch display modes during operation and to adjust settings when needed.
2	Button Instruction		1. Touch Button: a) Short press to cycle through different function displays. b) Long press for 2 seconds to clear data and enter the settings mode. c) In the settings mode, short press to toggle between different setting items. 2. Shuttle Knob: a) In the settings mode, it is used to adjust the target values for various items. b) In the working mode, it toggles the display of different items.
3	Target Mode		1. After powering on the battery, it automatically enters the settings mode. 2. In a stationary state, press the touch button for 2 seconds to enter the settings mode. 3. Short-press the touch button to toggle between setting items, and rotate the shuttle knob to adjust the setting values. 4. In the settings mode, the corresponding item will flash to indicate it's selected. 5. The sequence for settings is as follows: Time -> Distance -> Calories. 6. The time setting value is 1 minute, the distance setting value is 0.5 kilometers, and the calorie setting value is 1 calorie. 7. Once the goal is set, starting exercise will directly enter the goal mode. If no goal is set, starting exercise will enter free mode.

1.Main Display Instruction

NO.	Project	Display	Description
			8. In the goal mode, the set items work in a positive count manner. When the goal value is reached, there will be a "DIDI" sound alert, and it will automatically stop. 9. After stopping exercise in goal mode, a 2-second touch is required to reset the data to zero before starting exercise again. 10. If the goal values are not cleared, the control panel will continue to operate in goal mode indefinitely. 11. If the target value is not cleared, the computer will keep running in target mode.
4	Switch Mode		1. Each data item rotates every 3 seconds. 2. Icons flash to indicate display changes. 3. The main window displays numbers in a carousel for "Time," "Speed," "Distance," "Calories," "Power," and "Cadence." 4. The Bluetooth indicator light shows the Bluetooth connection status, with it being lit when connected and off when disconnected.
5	Lock Mode		1. Rotate the shuttle knob left or right to switch between display modes and lock in the data you need. 2. The main window can be locked to display "Time," "Speed," "Distance," "Calories," "Power," and "Cadence." 3. At this point, the icons remain fixed on the display. 4. The Bluetooth indicator light shows the Bluetooth connection status, being lit when connected and off when disconnected.
6	Sleep Mode		1. After 3 minutes of inactivity, the system enters a sleep mode with the display turned off. 2. Detection of motion or rotation of the knob can both wake it up.

2.Operation Instruction



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



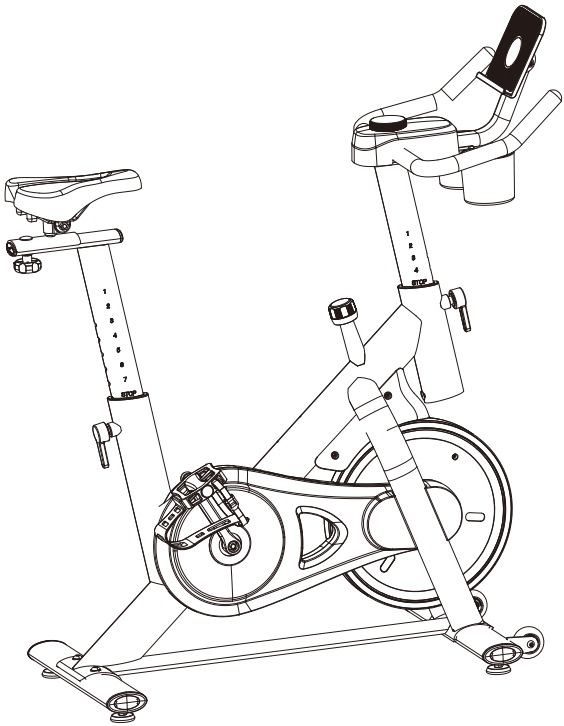
Figure 6

1. The main window default displays carousel numbers in the following order: "Time," "Speed," "Distance," "Calories," "Power," "Cadence" (Figures 1, 2, 3, 4, 5, 6), switching every 3 seconds.
2. By using the shuttle knob to the left/right, you can fix the display of the corresponding function item in the following order: Carousel -> Time -> Speed -> Distance -> Calories -> Power -> Cadence.
3. In carousel mode, the respective function indicator icons will flash. In fixed display mode, the corresponding function indicator icons will remain steady.
4. In any state, holding down the touch button for 2 seconds will reset the data to zero and enter the settings mode.
5. In the settings mode, a short press of the touch button will switch between setting items, and rotating the shuttle knob will set the target values.
6. Goal mode: When target values are set, the control panel operates in goal mode.
7. Free mode: When no target values are set, the control panel operates in free mode.
8. Note: To return the control panel to free mode, it is necessary to reset all target values to zero in the settings mode. Otherwise, it will continue to operate in goal mode.

3.Data Display Description

Item No.	Item	Display window	Display instructions
1	Time		00:00 ~ 99:59 Starts after motion is detected and stops 4s after motion is stopped
2	Speed		Range 0.0 ~ 99.9 mph
3	Distance		Range 0.0 ~ 999.9 mile
4	Calories		Range 0.0 ~ 9999 Kcal 15 Kcal/Miles
5			Range 0~999
6			Range 0-199
7	Bluetooth icon		ICON Display:Bluetooth Connected Not Display:Bluetooth Not Connected

Technical Details



Resistance Adjustment:	Manual
Model Name:	MR-S26
Max. User Weight:	270lbs
Item Weight:	28.8kg (63.5 lbs)
Item Dimensions L x W x H:	42.6*19.3*48.6inch (1083*490*1234mm)

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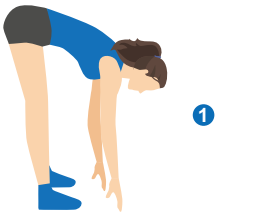


1. To download the Kinomap app, scan the QR code or search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose MERACH.
5. Select "Exercise bike", and find your "MRK-S26-XXXX".
6. Start training and explore different workout methods.

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).



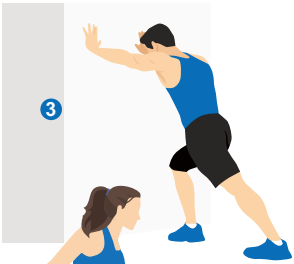
2. Seated hamstring stretch

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).



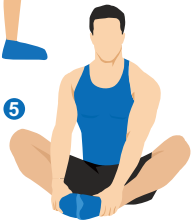
4. Quadriceps stretch

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).



Troubleshooting

Problem	Possible Solution
How to adjust gear?	Turn the knob clockwise to increase resistance and counterclockwise to decrease resistance.
What to do when the handle shakes slightly?	Check whether the connecting screws of the handle and the front column tube are firmly fixed.
	Check if the retaining knob is locked.
What to do when the machine shakes during use?	Check whether the front and rear foot tubes are fastened enough.
What to do when pedals loose?	Following the setup instruction, to check whether the left and right pedals are locked on the first step.
	Following the setup instruction, to check whether the inner fixing nut of the second stage of setting up the pedal is locked.
What to do when the whole machine is slightly tilted?	Check whether the four adjusting foot pads at the bottom of the front and rear foot tubes are on the same plane.
	Adjust and rotate the raised foot pads parallel to the floor.
What to when the monitor does not display?	Check whether the positive and negative electrodes of the battery are installed correctly.
	Rreplace the battery with a new one.

Warranty Information

Product Name	MERACH Exercise Bike
Model	MR-S26
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.

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