

MERACH MR-2519BL1 Hip Abduction Machine



Model: MR-2519BL1-EU

Manufacturer: MERACH

EAN: 5905156111585

Product Code: 1278548

R2,672

MERACH MR-2519BL Hip Abduction Machine

The MERACH MR-2519BL allows you to effectively strengthen your gluteal and thigh muscles at home. Its sturdy construction, made of 1.5 mm-thick commercial-grade steel, can withstand loads of up to 150 kg, and its compact dimensions of 75 × 51 × 82 cm mean the machine will fit even in a small room. Adjustable resistance using two straps, rotating thigh pads, and the ability to customize settings to the user's height ensure a comfortable and effective workout at any fitness level.

Effective activation of the glutes and thighs

The machine is designed for targeted training of the glutes and thighs. Hip abduction exercises help focus the workout on the relevant muscle groups, allowing you to effectively build strength and improve lower-body stability.

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Adjustable resistance tailored to your fitness level

The machine uses two resistance bands, each providing 16 kg of resistance, allowing you to adjust the intensity of your workouts. You can train with a resistance of approximately 27 kg or approximately 36 kg, allowing you to easily adjust the difficulty level to your abilities and gradually increase the intensity of your workouts. This feature is ideal for various stages of strength and fitness training.

Adjustments for Greater Comfort During Exercise

The MR-2519BL model is equipped with thigh pads that rotate 360°, allowing you to comfortably adjust their position to match the movement you’re performing. Additionally, the design offers 3-level height adjustment, allowing the machine to accommodate users ranging from approximately 150 to 196 cm in height. Proper adjustment enhances workout comfort and helps maintain correct form during exercises.

Sturdy construction designed for heavy-duty use

The triangular support structure ensures high stability during workouts. The frame is made of 1.5 mm thick commercial-grade steel and can withstand loads of up to 150 kg, ensuring the machine remains stable even during intense workouts.

Compact dimensions for a home gym

With dimensions of 75 × 51 × 82 cm, the machine is well-suited even for a small home gym or exercise room. Weighing approximately 10.9 kg, it’s easy to move around, allowing for a convenient arrangement of your workout space

Manufacturer	MERACH
Model	MR-2519BL1-EU
Material	Commercial-grade steel

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Steel thickness 1.5 mm

Maximum load 150 kg

Resistance adjustment 2 resistance bands

Force of a single resistance band 16 kg

Available resistance levels Approx. 27 kg / approx. 36 kg

Position adjustment 3-position

User height range Approximately 150 to 196 cm

Dimensions Approximately 75 × 51 × 82 cm

Weight Approximately 10.9 kg

PPWR: <https://ppwr.innpro.pl/en/merach>, Gross weight: 11080, Net weight: 9400, Box length: 83,50, Box width: 32,50, Box height: 20,50

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