

MERACH MR-R07H1 Squat Machine



Model: MR-R07H1-EU

Manufacturer: MERACH

EAN: 5905156109476

Product Code: 886023

R2,553

MERACH MR-R07H1 Squat Machine

The MERACH MR-R07H1 is a multifunctional fitness machine that combines the functions of a squat machine and a rowing machine, allowing for a comprehensive full-body workout at home. The machine helps strengthen the muscles of the legs, glutes, abs, back, shoulders, and arms by utilizing the natural movements of squats and rowing. The model features a 3-level resistance system based on elastic resistance cables, 4-level handle adjustment, 5-level seat adjustment, and a display showing key workout metrics. Its stable steel frame with a maximum weight capacity of 159 kg, non-slip pedals, and ergonomic seat make this machine ideal for both beginners and more advanced users.

Leg, Glute, and Upper Body Workout

Unlike traditional squat machines, the MERACH MR-R07H1 allows you to perform not only exercises targeting the lower body muscles but also a workout that mimics the rowing motion. During the

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exercises, the thigh, glute, and calf muscles are engaged, along with the core muscles responsible for stabilizing the body. Working the handles also activates the back, shoulder, forearm, and bicep muscles. This combination means that a single training session can effectively support the development of strength and endurance, as well as improve overall fitness.

Adjustable angles for different types of squats

The machine's design allows you to perform exercises at various angles of inclination. This enables you to switch between shallower and deeper squats, adjusting the level of engagement of specific muscle groups to suit your needs. Changing the settings allows you to vary your workout and gradually increase its intensity. This is a practical solution for both beginners and those who want to continuously develop their training capabilities.

3 resistance levels based on elastic cables

The resistance system uses three independent elastic resistance cables located under the seat. Adjusting the intensity is extremely simple and involves attaching or detaching additional cables using sturdy carabiners. This allows users to choose a level suited to their abilities and gradually increase the resistance as they progress in their training. This design enables a smooth transition from beginner exercises to more challenging sessions without the need for additional accessories.

Adjustable Seat and Handle for a Better Fit

The MR-R07H1 model features 4-level handle height adjustment and 5-level seat position adjustment. This makes it easy to adjust the machine to the user's height and preferred exercise position. Proper adjustment enhances comfort during movements and helps maintain correct form. A better fit also leads to more effective muscle engagement during your workout.

Comfort During Every Workout

The wide, soft seat is designed with comfort in mind for regular exercise. The flexible padding conforms to the body's shape, helping to reduce pressure during your workout. Additionally, the specially contoured shape supports a natural sitting position. Combined with the ergonomic handles, this allows you to exercise comfortably even during longer sessions.

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Stability and Safety

The sturdy steel frame ensures the entire structure remains rigid during exercise. With a maximum weight capacity of 159 kg, the equipment is suitable for a wide range of users. Non-slip pedals increase foot grip and help maintain a stable position during movement. This makes your workout more comfortable and provides a greater sense of safety.

Progress Tracking Monitor

The built-in training computer allows you to monitor key activity metrics in real time. The display shows information on workout duration, speed, distance covered, calories burned, and the machine’s total mileage. Regularly checking your results helps you track your progress and plan future workouts more effectively. This is a useful feature for people who want to consciously work toward their fitness goals.

A Compact Solution for Home Workouts

Despite its wide range of training capabilities, the machine remains compact, making it ideal for apartments and home gyms. Its design doesn’t require much space to use, yet it allows you to perform a wide variety of exercises. It’s a convenient alternative to several separate pieces of exercise equipment. A single machine allows you to perform both strength training and cardio exercises.

Manufacturer	MERACH
Model	MR-R07H1
Intended Use	full-body workout
Resistance System	elastic resistance bands

Number of Resistance Levels 3

Handle Adjustment	4-level
Seat adjustment	5-level

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Training angles	approx. 30°, 60°, 90°
Display	yes
Display functions	time, speed, distance, calories, total count
Non-slip pedals	Yes
Ergonomic handles	Yes
Maximum user weight	159 kg
Frame material	Steel
Device dimensions	Approx. 110 × 49 × 124 cm
Color	black and blue

Gross weight: 13630, Net weight: 11000, Box length: 112,50, Box width: 20,50, Box height: 21,50,
GPSR Link: https://psr-assets.innpro.pl/sport/sg_sport__exercise_machines.pdf

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