

MERACH MR- 2314 Abdominal Exercise Machine



Model: MR-2314B2-EU

Manufacturer: MERACH

EAN: 5905156105782

Product Code: 877732

R2,510

MERACH MR-2314 abdominal exercise machine

The MERACH MR-2314 is a multifunctional exercise machine that helps effectively strengthen the abdominal, gluteal, arm, and leg muscles, while also promoting fat burning and improving posture. The machine offers 2 incline levels, 5-step height adjustment, and a maximum load capacity of 200 kg, allowing you to easily adjust the intensity of your workouts to your abilities. The built-in LCD display tracks the number of repetitions, time, and calories burned, and the foldable design allows for convenient storage even in a small apartment.

Effective abdominal training and deep muscle strengthening

Regular exercise on the MERACH MR-2314 helps activate your abdominal muscles, slim your waist, and improve overall body stability. The workout engages the deep muscles responsible for proper

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posture and relieving pressure on the spine. It's a practical solution for people who want to sculpt their abs, increase core strength, and improve overall fitness without leaving home.

Full-body workout

The machine isn't limited to just abdominal exercises. Its design also allows for an effective workout of the glutes, legs, and arms, and the included resistance bands help further strengthen the upper body. This allows you to perform a well-rounded workout that tones your figure, improves endurance, and boosts calorie burning.

Adjustments tailored to your abilities

Two incline angles and five height levels let you precisely adjust your workout position and difficulty level. The machine also offers 5 workout modes, such as Comfort Mode, Normal Mode, Training Mode, Challenge Mode, and Quick Sweat Mode. This wide range of settings ensures that both beginners and more advanced users can comfortably use the machine.

Comfort and safety during exercise

A thick, U-shaped foam pad provides comfortable knee support and reduces pressure during intense workouts. Non-slip handles improve grip and help maintain proper form. The stable triangular frame, made of steel tubing and ABS components, ensures high durability and safety even under heavy loads.

Smart LCD display

The built-in LCD display shows key metrics in real time, such as the number of repetitions, workout duration, and calories burned. This makes it easy to track your progress and stay motivated to work out regularly. The automatic count function makes it easier to plan your workouts and allows you to focus solely on your form.

Foldable design

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After your workout, the MERACH MR-2314 can be quickly folded and stored upright, significantly reducing the amount of space it takes up. Its folded dimensions are 1265 × 505 × 180 mm, allowing the machine to be conveniently stored against a wall or in a closet. It’s an excellent choice for apartments, home gyms, offices, and outdoor workouts.

Included

- Main frame
- Armrest cover
- Foam pads ×2
- Support bar
- Handlebar
- Display
- U-shaped knee pad
- Rear foot tube
- Front footrest tube
- Knee pad cover
- Screws and mounting hardware
- User manual

Manufacturer	MERACH
Model	MR-2314B2-EU
Materials	ABS, steel tubing, cotton foam
Incline adjustment	2 levels
Height adjustment	5 levels
Workout modes	Comfort Mode, Normal Mode, Training Mode, Challenge Mode, Quick Sweat Mode
Displayed metrics	Repetitions, time, calories
Maximum load capacity	200 kg
Display type	LCD
Power supply	Battery

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Dimensions (folded) 1265 × 505 × 180 mm

Weight 7.7 kg

Gross weight: 9180, Net weight: 7700, Box length: 92,50, Box width: 33,00, Box height: 17,00, GPSR

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

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