

MERACH MR-R10B2 Rowing Machine (Black)



Model: MR-R10B2-EU

Manufacturer: MERACH

EAN: 5905156109452

Product Code: 886025

R9,941

MERACH MR-R10B2 Rowing Machine (Black)

The MERACH MR-R10B2 rowing machine is a modern water resistance trainer designed for a comprehensive full-body workout at home. The model features a spacious 15-liter water tank, a 12-blade water resistance system that provides a realistic rowing experience, an LCD display that tracks key workout metrics, and the ability to connect to a mobile app. Its sturdy steel construction, vertical storage system that takes up only about 0.3 m² of floor space, and built-in transport wheels make it ideal even for smaller apartments. With dimensions of 190 × 50 × 60 cm, it provides a comfortable workout space during use, and after your workout, you can easily store it vertically.

Realistic workout experience thanks to water resistance

The MERACH MR-R10B2 uses a water resistance system that naturally responds to the intensity of your movements. Inside the tank, 12 paddles generate smooth and dynamic resistance. The harder you pull on the handle, the greater the resistance the machine provides, allowing you to intuitively

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adjust the difficulty level to your ability. As a result, the workout feels like real rowing and engages multiple muscle groups simultaneously.

15-liter water tank

The large, 15-liter water tank provides clearly perceptible resistance during exercise. The water level can be conveniently adjusted using the included electric pump, allowing you to tailor your workout to your individual needs. This design allows the machine to be used for both gentle cardio workouts and more demanding sessions focused on improving endurance. The tank's large capacity also ensures smoother operation of the entire mechanism.

LCD display and full progress tracking

The easy-to-read LCD display allows you to monitor key workout metrics in real time. The computer displays exercise time, the number of movements in the current session (CNT), distance, estimated calories burned, and a function to cycle through different metrics. Additionally, users can take advantage of the T-CNT feature, which tracks the total number of movements recorded by the device. This allows you to track not only your progress during a single workout but also your long-term activity.

Integration with a Fitness App

The MR-R10B2 model works with fitness apps that help add variety to your daily workouts. Once the device is connected to a tablet or smartphone, users gain access to interactive workouts, instructional materials, and additional statistics. This feature helps maintain motivation and adds more variety to each training session. The built-in mobile device holder features adjustable tilt, allowing you to position the screen comfortably while exercising.

Space-saving and convenient storage

Despite its full-size design, the machine was designed with users who have limited space in mind. When unfolded, its dimensions are 190 × 50 × 60 cm, providing a comfortable workout environment. After your workout, the rowing machine can be stood upright, taking up only about 0.3 m² of floor space. Transport wheels provide an added convenience, making it easy to move the

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machine without having to lift it.

Stable construction designed for regular workouts

The machine’s frame is made of alloy steel and features a multi-point support system that enhances stability during exercise. The design features a three-layer construction comprising a reinforced alloy, an anti-corrosion layer, and a matte metallic finish. This design helps protect the surface from moisture and daily wear and tear. The sturdy construction ensures reliable support during every workout, regardless of its intensity.

Included in the set

- MERACH MR-R10B2 rowing machine
- User manual
- Electric water pump
- Pump charging cable
- 2 AAA batteries
- Water treatment tablets
- Assembly kit

Manufacturer	MERACH
Model	MR-R10B2
Color	black
Resistance type	water
Resistance system	12 blades
Tank capacity	15 l
Display	LCD
Displayed parameters	SCAN, TIME, CNT, DIST, CAL, T-CNT
Mobile app connectivity	yes

Adjustable tablet/smartphone holder yes

Vertical storage	yes
Footprint when folded	approx. 0.3 m ²
Transport wheels	yes
Construction	alloy steel
Device dimensions	190 × 50 × 60 cm

Gross weight: 26130, Net weight: 23500, Box length: 95,50, Box width: 44,00, Box height: 32,00,
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