

MERACH MR-2417B1 Multi-Function Squat Machine



Model: MR-2417B1-EU

Manufacturer: MERACH

EAN: 5905156108967

Product Code: 1093016

R2,236

MERACH MR-2417B1 Multi-Function Squat Machine

Regular squats are among the most effective exercises for developing the lower body, but many people struggle with maintaining proper form, lack of stability, or excessive strain on the joints. The MERACH MR-2417B1 helps you perform the movement in a more controlled manner, engaging up to 80% of the muscles in your entire body. The device effectively engages the muscles of the legs, glutes, abs, and core, and thanks to its adjustable resistance, it allows you to tailor the intensity of your workout to your individual capabilities. Its compact design, measuring 79 x 60 x 77 cm, makes it perfect for home workouts.

Effective training of multiple muscle groups

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Building a physique requires exercises that engage multiple muscle groups simultaneously. The MERACH MR-2417B1 supports training based on squats, which are among the most versatile functional exercises. During training, the muscles of the legs, glutes, abs, and core stabilizers are actively engaged. This combination allows you to make more effective use of the time spent on physical activity and effectively work on improving your fitness and body shape.

Adjustable resistance tailored to your fitness level

One of the biggest challenges during training is choosing the right intensity. The adjustable resistance system supports movement during the lift and helps focus the workout on the gluteal muscles. As a result, the machine is suitable for both beginners and more advanced users. You can gradually increase the difficulty level, progressing from quarter squats through parallel squats to full squats, building strength and improving movement stability.

Comfortable training without excessive strain on the joints

Many people avoid leg exercises out of fear of overloading their knees or hips. The device's design is engineered to support controlled movement and enable training with minimal unnecessary strain. This allows you to focus on proper muscle engagement and gradual strength building, while enhancing exercise comfort.

Adjustments tailored to different users

Proper form during exercise has a huge impact on training effectiveness. The MERACH MR-2417B1 offers 3-level length adjustment and 2-level height adjustment, allowing you to better tailor the settings to your height and individual preferences. This feature makes it easier for both beginners and more experienced users to maintain a comfortable position.

Stable construction and high durability

A sense of safety is crucial during intense workouts. The MR-2417B1 is made from a combination of iron and plastic, and its design is suitable for users weighing up to 136 kg. The device's weight of approximately 8.4 kg and its well-designed base help maintain stability during workouts performed in the comfort of your home.

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Included:

- Main frame
- Lock tube
- Rear base
- Backrest
- Foam rollers x4
- Ball latch Ø8
- Foot platform
- Leg lock crossbar
- Support bar
- Tube caps x4
- M8×33 locking knob x2
- M8 cap nuts x2
- Flat wrench
- Allen wrench
- M8 flat washer
- M8×12 Allen screws x3
- M8×45 Allen screws x2
- M8×55 Allen screw
- M8×20 Allen screw assembly
- M10×40 Allen screw
- Spring washers x2
- User manual

Manufacturer	MERACH
Model	MR-2417B1-EU
Material	Iron, plastic
Maximum user weight	136 kg
Weight	8.4 kg

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Length 79 cm

Width 60 cm

Height 77 cm

Dimensions 790 × 600 × 770 mm

Length adjustment 3-position

Height adjustment 2-position

Targeted muscle groups Legs, glutes, abs, core

Gross weight: 9840, Net weight: 8400, Box length: 62,50, Box width: 32,00, Box height: 19,00, GPSR

Link: https://psr-assets.innpro.pl/sport/sg_sport__exercise_machines.pdf

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