

# MERACH MR-R02B10 Rowing Machine (Black)



Model: MR-R02B10-EU

Manufacturer: MERACH

EAN: 5905156109469

Product Code: 886024

## R12,320

### MERACH MR-R02B10 Rowing Machine (black)

The MERACH MR-R02B10 rowing machine is a modern piece of home fitness equipment that combines 16 levels of magnetic resistance, a 6.8 kg commercial-grade flywheel, quiet operation, a durable steel frame, and an advanced display for monitoring workout metrics. Thanks to its aluminum noise-reducing rail, Bluetooth connectivity with the MERACH app, and compact design, this model is ideal for both beginners and regular exercisers. With a maximum weight capacity of 158 kg, a 127.5 cm-long rail, and a comfortable, ergonomic seat, it ensures comfort during daily workouts. This is the perfect solution for those who want to improve their fitness, maintain their physique, and train at home without compromise.

### 16 resistance levels tailored to every stage of your workout

The MERACH MR-R02B10 is equipped with a 16-level magnetic resistance adjustment system that allows you to precisely tailor the intensity of your workouts to your current fitness level. Lower levels

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are ideal for gentle cardio workouts, warm-ups, or getting back into physical activity. Higher settings enable more demanding sessions designed to improve endurance and strength. Thanks to its wide range of adjustment, the machine can be used for a long time, regardless of the user's fitness level.

## **Quiet magnetic resistance system with a flywheel**

The magnetic resistance system ensures smooth movement and exceptionally quiet operation, so your workout won't disrupt the daily routines of your household members. At the heart of the system is a sturdy, commercial-grade 6.8 kg flywheel, which provides stable resistance and a natural rowing feel. This design ensures that the motion remains smooth from the start to the end of each stroke. Additionally, the limited number of friction components reduces wear on the mechanism and ensures a long service life for the machine.

## **Aluminum Rail and User Comfort**

The design features a durable aluminum rail that ensures smooth seat movement and reduces noise levels by up to 80% compared to traditional solutions. This makes every movement stable and the workout more comfortable. The ergonomic seat is designed for longer training sessions, helping you maintain a comfortable position. This combination leads to better exercise technique and greater enjoyment during daily use of the equipment.

## **Adjustable screen displaying key metrics**

The rowing machine is equipped with a screen that can be adjusted up to 180°, allowing you to easily adapt its position to your height and training posture. The display shows key data such as workout time, number of strokes, distance, calories burned, SPM, and an automatic parameter scan feature. A constant view of your results allows you to better control the intensity of your workouts and monitor your progress. This is a practical solution for people who want to train more consciously and effectively.

## **Bluetooth and over 1,000 training courses and games**

The MR-R02B10 model connects to the MERACH app via Bluetooth, enabling real-time synchronization of workout data. The MERACH app offers access to over 1,000 interactive training

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courses and games that help you stay motivated and add variety to your daily workouts. Users can track their results, analyze their workout history, and follow pre-designed activity programs. This makes even longer workout sessions more engaging and less monotonous.

**Sturdy construction with a weight capacity of up to 158 kg**

The durable steel frame is designed for intensive use and high stability during workouts. The maximum load capacity of 158 kg allows a wide range of users to benefit from the equipment. The stable base minimizes vibrations and prevents the machine from shifting during dynamic workouts. This allows you to focus entirely on your exercises while maintaining complete comfort and safety.

|                                                |                                                        |
|------------------------------------------------|--------------------------------------------------------|
| <b>Manufacturer</b>                            | MERACH                                                 |
| <b>Model</b>                                   | MR-R02B10                                              |
| <b>Color</b>                                   | black                                                  |
| <b>Resistance type</b>                         | magnetic                                               |
| <b>Number of resistance levels</b>             | 16                                                     |
| <b>Flywheel weight</b>                         | 6.8 kg                                                 |
| <b>Connectivity</b>                            | Bluetooth                                              |
| <b>Compatible app</b>                          | MERACH                                                 |
| <b>Number of workouts and games in the app</b> | over 1,000                                             |
| <b>Screen angle adjustment</b>                 | up to 180°                                             |
| <b>Displayed metrics</b>                       | time, number of strokes, distance, calories, SPM, Scan |
| <b>Rail material</b>                           | aluminum                                               |
| <b>Frame material</b>                          | steel                                                  |
| <b>Maximum user weight</b>                     | 158 kg                                                 |
| <b>Rail length</b>                             | 127.5 cm                                               |
| <b>Intended use</b>                            | home workout                                           |

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**Storage method**

upright

Gross weight: 26390, Net weight: 21800, Box length: 94,50, Box width: 55,00, Box height: 27,50,

GPSR Link: [https://psr-assets.innpro.pl/sport/sg\\_sport\\_\\_exercise\\_machines.pdf](https://psr-assets.innpro.pl/sport/sg_sport__exercise_machines.pdf)

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