

MERACH MR-2416B1 Ski Trainer



Model: MR-2416B1-EU

Manufacturer: MERACH

EAN: 5905156109490

Product Code: 1124366

R2,236

MERACH MR-2416B1 Ski Trainer

The MERACH MR-2416B1 Ski Trainer is a compact inclined stepper with resistance bands that allows for a full-body workout at home. The skiing-inspired motion engages the muscles of the legs, glutes, abs, and core, while the included resistance bands allow you to simultaneously strengthen your arms, shoulders, and back. Thanks to its compact dimensions, light weight of approximately 5.4 kg, and the fact that it's ready to use right out of the box, the MR-2416B1 is ideal for both small apartments and home gyms.

Full-body workout in a small space

The MERACH MR-2416B1 was designed for people who want to train effectively without having to set aside a lot of space. The distinctive side-to-side motion, reminiscent of skiing, activates the lower body muscles while engaging the core stabilizers. Thanks to the use of resistance cables, you can also work on your arms, shoulders, and back during a single workout. The stable construction also

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allows you to use the machine as a support for performing deep push-ups, which further engages the chest, shoulder, and tricep muscles.

Smooth, Joint-Friendly Movement

The machine's design utilizes an arched motion path, which allows for a more natural exercise experience than traditional steppers. As a result, the stress on the knees and ankles is reduced, and the workout remains comfortable even during longer sessions. This design allows you to focus on a steady, rhythmic motion without unnecessary strain. It's a great option for both beginners and those looking to supplement their daily physical activity with cardio training.

Resistance bands to enhance workout effectiveness

The set includes resistance bands with comfortable handles that expand the machine's training capabilities. While performing the movements, you can simultaneously work on your upper body, making the workout more comprehensive. Regular exercise helps develop motor coordination and strengthen the muscles of the arms and shoulder girdle. This practical solution allows you to combine cardio training with strength training elements.

Quiet Operation and Comfort

The roller system is designed for smooth and quiet operation. Its low noise level means you can use the machine at any time of day without worrying about disturbing others in your home. Non-slip pads on the base of the machine enhance its stability. Additionally, the wide platforms with a textured surface improve traction and safety during your workout.

Compact size and easy storage

One of the biggest advantages of the MR-2416B1 model is its small size. The device takes up very little floor space—about 0.24 m²—making it ideal even for small apartments. Measuring approximately 74 × 30 × 17 cm, the unit can be conveniently stored under a bed, a couch, or in a closet. The device itself weighs only about 5.4 kg, making it easy to move from room to room.

Ready to use right out of the box

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The MERACH MR-2416B1 requires no complicated assembly or additional tools. Once removed from the packaging, the machine is practically ready to use, allowing you to quickly start your first workout. This is a convenient solution for those who don't want to waste time assembling equipment. Simply place the trainer in your chosen spot and start exercising.

Manufacturer	MERACH
Model	MR-2416B1
Device type	ski trainer
Resistance cables	yes
Non-slip feet	yes
Quiet rollers	yes
Dimensions	approx. 74 × 30 × 17 cm
Usable area	approx. 0.24 m²
Device weight	approx. 5.4 kg
Application	cardio and general fitness training at home

Gross weight: 6300, Net weight: 5000, Box length: 79,50, Box width: 35,50, Box height: 21,50

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