

MERACH MR-E33B4 Elliptical Trainer



Model: MR-E33B4-EU

Manufacturer: MERACH

EAN: 5905156108950

Product Code: 881826

R17,511

MERACH MR-E33B4 Elliptical Trainer

Are you looking for a way to work out regularly without leaving home, but worried about putting too much strain on your joints, disturbing your family with noise, or having equipment that takes up too much space? The MERACH MR-E33B4 lets you effectively maintain your overall fitness in a comfortable setting. The elliptical trainer features a 42 cm stride length, 16 levels of magnetic resistance, a 6.8 kg flywheel, and an exceptionally quiet braking system that generates less than 20 dB of noise. The design is intended for users up to 193 cm tall and weighing up to 150 kg, and thanks to its compact dimensions of 101 × 58 × 155.8 cm, it will easily fit into your home workout space.

Full-body workout without excessive strain on the joints

One of the most common problems for people starting physical activity is strain on the knees, hips, and ankles. The MERACH MR-E33B4 utilizes an elliptical training motion that engages the legs,

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

glutes, abs, and upper body while reducing the impact typically associated with running on hard surfaces. It's the perfect solution for those looking to improve their fitness, burn calories, and build regular workout habits without sacrificing comfort. Additionally, the elliptical trainer is equipped with 16 manually adjustable levels of magnetic resistance, making it suitable for both gentle endurance workouts and more demanding sessions focused on improving fitness. The 6.8 kg flywheel supports smooth movement, ensuring a comfortable and stable workout regardless of the selected intensity level.

Exceptionally quiet operation - workouts at any time

A lack of time during the day often means having to exercise early in the morning or late at night. Thanks to a magnetic braking system that generates noise below 20 dB, the elliptical trainer operates extremely quietly. So you can train in your apartment, home, or even while working remotely without worrying about disturbing your family or neighbors. The quiet operation also helps you focus on your workout.

Track your progress and stay motivated

Visible results are one of the most important factors in helping you stick to your training goals. The elliptical trainer is equipped with an LCD display and heart rate sensors that let you monitor your workout metrics in real time. Additionally, the device syncs with the MERACH app, allowing you to conveniently track your activity and analyze your progress.

Stable construction, quick assembly, and space-saving design

During more intense workouts, a sense of safety is extremely important. The MR-E33B4 model stands out with its sturdy construction weighing 45.7 kg, which ensures stability during exercise. With a maximum user weight capacity of 150 kg, the equipment can be used by a wide range of people. A stride length of 42 cm and the ability to accommodate users up to 193 cm tall ensure a comfortable and natural posture during workouts. What's more, the elliptical trainer is delivered 80% assembled, which significantly reduces the time needed to set up the machine. At the same time, its dimensions of 101 × 58 × 155.8 cm allow you to create a functional workout area even in a limited home space.

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

Included:

- Main frame
- Front base
- Rear base
- Left handlebar
- Right handlebar
- Center handlebar
- Left handlebar cover
- Right handlebar cover
- Handlebar column washer
- Left column cover x2
- Right column cover x2
- Water bottle holder
- Left pedal
- Right pedal
- LCD monitor
- AA batteries x2
- Screws and mounting hardware
- User manual

Manufacturer	MERACH
Model	MR-E33B4-EU
Resistance type	Magnetic
Resistance levels	16
Stride length	42 cm
Flywheel weight	6.8 kg
Display	LCD
Heart rate monitoring	Yes
App compatibility	MERACH App

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950

Braking system Magnetic

Noise level 20 dB

Maximum user weight 150 kg

Maximum user height 193 cm

Net weight 45.7 kg

Dimensions 101 × 58 × 155.8 cm

Radio frequency 2.4 GHz

Radio frequency band 2402–2480 MHz

Maximum RF power 3.09 dBm

Information about data generation: <https://dataact.innpro.pl/merach/5905156108950>, Last delivery: 07.09.2026, Gross weight: 52000, Net weight: 45700, Box length: 131,00, Box width: 56,00, Box height: 32,00, GPSR Link: https://psr-assets.innpro.pl/sport/sg_sport__exercise_machines.pdf

The product information provided is for reference purposes only. Technical specifications, photos, descriptions and prices may change without prior notice. The manufacturer and seller are not responsible for possible data discrepancies or typographical errors. We recommend checking the current information before purchasing.

itworkup.co.za | sales@itworkup.co.za | +27 (11)541-9950