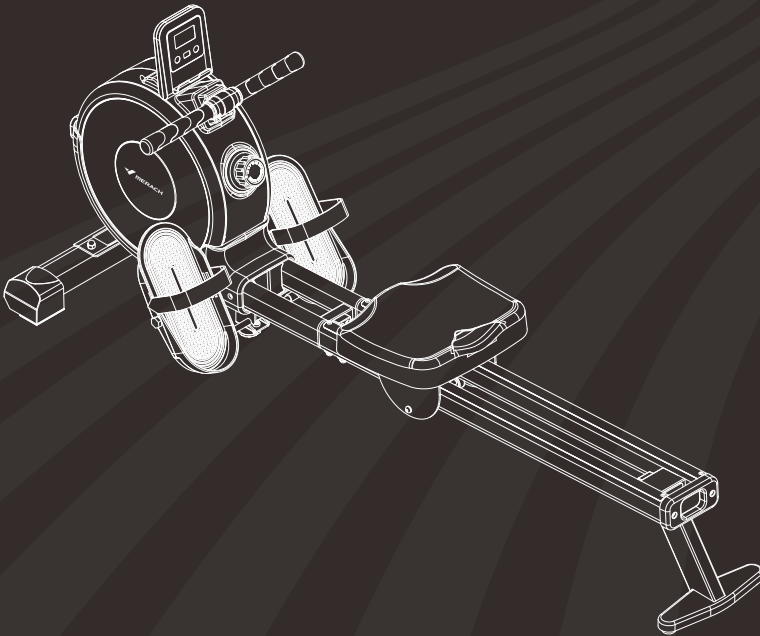


USER MANUAL

MERACH Q1S MAGNETIC 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

support@merach.com



WHO WE ARE



Our customers aren't just important; their health, fitness, and pure enjoyment for life is at the core of everything we do at MERACH. From innovative fitness research and cutting-edge product development, to our exceptional purchasing & after-sales service, we are our customers' life-long partner in crafting a better fitness future.

Through quality fat-burning & muscle-building fitness equipment such as our quality rowing machines and exercise bikes, plus our innovative MERACH APP, and digital courses, we give the opportunity and support to all to pursue their health and fitness goals and discover a new way of healthy living.

Welcome to MERACH

Contents

| | |
|---|----|
| Safety Instructions..... | 01 |
| Specification..... | 03 |
| Packing List..... | 04 |
| Installation Procedure..... | 05 |
| Adjustment Instructions..... | 11 |
| Instructions for the Monitor..... | 13 |
| Instructions for Replacing the Battery..... | 15 |
| MERACH APP Setup..... | 16 |
| KINOMAP APP Setup..... | 17 |
| Warm-up..... | 18 |
| Instructions for Using the Rower | 19 |
| Troubleshooting..... | 20 |
| Warranty Information..... | 21 |

This device contains a radio transmitter module with type approval code
FCC ID:2A6QWMMR-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 on the floor or carpet to prevent a floor from damaging. Make sure the distance between the machine and each obstacle is at least 1.6 ft (0.5m).
- 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 350lbs.

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.

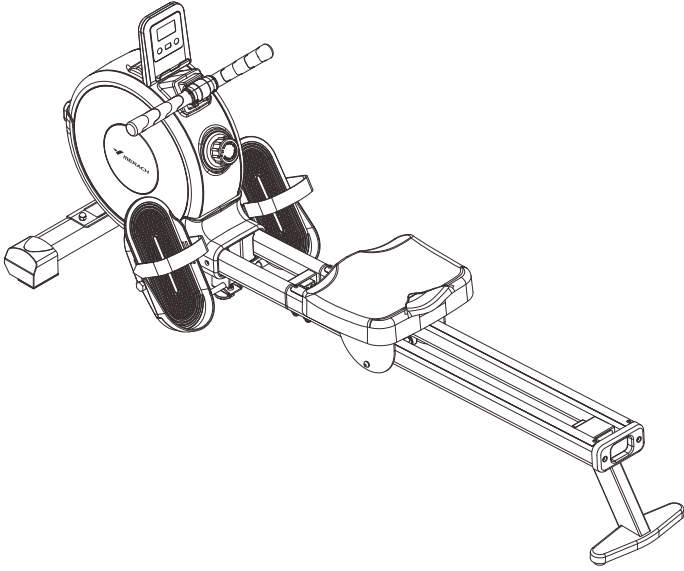
Care & Maintenance

- 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.



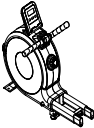
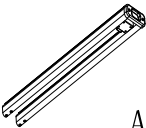
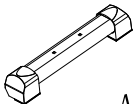
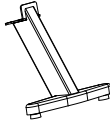
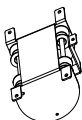


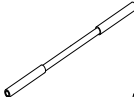
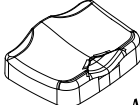






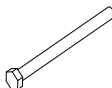

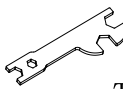


Before starting any training, please consult your physician, especially for those who are over 35 years old or with pre-existing health conditions. Please read all instructions before using the machine.

Specification



| | |
|----------------------|----------------------|
| Power Input | AAA battery *2 |
| Applicable Height | 4'11" to 6'7" |
| Weight Capacity | 158kg(350lbs) |
| Recommended Use Time | Within 60 minutes |
| Machine Dimensions | 65.6*19.6*25.7inches |

Packing List

| | | | | |
|--|--|--|--|--|
|  A1 |  A2 |  A3 |  A4 |  A5 |
|  A6 |  A7 |  A8 |  A9 |  22 |
|  24 |  27 |  36 |  37 |  38 |
|  73 |  80 |  T1 |  T2 |  C1 |

Parts List:

| NO. | Part Name | Spe. | Qty. | NO. | Part Name | Spe. | Qty. |
|-----|-----------------------|------|------|-----|------------------------------------|---------------|------|
| A1 | Main frame assembly | | 1 | 24 | Mushroom head square neck bolt | M8*55 | 2 |
| A2 | Rail bar assembly | | 1 | 27 | hexagon socket head flat head bolt | M8*20 | 8 |
| A3 | Front leg assembly | | 1 | 36 | Flat washer | d8 | 6 |
| A4 | Rear leg assembly | | 1 | 37 | Arc spacer | d8 | 4 |
| A5 | Seat plate assembly | | 1 | 38 | spring washer | d8 | 4 |
| A6 | Left pedal | | 1 | 73 | Hexagon head bolts | M12*145 | 2 |
| A7 | Right pedal | | 1 | 80 | Flat washer | d10 | 2 |
| A8 | pedal limit shaft set | | 1 | T1 | multi-function wrench | S=10/13/17/19 | 1 |
| A9 | seat cushion | | 1 | T2 | L-shaped wrench | 30*68/S5 | 1 |
| 22 | Hexagon domed cap nut | M8 | 2 | C1 | AAA battery | | 2 |

Installation tools: 5# L-shaped wrench 1pc, multi-function wrench S=10, 13, 17, 19 1pc

Installation Procedure

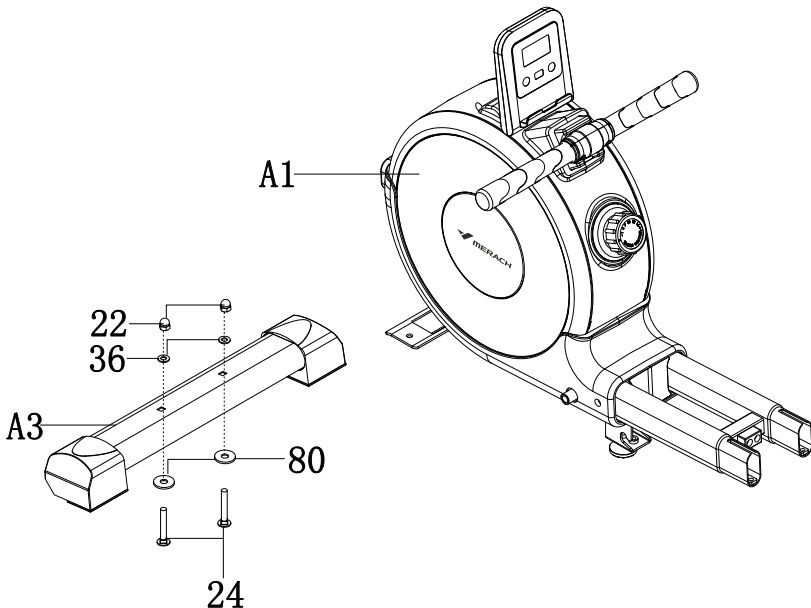


Tips

Scan QR code to watch installation video

Step 1:

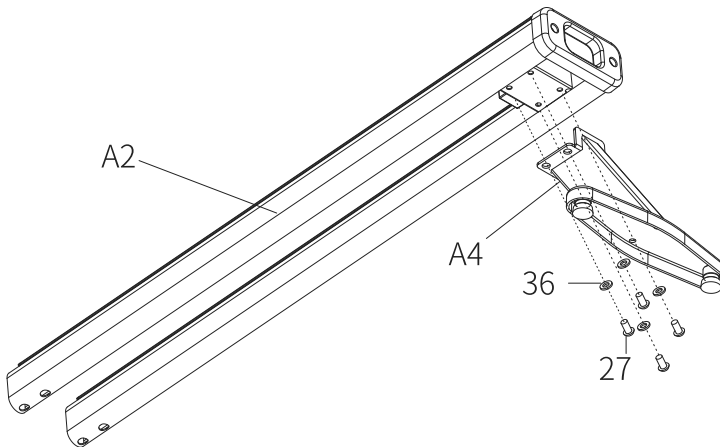
Use a multi-function wrench (T1), mushroom head square neck bolts (24), flat washer(36), flat washer(80) and hexagon domed cap nut (22) to install the front leg assembly (A3) on the main frame assembly (A1)



Installation Procedure

Step 2:

Use the L-shaped wrench (T2), the hexagon socket flat round head bolts(27), and the flat washer (36) to install the rear leg assembly(A4) on the rail bar assembly (A2) and tighten.



Installation Procedure

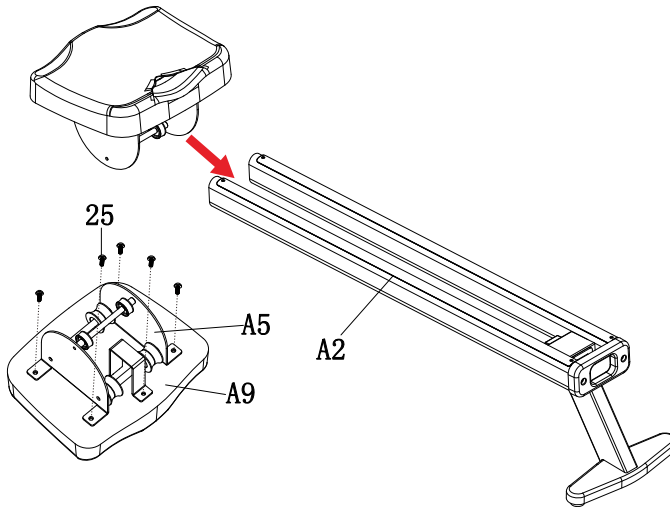
Step 3:

3.1 Install the seat plate assembly (A5) on the seat cushion (A9) with the L-shaped wrench (T2), hexagon socket flat round head bolt (25) and then tighten.

NOTE: Hexagon socket flat round head bolts (25), are pre-installed on the seat cushion (A9).

3.2 Put the seat cushion set into the installed rail bar assembly (A2). (Please install seat plate assembly (A5) correctly according to the direction shown).

Note: Try to make the seat plate assembly (A5) as far back as possible to facilitate the installation in step 4.

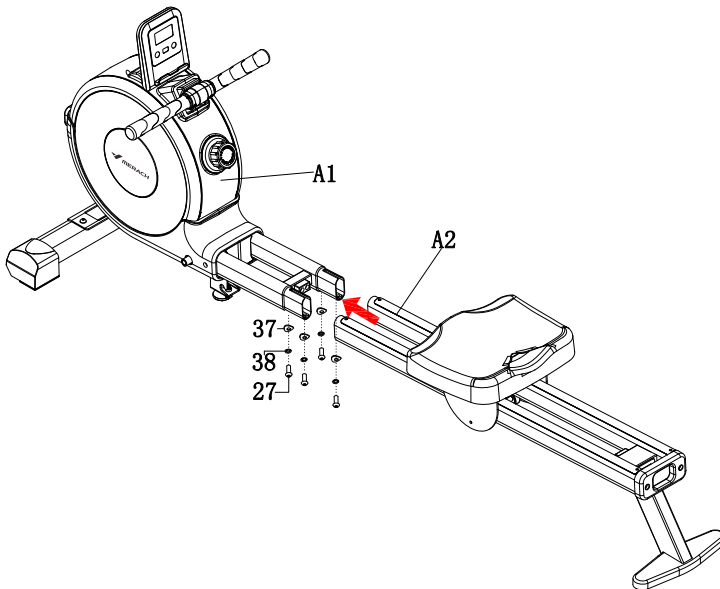


Installation Procedure

Step 4:

4.1 Put the rail bar assembly (A2) into the main frame assembly (A1) to ensure it is in place.

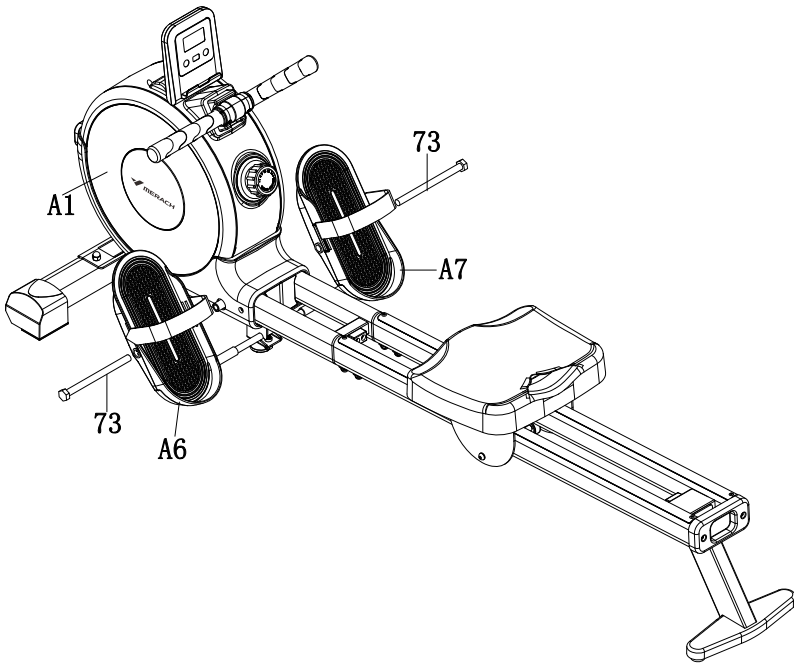
4.2 Use the L-shaped wrench (T2), hexagon socket flat head bolt (27), spring washer (38), and arc spacer (37) to install the rail bar assembly (A2) on the main frame assembly (A1) and tighten it.



Installation Procedure

Step 5:

Install the Left Pedal (A6) and Right Pedal (A7) on the main frame assembly (A1) and tighten them using the Multi-Wrench (T1) and Hexagon head bolts (73).



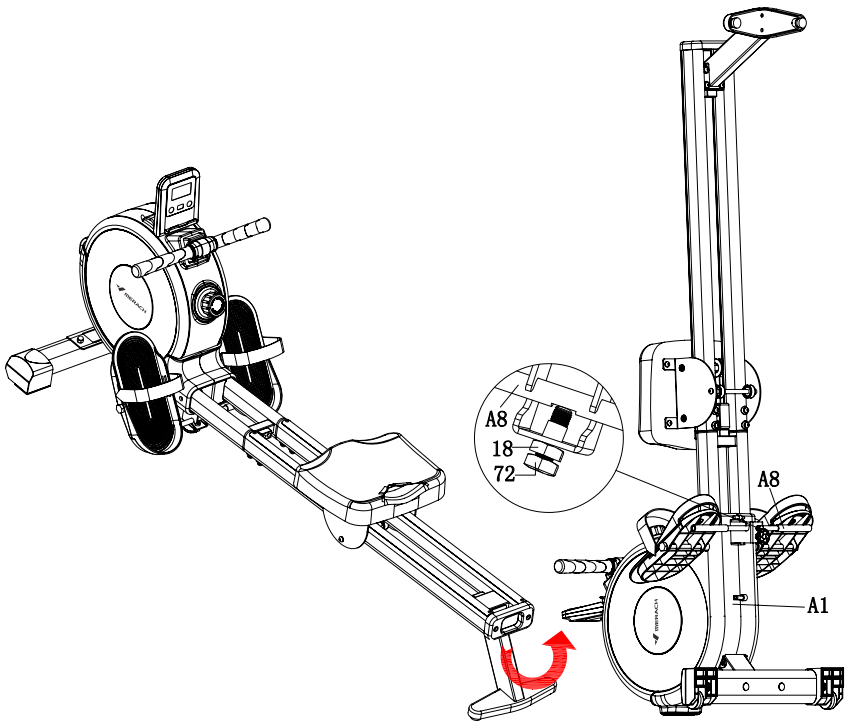
Installation Procedure

Step 6:

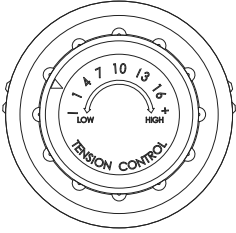
6.1 In the direction of the arrow, lift up the rowing machine and place it vertically.

6.2 Use a multi-function wrench (T1), hexagon head bolts (72), and hexagonal thin nuts (18) to install the pedal limit shaft set (A8) on the main frame assembly (A1) and then tighten.

NOTE: Hexagon head bolts (72), hexagonal thin nuts (18) are pre-installed on the main frame assembly (A1).

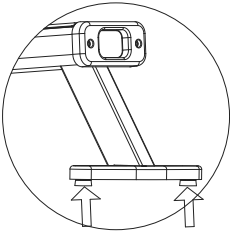


Adjustment Instructions



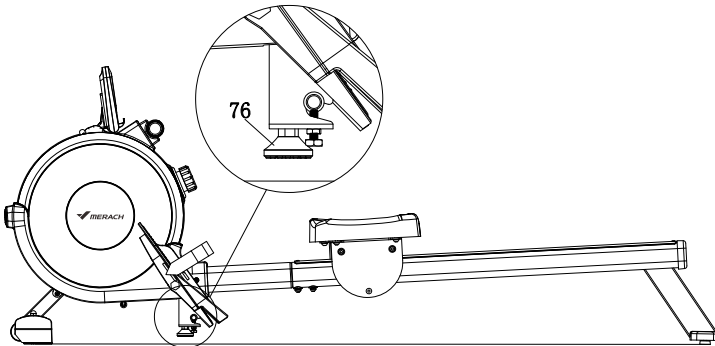
Sixteen-segment fine-tuning resistance adjustment:

Users can adjust the damping for exercise according to their own needs. This product provides 16-speed adjustment(1-16)



Rear-foot tube group foot pad adjustment:

Users can adjust the adjustable foot pads on the rear leg set according to their own needs so that the machine is stable and does not shake.



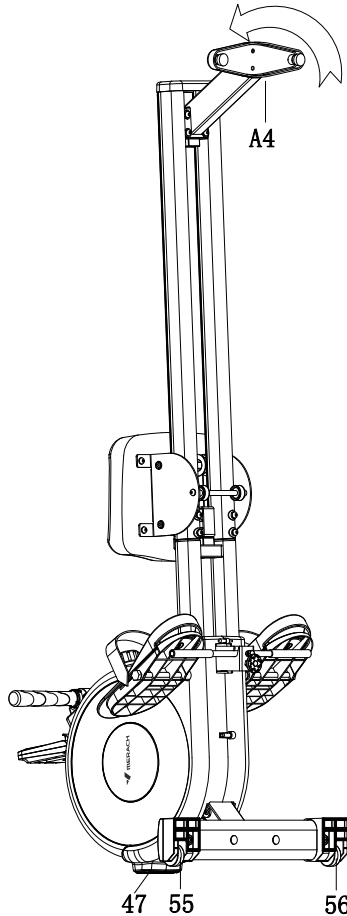
Adjustable footrest adjustment:

Lay the machine platform flat on the ground, and adjust the adjustable foot pads(76) to 5-10mm from the ground.

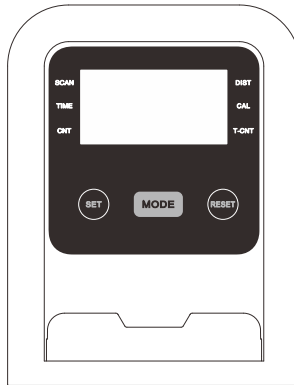
Adjustment Instructions

Storage method:

Hold the rear leg assembly (A4) with both hands, lift the machine in the direction of the arrow, and make the left front corner guard (55), right corner guard (56), and front foot pad (47) touch the ground at the same time.



Instructions for the Monitor



Button Function

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

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

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

Instructions for Operation

1. SCAN:

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

2. TIME:

(1) Time from start to finish of exercise.

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

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

Instructions for the Monitor

3. CNT:

(1) Display the current exercise times.

(2) Press the "MODE" button to switch the display to "CNT", and press the "SET" button to set the target number of exercises.

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

4. T-CNT:

The total number of exercises since the battery was installed.

5. DIST:

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

6. CAL :

(1) Calculate the calories burned from the beginning to the end of the exercise.

(2) Press the "MODE" button to switch to display "CAL", and press the "SET" button to set the target calorie consumption.

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

Precautions

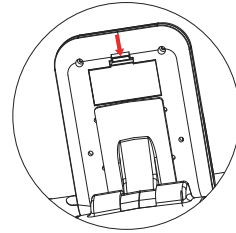
1. If the monitor does not display or the display is blurred, please replace the battery.
2. After 4 minutes of inactivity, the monitor will automatically shut down.
3. After restarting the exercise or pressing the button, the monitor will automatically turn on.
4. After the exercise starts, the monitor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

Instructions for Replacing the Battery

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

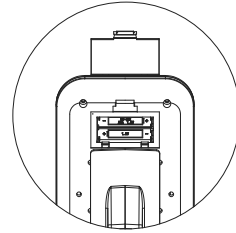
Step 1:

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



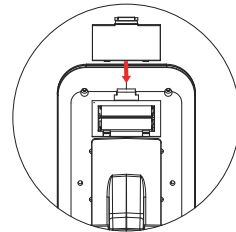
Step 2:

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



Step 3:

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



MERACH APP Setup

Download and use of MERACH

- * Our customer can get a 180-day MERACH membership. Please contact us through support.eu@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



2. Open the MERACH app. Log In or Sign Up.
3. Please note: If your phone is Apple - iPhone, please refer to the path: Profile > Settings > Language after login to switch the desired language.
4. Follow the in-app instructions to set up your device.

USING YOUR ROWING MACHINE

Note:

1. Using the MERACH app allows you to get free workout courses and access additional functions and features.
2. Coaching courses are only available in English.

KINOMAP APP Setup

Download and use of KINOMAP



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

Warm-up

Do stretches before exercising. Warm muscles are easier to stretch, so start with a 5-10 minute warm-up, then do some stretches shown below - 5 times, 10 seconds or more per leg. Do it again after the workout.

1. Stretch down

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).



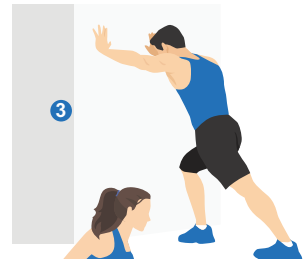
2. Seated hamstring stretch

Sit with one leg straight. Bring the other leg in so that it is snug on the inside of the straightened leg. Try to touch your feet with your hand's toe. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).



3. Calf and Achilles tendon stretch

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



4. Quadriceps stretch

Reach back with your right hand, grab your right foot and slowly pull it toward your hips until you feel the muscles in the front of your thigh tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).



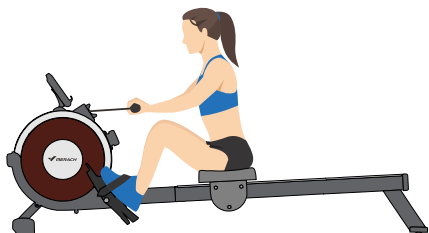
5. Sartorius (inner thigh muscle) stretch

Sit with your feet facing each other and your knees facing out. Grab your feet with both hands and pull toward your groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).



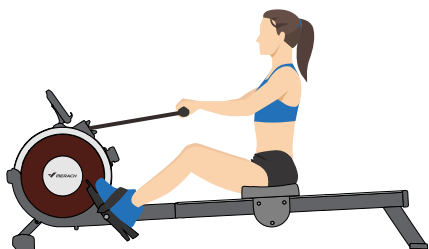
Note: This machine is full body training equipment, please follow the above steps to warm up.

Instructions for Using the Rower



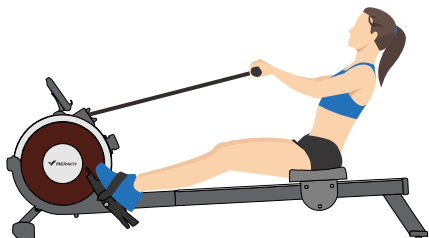
The Catch

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



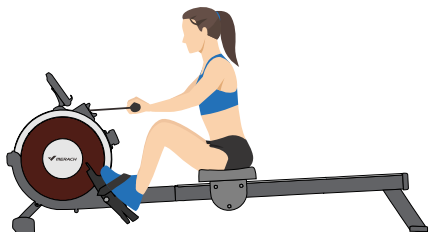
The Drive

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



The Finish

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



The Recovery

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

Troubleshooting

| Problem | Possible Solution |
|---|---|
| What should be done when the monitor is on but not tracking workout data? | Make sure one of the console cables on the back of the console is connected. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |
| What should be done when the monitor is off? | Open the battery cover on the back of the monitor, and check whether the positive and negative poles of the battery are installed correctly or replace the battery. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |
| What should be done when the rower can not be connected to the APP? | Check whether other members are connected to Bluetooth at the same time. If so, unbind and reconnect. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |
| Range of application. | The applicable height is about 4'11" to 6'7". If this seat is not far enough for you, please contact us to purchase an extended length rail. Children need to use it under the supervision of adults. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |
| What should be done when there is noise in rowing? | You can apply some car polishing wax on belt. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |
| What should be done when feeling no rowing resistance? | Check whether the handle falls off during the movement. The belt may be stuck in the pulley groove. Adjust the belt to the center of the pulley. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |
| What to do when the whole machine shakes slightly or the footpads are lifted during exercise? | Check whether the front and rear leg tubes are fastened. |
| | Adjust the foot pads under the tubes until the whole machine is stable. |
| | Use the rower on a surface that has a better grip on the floor stabilizer, or purchase an exercise mat to hold the rower in place. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |
| What should be done when the pedals wobble or the straps are loose? | Check whether the left and right foot straps are tight enough. |
| | Check whether the fixing screw of the middle pedal shaft at the bottom of the middle of the machine is tight enough. |
| | The rowing machine is still malfunctioning. Please contact Customer Support (see page 22) . |

Warranty Information

| | |
|---|-----------------------|
| Product Name | MERACH Rowing Machine |
| Model | Q1S |
| Default Warranty Period | 12 Months |
| For your own reference, we strongly recommend that you record your order number and date of purchase. | |
| Date of Purchase | |
| Serial Number | |

Terms & Policy

The MERACH products are premium in material, craftsmanship, and service.

MERACH 1-year limited warranty is effective from the date of purchase.

MERACH will replace defective products based on eligibility. Refunds are available to the original purchasers of our products within the first 30 days of purchase.

This warranty extends only to personal use and doesn't apply to commercial, rental, or any other uses for which the product is not intended for.

There are no warranties other than the warranties expressly set forth with each product.

This warranty is non-transferable. MERACH is not responsible for any damages, losses, or inconveniences caused by equipment failure, user negligence, user abuse, or improper operation that does not follow the included user manual.

This warranty does not apply to the following situations:

- Damage due to abuse, accident, alteration or vandalism.
- Improper or inadequate maintenance.
- Damage in return transit.
- Unsupervised use by children under 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.

All expressed and implied warranties, including the warranty of merchantability, are limited to the period of the limited warranty.

MERACH



@merachfit



@Merachfit



@Merachfit



@Merachfit



merachfit.com

Customer Service: support@merach.com

Official Website: merachfit.com