



MERACH EXERCISE BIKE

Product instruction manual



*Products are based on
the actual product

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Instructions for safe use

Please keep this instruction manual for future reference.

- Before assembling and using the training equipment, it is very important to read carefully all the contents of the instruction manual, only the correct installation, maintenance and use of the training equipment can achieve safe and effective training results, it must be ensured that all users are familiar with all the warnings and precautions of the training equipment.
- Before using this training equipment, the user should consult a doctor about his/her physical condition to prevent safety accidents during training that may prevent him/her from training properly. If the user is undergoing treatment for a medical condition such as heart, blood pressure, cholesterol, etc., it is important to consult a doctor before training.
- When training, you should always pay attention to the condition of your body, incorrect training methods may affect your health. If you have the following uncomfortable symptoms (including: headache, chest tightness, irregular heartbeat, shortness of breath, halo, dizziness and nausea, etc.), please stop training immediately, and you must get a doctor's examination and confirmation in time, and you must get a doctor's permission to continue the training.
- Children and pets must be kept away from the training equipment, which is intended for adult use only.
- The training equipment should be placed on a hard, flat surface, and the floor or carpet should be covered with a protective layer to prevent damage to the ground, and to ensure that the perimeter of the training equipment and the spacing between the obstacles is not less than 0.5 meters.
- 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 damaged, worn and cracked parts.
- It is important to ensure 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 emitted during use, stop operation and use immediately and make sure that all problems are solved before proceeding.
- When using this training equipment, please wear sportswear, sports shoes, and simple clothes as much as possible when exercising. Avoid wearing baggy clothes as they may get stuck somewhere on the equipment, preventing operation and possibly trapping you on the equipment. This training device is not suitable for medical use.
- Special attention has been paid to the components, with the vulnerable parts being the handlebar grips and pedals.
- The overall performance of the training equipment and each moving part must be done regular inspection so as to ensure the safety of the product. If there is damage to the moving parts it should be stopped until it is repaired.
- Training equipment is not a child's toy and parents and other guardians of children need to be clear about their responsibilities, as children's playful and experimental nature can lead to accidents.
- When using, the foot must be put into the stirrup foot cover, pull the strap tightly, to avoid the foot out of the stirrup, causing danger.
- This training device is a non-speed related training device.
- The training equipment is home indoor fitness equipment H class, maximum load capacity of 120kg.
- Dynamic bicycle with inertia wheels, the use of inertia wheels and pedals should be noted that may cause injury to the human body.

Instructions for safe use

Maintenance

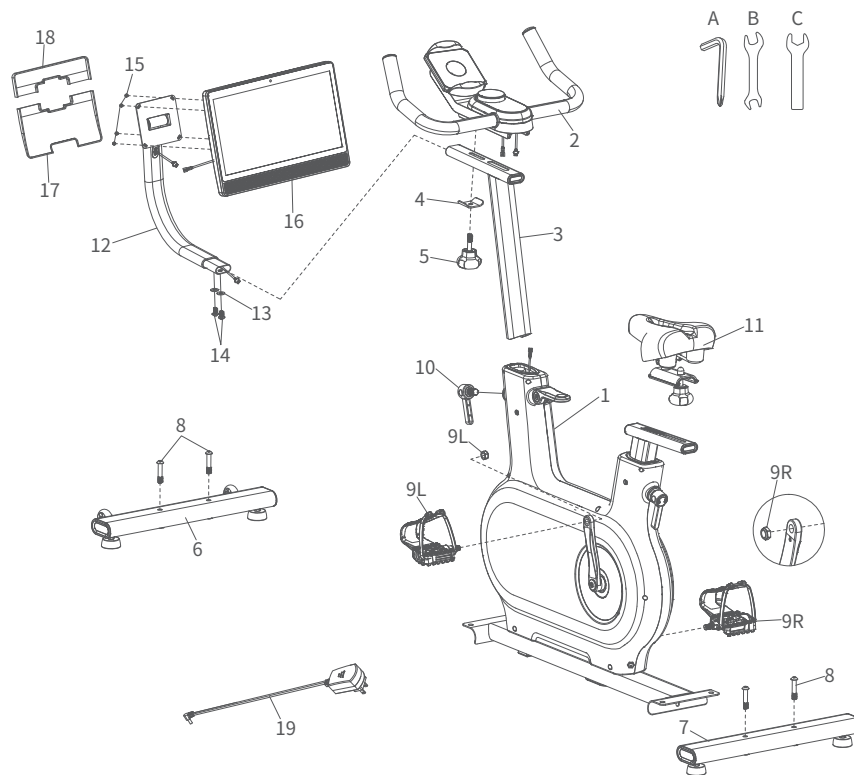
- Please do not store it in direct sunlight, windy places, or places with high humidity. Also, please pack as necessary so that small children do not touch or play with it.
- After storing the product for a long period of time, be sure to check for rust or cracks.
- Consumable parts may deteriorate due to wear and tear even with regular maintenance. Please be aware of this in advance.
- In order to use this product for a long period of time, please wipe off the dirt regularly. In this case, please do not pour water directly or wipe with gasoline or abrasive powder. Otherwise, it may cause cracks, electric shock or fire in parts and body. For maintenance, please use something that dilutes neutral detergent.

Warnings



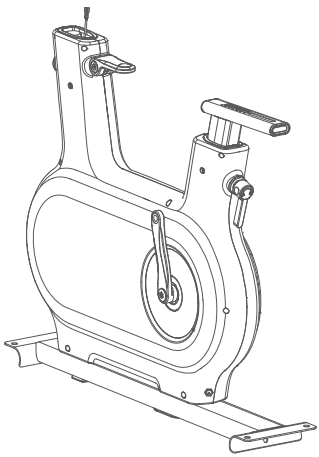
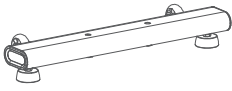
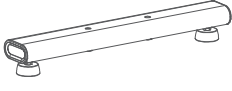
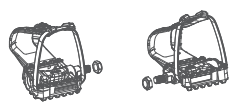
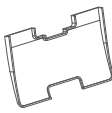
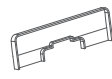
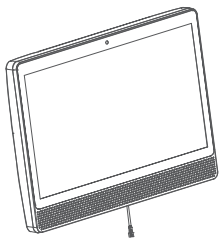
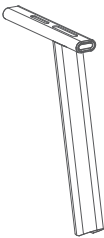


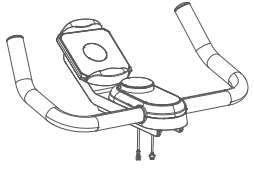
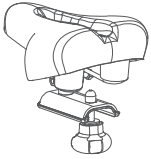
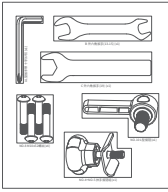

Consult your physician before beginning any exercise. This is especially important for individuals over the age of 35 or with pre-existing health problems. Read all instructions before using any apparatus or equipment.

Product assembly details



packing list

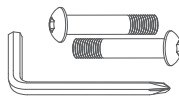
Be sure to check that each part and accessory is complete.

<p>(1)main frame×1</p> 		<p>(6)forefoot×1</p> 	
		<p>(7)back pin×1</p> 	
		<p>(9L)left pedal×1 (9R)right pedal×1</p> 	
		<p>(17)back cover ×1</p> 	<p>(18)back cover ×1</p> 
<p>(16)tablet ×1</p> 	<p>(3)Handrail support tube×1</p> 	<p>(12)Flat stand×1</p> 	<p>(19)Power adapter × 1</p> 
<p>(2)Handrail assembly × 1</p> 	<p>(11)Cushion kit × 1</p> 	<p>Screw tool kit × 1</p> 	<p>Instruction manual × 1</p> 

Parts Tool List

Be sure to check that each part and accessory is complete.

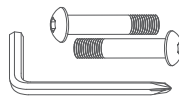
Step 1



(8)screw M10*52×2

A L type with Phillips wrench (S6) × 1

Step 2



(8)screw M10*52×2

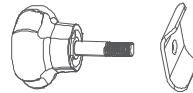
A L type with Phillips wrench (S6) × 1

Step 3



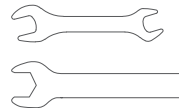
((10)L-shaped wrench knob×1

Step4、 5



(4) Curved iron piece
(5) Fixed armrest knob

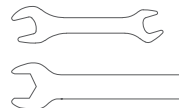
Step7、8



B Hexagonal wrench 13-15 x 1

C Hexagonal wrench 19 x 1

Step9、10



B Hexagonal wrench 13-15 x 1

C Hexagonal wrench 19 x 1

Step 11



A L type with Phillips wrench (S6) × 1

Step 12

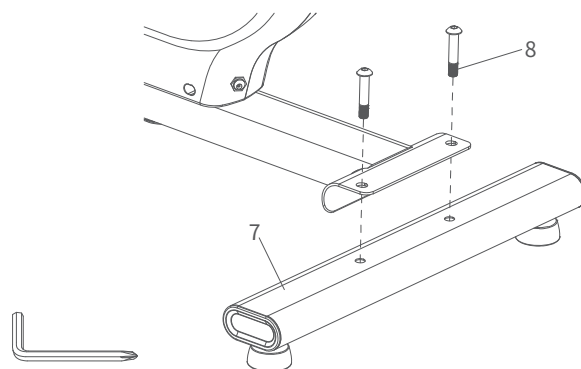


A L type with Phillips wrench (S6) × 1

Installation steps

Step 1:

Thread 2 screws (8) into the rear curved piece of the main frame to connect with the rear legs (7) as shown in the diagram, then use tool wrench A (S6) to tighten the screws to complete the rear leg assembly.

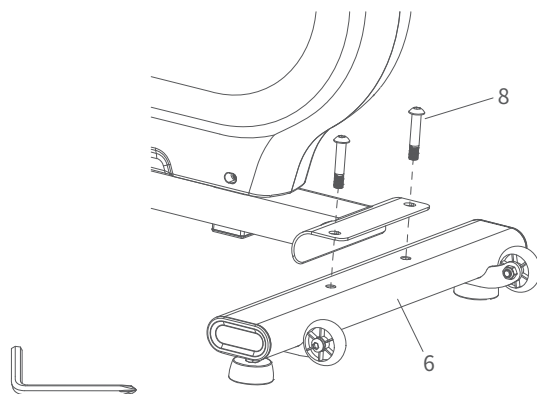


A L-shape with Phillips wrench(6S)

Installation steps

Step 2:

Thread 2 screws (8) into the front curved piece of the main frame to connect with the front legs (6) as shown in the picture, then use tool wrench A (S6) to tighten the screws to complete the front leg assembly.



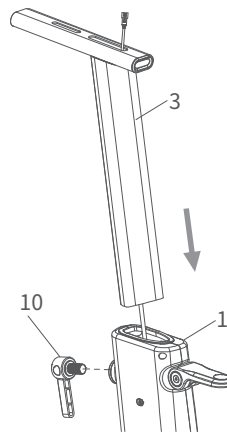
A L-shape with Phillips wrench(6S)

Installation steps

Step3:

- ① : First pull out the power cord at the main frame (1) and remove the mini traction wire;
- ② : Tie the power cord on the main frame to the mini traction wire inside the armrest support tube (3), put it through the armrest support tube and pull out the power cord;
- ③ : Insert the armrest support tube (3) into the main frame as shown in the figure, locate it on the MAX7 stop scale, take out the L-shaped wrench knob (10), lock it with the hole and screw it tight.

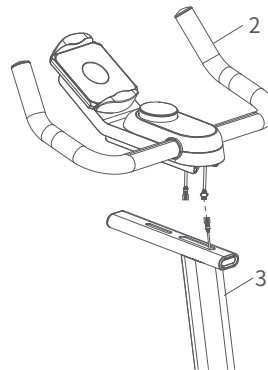
NOTE: Make sure you are in the highest gear, MAX 7, to avoid damaging the sense wire.



Step 4:

Align the shuttle knob with the middle position of the armrest and lock it in. If the knob does not move, it is already locked. Then connect the handrail assembly (2) inductor wire and handrail support tube (3) inductor wire as shown in the diagram (please note that the pins should not be skewed, gently fasten them gently, and do not use too much force in order to avoid damaging the pins);

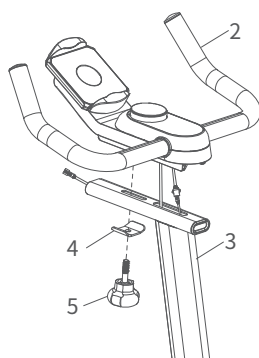
NOTE: After connecting the inductor wire, then remove the mini tow rope in order to prevent the inductor wire from dropping into the car body.



Installation steps

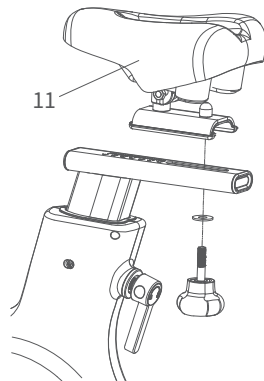
Step 5:

- ① : Plug the connected induction wire into the armrest support tube as shown, and then combine the armrest assembly (2) with the armrest support tube (3);
- ② : Set the curved iron piece (4) into the fixed armrest knob (5), lock the knob by aligning the holes and tighten it.



Step 6:

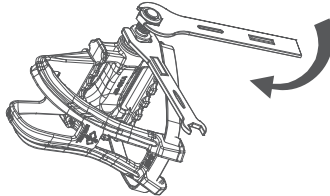
- ① : Take out the seat cushion assembly (11), remove the pre-locked knob and spacer;
- ② : Snap the seat cushion into the seat cushion support tube groove as shown in the figure, install the spacer into the knob first, and then align the holes to lock the knob and tighten it to complete the installation of the seat cushion.



Installation steps

Step 7:

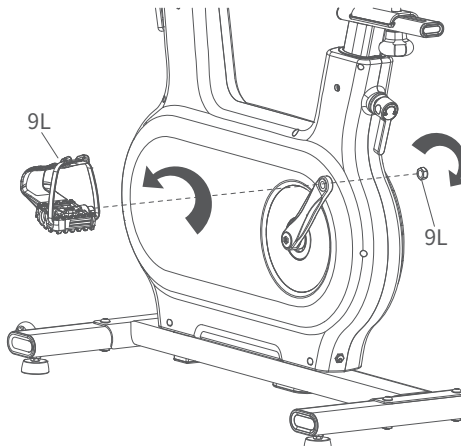
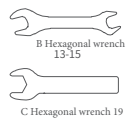
- ① : Take out the left stirrup (9L), then check whether the labeling of the stirrup and the labeling on the crank plate are the same;
- ② : As shown in the figure, use the tool wrench B (open end 15) to hold the stirrup shaft, then use the tool wrench C open end to hold the nut, and then remove the nut on the stirrup as shown in the figure.



Left pedal nut removal

Step 8:

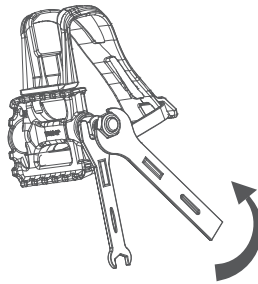
- ① : Turn the left stirrup (9L) into the crank hole by hand (at least 4-5 teeth), and then use the tool wrench B (open end 15) to hold the stirrup shaft and lock it in the front (at the front foot tube).
- ② : Turn the nut on the back (at the rear foot tube) by hand, then use the tool wrench B (open end 15) to hold the stirrup shaft, and then use the tool wrench C to hold the nut at the back (at the rear foot tube) to lock it.



Installation steps

Step 9:

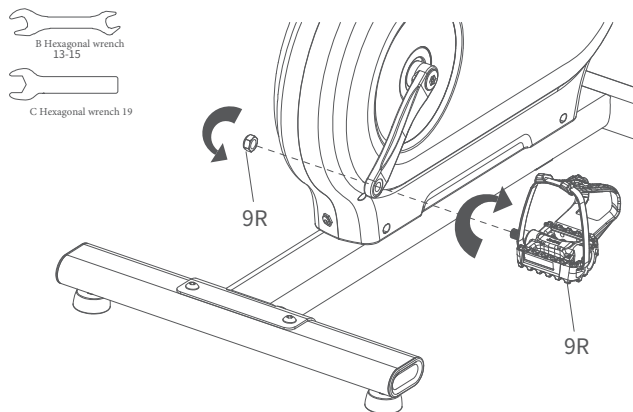
- ① : Take out the right stirrup (9R), and then check whether the stirrup labeling and the R labeling on the crank plate are the same;
- ② : Use the tool wrench B (open end 15) to catch the stirrup at the axle, and then use the tool wrench C open end to catch the nut, and then remove the nuts on the stirrups according to the diagram.



Step 10:

Right pedal nut removal

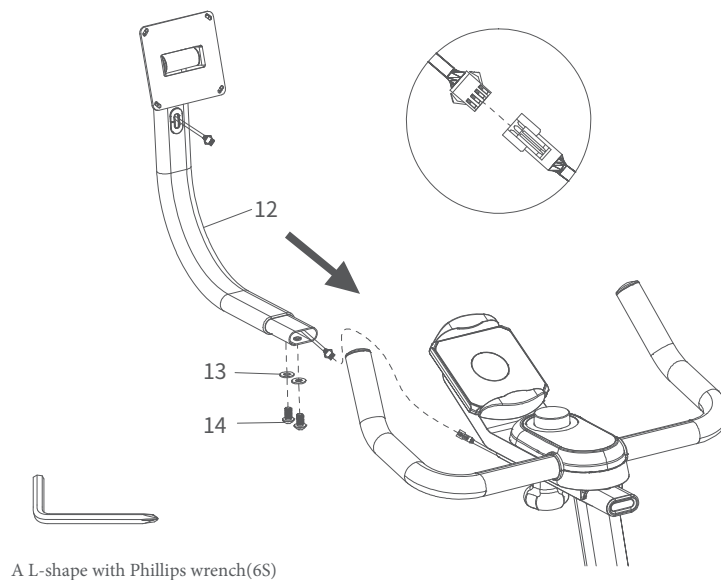
- ① : Turn the right stirrup (9R) into the crank hole by hand (at least 4-5 teeth), and then use the tool wrench B (open end 15) to hold the stirrup shaft and lock it in the front (at the front foot tube).
- ② : Turn the nut on the back (at the rear foot tube) by hand, then use the tool wrench B (open end 15) to hold the stirrup shaft, and then use the tool wrench C to hold the nut at the back (at the rear foot tube) to lock it.



Installation steps

Step11:

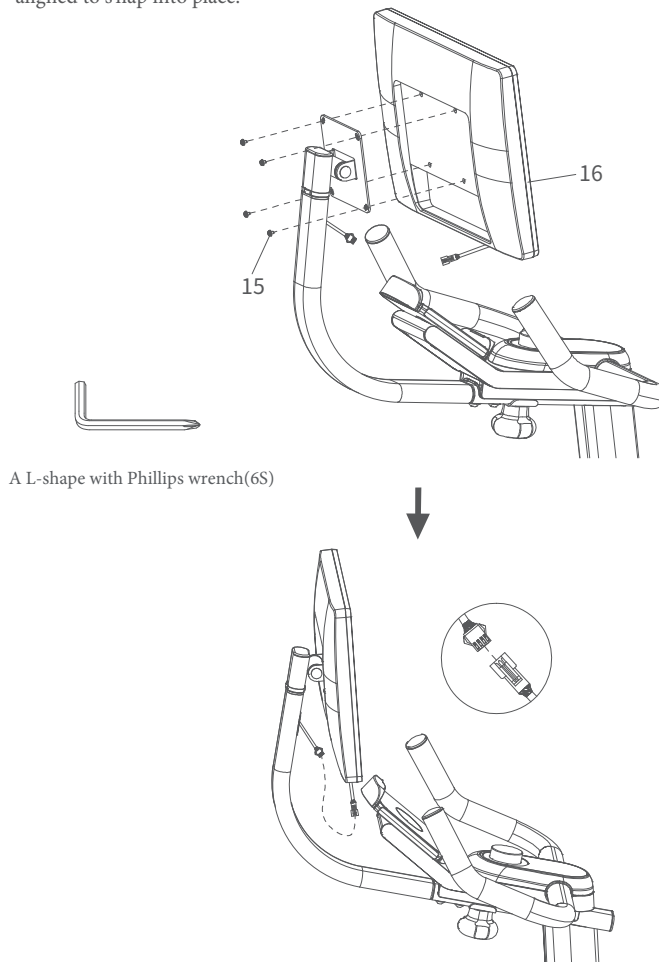
- ① : Connect the power sensing wire pulled out by the flat bracket (12) and the power sensing wire pulled out by the armrest tube as shown in the picture (please note that the pins should not be skewed, gently fasten them, do not use too much force so as not to damage the pins);
- ② : Insert the flat bracket (12) into the armrest support tube as shown in the picture, put the spacer (13) into the screws (14) first, and then lock the screws into the holes by using the L-type wrench (A) and tighten them.



Installation steps

Step12:

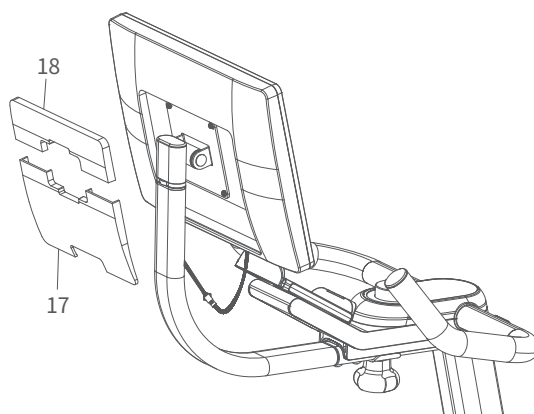
- ①: Take out the flat panel (16), combine the flat panel with the flat panel bracket, align the holes and lock the 4 screws (15) with the L-wrench (A) and tighten them.
- ②: Connect the power cable on the flat panel and the power cable pulled out from the flat panel stand as shown in the picture, please note that the PIN pin should not be skewed and gently aligned to snap into place.



Installation steps

Step 13:

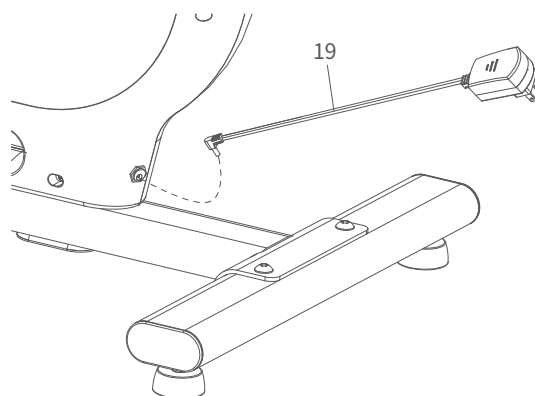
Remove the top and bottom 2 rear covers (17/18) of the flat panel as shown in the picture and snap them into the flat panel to complete the flat panel assembly.



Installation steps

Step 14:

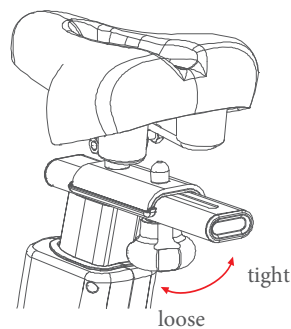
Insert the power adapter (19) as shown into the DC hole of the main frame (1) at one end and into a household outlet at the other end, and you can start using the machine.



Instructions for use of the product

① Adjusting the seat cushion back and forth

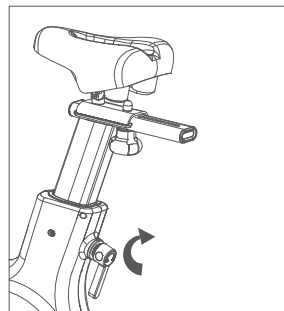
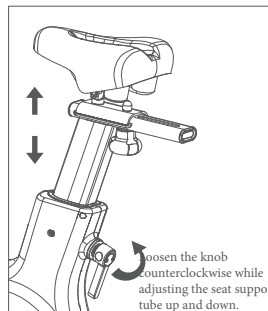
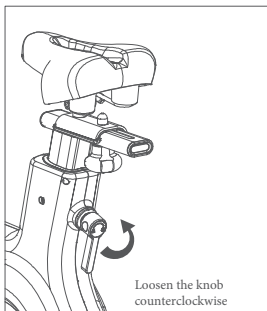
Loosen the knob 1-2 turns in the direction of the figure, you can move the seat cushion back and forth, and then fix it in a position suitable for your use, and then lock the knob in the direction of the figure.



② Adjust the height of the seat cushion support tube up and down

As shown in the figure, loosen the L-wrench knob counterclockwise by 2-3 turns, and then move the seat cushion support tube up and down with your hand to adjust the comfortable height suitable for your movement. Lock the knob clockwise after fixing it.

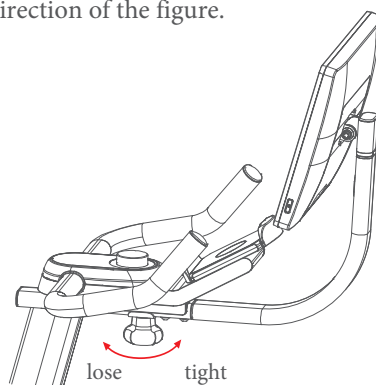
Note: When adjusting the seat support tube, please do not exceed the MAX marking on the top of the tube.



Instructions for use of the product

① Adjusting the armrest fore and aft

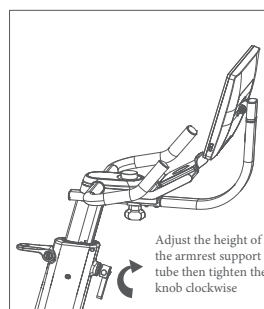
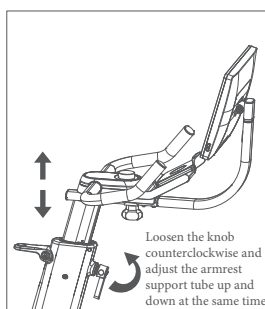
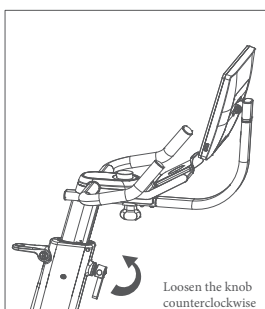
Loosen the knob 1-2 turns in the direction of the figure, you can move the armrest fore and aft, and then fix it in a position suitable for your use, and then lock the knob in the direction of the figure.



② Adjusting the height of the armrest support tube up and down

As shown in the figure, loosen the L-wrench knob counterclockwise by 2-3 turns, and move the armrest support tube up and down with your hand to adjust the comfortable height suitable for your movement up and down. Lock the knob clockwise again after fixing it.

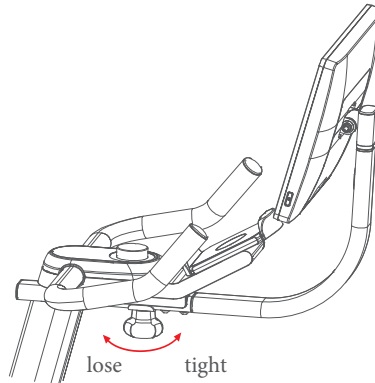
Note: When adjusting the armrest support tube, please do not exceed the **MAX** marking on the top of the support tube.



Instructions for use of the product

① Adjusting the armrest fore and aft

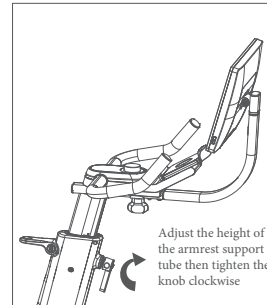
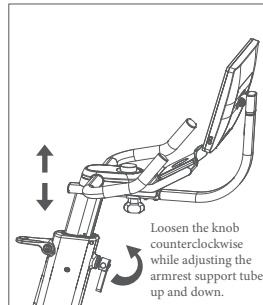
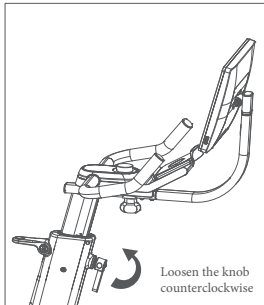
Loosen the knob 1-2 turns in the direction of the figure, you can move the armrest fore and aft, and then fix it in a position suitable for your use, and then lock the knob in the direction of the figure.



② Adjusting the height of the armrest support tube up and down

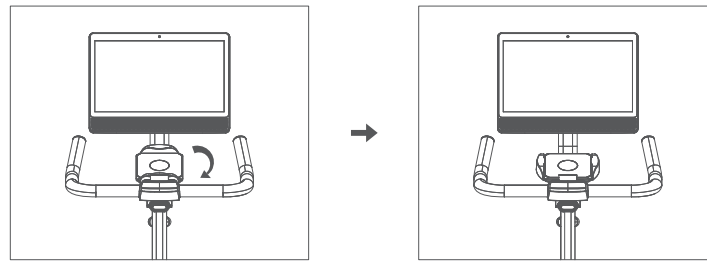
Loosen the L-wrench knob 2-3 turns counterclockwise as shown in the picture, and move the armrest support tube up and down with your hand to adjust the height up and down that is comfortable for your movement. Lock the knob clockwise again after fixing it.

Note: When adjusting the armrest support tube, please do not exceed the MAX marking on the top of the support tube.



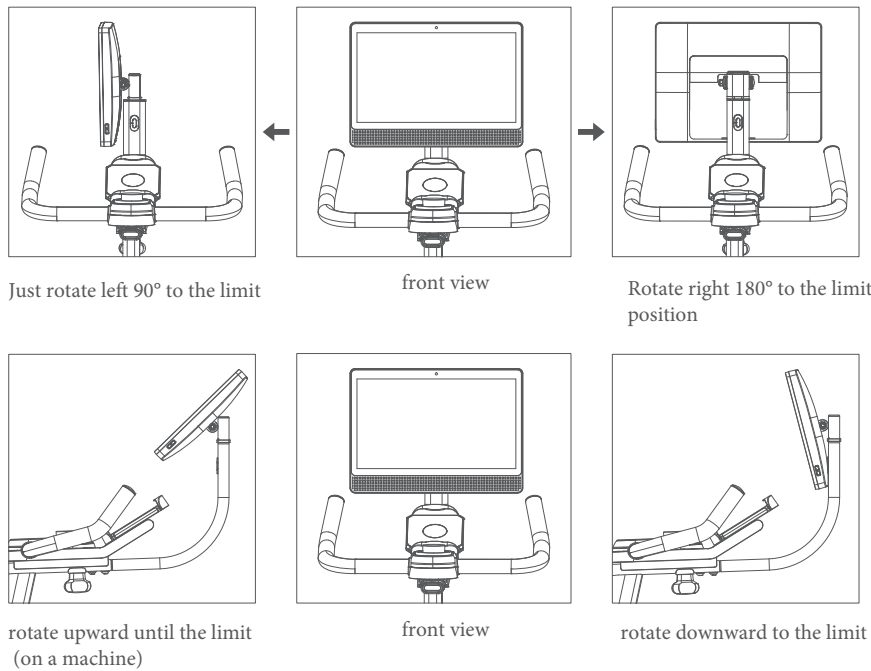
Instructions for use of the product

Handset holder angle adjustment



Rotate 90° clockwise

Flat Panel Angle Adjustment



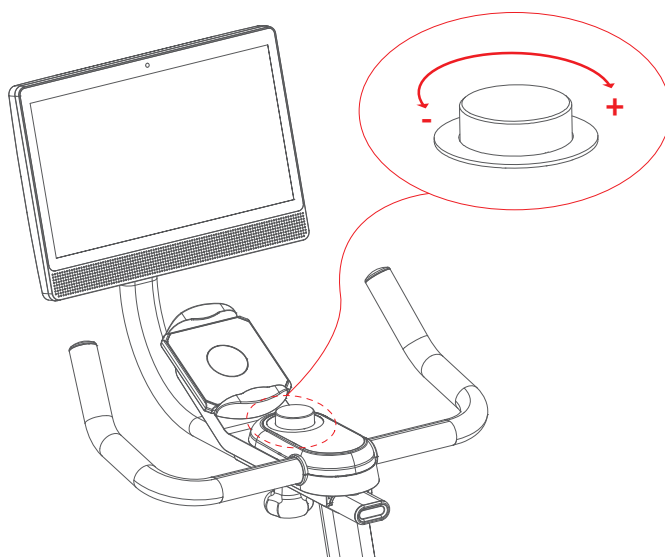
Instructions for use of the product

The function of Shuttle knob (More knob display functions can be viewed by connecting to the APP)

Resistance Adjustment

Turn the knob to adjust the resistance.

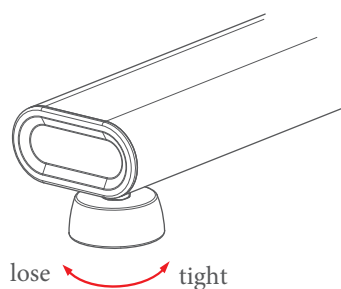
Turn clockwise to gradually increase resistance and counterclockwise to gradually decrease resistance.



Instructions for use of the product

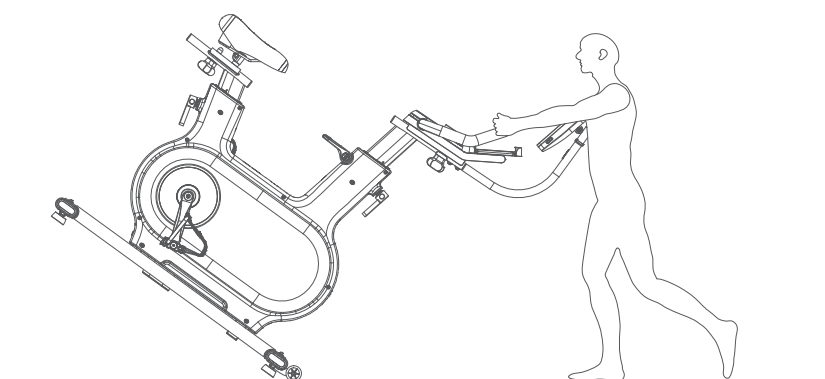
Bicycle leveling instructions

If the bicycle shakes slightly during use, please adjust the 4 feet under the front and rear cross tubes, rotate and adjust up or down to keep the bicycle level until the shaking disappears and then use it again.



MACHINE HANDLING INSTRUCTIONS

To move the machine, grasp the front end of the handle as shown and push down so that the transport wheels on the front leg tubes are in full contact with the ground, then begin to move the machine and slowly let go of the handles when you have reached the position where you want to place it.



Product APP Connection

Scan the QR code on your cell phone to download and install “Merit Ultra Fat Burning” and “Jedi Racing - Crazy Games” APP.

If “Merit Ultra Fat Burning” and “Jedi Racing - Crazy Games” APP are already installed on your cell phone, please make sure the APP version is up-to-date. If you have already installed “Merit Ultra Lipo” and “Jedi Racing - Crazy Games”, please make sure that the version of the app is up-to-date.



Merit Ultra Fat Burning App
Jedi Race - Crazy Games APP



Scan the QR code to get
the process of
connecting the bike to
the Ultra Fat App



Scan the code to
follow
for nanny equipment
handling

warm-up exercise

Before exercising, it's a good idea to stretch. Warmer muscles stretch more easily, so take 5 to 10 minutes to warm up first. Then stop and do the stretches as follows, doing them 5 times for 10 seconds or more each time for each leg, and again at the end of the workout.

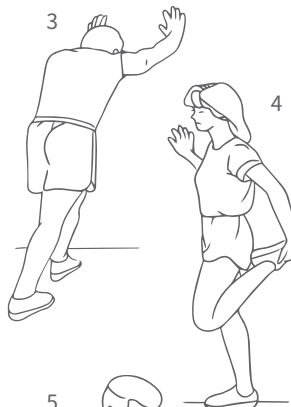
1. Downward stretching: Bend your knees slightly and slowly bend your body forward, letting your back and shoulders relax and touch your toes with both hands as much as possible. Hold for 10 to 15 seconds, then relax. Repeat this 3 times (see Figure 1).



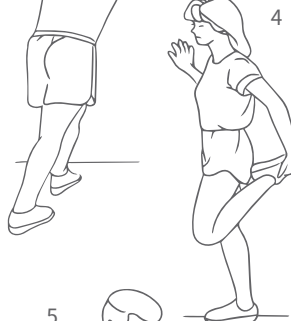
2. Hamstring stretch: Sit on a clean seat cushion and straighten one leg. Bring the other leg inward so that it is against the inside of the straightened leg. Try to touch your toes with your hands. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



3. Calf and Achilles Tendon Stretch: Stand with both hands on a wall or tree, one foot behind the other. Keeping your back leg upright and heel on the ground, lean toward the wall or tree. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).



4. Quadriceps Stretch: Hold the wall or table with your left hand for balance, then reach back with your right hand, grab the right heel and slowly pull it towards your buttocks until you feel the muscles in the front of your thighs are tight. Hold for 10 to 15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).






5. Stretching of the crevicularis muscle (muscle of the inner thigh): sit with the soles of the feet facing each other and the knees facing outward. Grasp your feet with both hands and pull them toward your groin. Hold for 10 to 15 seconds, then relax. Repeat 3 times (see Figure 5).



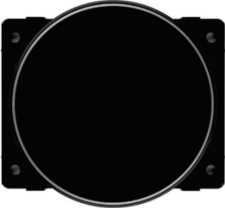


Note: This product is a full-body training equipment, please follow the above steps for warm-up exercises

Shuttle knob user manual


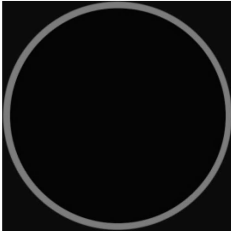




1.1 Main Display Description







No	Project	Window	Description
1	According to overview		<ol style="list-style-type: none">1.Display "LEVEL" resistance LEVEL, resistance value "1~16".2.Display the status of the round broadcast mode.3.Display exercise data "speed" "time" "distance" "calorie".4.Display bluetooth connection status.5.The outer ring has 24 effect lights.
2	Shuffling pattern		<ol style="list-style-type: none">1. All data are rotated and switched every 3s.2. The small window displays "LEVEL" resistance LEVEL digitally.3. Digital rotation of "speed", "time", "distance" and "calorie" in main window.4. Bluetooth light Indicates the Bluetooth connection status. If the Bluetooth connection is on, it is off.5. The outer ring is lit by default.
3	Lock mode		<ol style="list-style-type: none">1. Press the knob to switch the display mode and lock the data you need to see.2. Main window can lock display data "speed" "time" "distance" "calorie".3. The small window displays "LEVEL" resistance LEVEL digitally.4. The outer ring is lit by default.








1.2 Main Operation Instructions

No	Project	Window	Description
1	Sleep wake up		<ol style="list-style-type: none">1. The hibernation state is off2. Short press the knob or detect riding movement and the knob wakes up.
2	Press the button		<ol style="list-style-type: none">1. If there is no operation or movement, the knob will go to sleep after 3 minutes.2. In sleep state, press the knob to wake up the device.3. Wake up state, short press the knob can enter the motion state.4. In motion state, press the knob to switch the display mode.5. In motion state, long press the knob "2S" to reset the data and enter the wake state.6. When pressing the knob, there is a buzzer prompt.
3	Rotate knob		<ol style="list-style-type: none">1. Rotate clockwise to increase resistance.2. Rotate counterclockwise to reduce resistance.3. When turning the knob, there is a buzzer prompt.

1.3 Detailed Operation Instructions

Instructions	Window
<p>(1) When the knob is energized, the BUZZER beeps for a long time, and the knob displays light up and enters the READY state (Figure 1);</p> <p>(2) After power-on, the resistance automatically reset to "1". No operation for 3 minutes, display full shutdown and enter standby state (Figure 2)</p>	<div></div> <div></div> <div>Figure 1</div> <div>Figure 2</div>
<p>② READY state, short press the knob or trample the elliptical machine can directly enter the motion state. The small window will only display resistance "LEVEL".</p>	<div></div> <div></div> <div>Figure 3</div> <div>Figure 4</div>
<p>③ Digital rotation is default in the main window, the "SCAN" icon lights up, and the display of "speed", "time", "distance" and "calorie" (Figure 5, Figure 6, Figure 7 and Figure 8) is switched every 3s.</p>	<div></div> <div></div> <div>Figure 5</div> <div>Figure 6</div>

	<div></div> <div><p>Figure 7</p><p>Figure 8</p></div>
<p>④ By pressing the knob, the display mode can be adjusted to lock. The "SCAN" icon is not displayed, and the lock shows fixed data: "Speed" or "time" or "distance" or "calories" (Figure 9, Figure 10, Figure 11, Figure 12).</p>	<div></div> <div><p>Figure 9</p><p>Figure 10</p></div> <div></div> <div><p>Figure 11</p><p>Figure 12</p></div>

Item No.	Project	Display window	Display instruction
1	Resistance level		1 ~ 16
2	SCAN carousel		Display: Indicating that the data will not be displayed under carousel mode: Indicating that the data are locked
3	Speed		0.0 ~ 999.9 km/h
4	Time		00:00 ~ 99:59
5	Distance		0.0 ~ 999.9 km
6	Calorie		0.0 ~ 999.9 Kcal
7	Bluetooth icon		Display: Bluetooth has been connected Non-display: Bluetooth is not connected

FCC Caution:

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Radiation Exposure Statement:

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

APP SETUP INSTRUCTION

Download and use of MERACH

1. To download the MERACH app, scan the QR code or search "MERACH" in the Apple App Store® or Google Play Store.



MERACH APP Download



APP Connection Guide



2. Open the MERACH app. Log In or Sign Up.
3. Follow the in-app instructions to set up your device.

Download and use of KINOMAP



1. To download the Kinomap app, scan the QR code or search "Kinomap" in the Apple App Store® or Google Play Store.
2. Open the Kinomap app. Log In or Sign Up.
3. Select the corresponding fitness equipment
4. Turn on Bluetooth, and choose Merach.
5. Select "Exercise bike", and find your "MRK-S28-XXXX".
6. Start training and explore different workout methods.