

MERACH MR-R14R1 Rowing Machine (Brown)



Model: MR-R14R1-EU

Manufacturer: MERACH

EAN: 5905156109445

Product Code: 886026

R12,858

MERACH MR-R14R1 Rowing Machine (Brown)

The MERACH MR-R14R1 is a modern water rowing machine equipped with a 22-liter water tank and an improved resistance system featuring a 12-blade turbine, which provides a natural feel similar to real rowing. Its sturdy construction made of FSC-certified wood, dual seat rails, and a maximum weight capacity of 150 kg ensure stability during workouts. The machine offers 6 resistance levels, a display with Bluetooth connectivity, compatibility with the MERACH app, and a convenient holder for a phone or tablet. Thanks to its vertical storage and quick assembly, the MR-R14R1 model is ideal for both larger and smaller workout spaces.

Natural water resistance inspired by real rowing

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The rowing machine uses a water resistance system that responds to the force of every stroke. The harder you row, the greater the resistance generated by the turbine submerged in water, making your workout more realistic and engaging. A large, 22-liter tank ensures a steady flow of water, while the improved design with 12 blades enhances the mechanism's efficiency. This design delivers a smooth motion and a natural feel with every stroke.

A Stable Design Built for Regular Workouts

The frame, made of high-quality FSC-certified wood, combines durability with an attractive appearance. The sturdy construction is designed to ensure stability even during intense training sessions. With a maximum weight capacity of 150 kg, the machine is suitable for a wide range of users. Additionally, the dual-rail system improves the smoothness of the seat's movement and supports proper ergonomic form.

Track your progress in real time

The easy-to-read display lets you keep track of key workout metrics as you go. During your workout, you can check the time, distance covered, number of repetitions, and estimated calories burned. This makes it easier to assess the effectiveness of your workout and achieve your goals. The built-in Bluetooth module enables wireless data synchronization with compatible mobile devices.

Workout with the MERACH App and AR Technology

Once connected to the MERACH app, you gain access to comprehensive statistics, activity history, and pre-set workout programs. The app helps you maintain a regular exercise routine and allows you to conveniently track your progress. The Augmented Reality (AR) mode deserves special attention, as it takes your workout to a whole new level. Virtual, interactive routes displayed on your tablet or smartphone screen make every session more engaging and feel just like a real river trip.

Comfort During Every Workout

The MR-R14R1 model is equipped with adjustable pedals that help keep your feet stable during exercise. The built-in phone or tablet holder allows you to conveniently use workout apps, watch videos, or listen to music. The ergonomic seat glides smoothly along the rails, enhancing comfort

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even during longer workouts. The design is suitable for users up to 2 meters tall.

Easy assembly and space-saving design

The rowing machine comes largely pre-assembled, so it takes very little time to set up. After your workout, the machine can be stored in an upright position, saving valuable space in your home. This is a practical solution for people who want to use full-size training equipment without having to dedicate a separate room to it. Mobile transport wheels make it even easier to move the machine.

Included

- MERACH MR-R14R1 rowing machine
- Main frame
- Right rear guide rail
- Left rear guide rail
- Monitor mount
- Guide rail connecting plate
- Seat
- Set of screws and assembly accessories
- Pump for filling the water tank
- 2 AAA batteries
- User manual

Manufacturer	MERACH
Model	MR-R14R1
Color	brown
Resistance type	water
Water tank capacity	22 L
Number of resistance levels	6
Turbine design	12 blades
Bluetooth	Yes

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Compatibility with the MERACH app Yes

AR mode Yes

Phone/tablet mount Yes

Pedal type Adjustable

Maximum user weight 150 kg

Maximum user height up to 200 cm

Frame material FSC-certified wood

Dimensions when assembled 175 × 46 × 83.5 cm

Package dimensions 98 × 46 × 44 cm

Weight of the machine 26 kg

Gross weight: 29270, Net weight: 26000, Box length: 97,00, Box width: 45,50, Box height: 44,00,
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