

MERACH Rowing machine MR-R02B9 (black)



Model: MR-R02B9-EU

Manufacturer: MERACH

EAN: 5905156103603

Product Code: 946318

R6,439

MERACH Q1S-PRO Rowing Machine (MR-R02B9) (black)

The MERACH Q1S-PRO is a self-generating electromagnetic rowing machine with an improved 2.0 flywheel, 16-level resistance adjustment, and an electronic monitor that precisely controls training parameters. Its stable double-rail construction, weight capacity of up to 158 kg, user height range of 150 to 200 cm (4'11"-6'7"), and compact dimensions of 164.2 × 47.6 × 64.3 cm make it suitable for both beginners and demanding users. It is a well-thought-out design that combines technology, safety, and comfort in one device.

Electromagnetic Flywheel 2.0

The upgraded Electromagnetic Flywheel 2.0 resistance system provides stable and even load throughout the entire range of motion. The resistance is generated electronically, without mechanical friction, which translates into exceptionally smooth operation, less wear and tear on components, and quiet operation. Every stroke is natural and controlled – just like when training on

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professional equipment.

Precise intensity control - 16 levels

The built-in 16-step electromagnetic adjustment system allows you to perfectly match the difficulty of your workout to your fitness level and goals. You can choose a gentle endurance workout or an intense strength training session. Electronic adjustment ensures quick and accurate changes to the settings without interrupting your workout.

Train without cables or power outlets by generating energy

The Q1S-PRO model does not require a permanent connection to the mains. The self-generating power system produces energy during exercise, eliminating the need for power supplies or battery replacement. This gives you greater freedom to set up the equipment anywhere, greater safety, and no additional operating costs.

Double rail guide for stability up to 158 kg

The Dual Rails Design ensures stability even during intense workouts. The double rail eliminates the rocking effect and increases user safety. The rowing machine is designed for people weighing up to 158 kg (350 lbs), which proves the solidity and durability of the entire frame.

Ergonomic seat - comfort during longer sessions

The contoured, ergonomic seat is designed to distribute pressure evenly and minimize discomfort during training. Smooth movement along aluminum rails increases comfort and allows you to focus solely on technique and exercise efficiency.

Compact design and vertical storage - space saving

When unfolded, the machine takes up only 0.81 m³, and after your workout, the rowing machine can be stored vertically, reducing the horizontal space it occupies to approximately 0.27 m². Thanks to the built-in transport wheels, you can easily move the equipment without having to lift it. It is the perfect solution for apartments where every meter counts.

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Quick assembly and refined technical parameters

The device is 90% factory assembled and comes with detailed instructions and video materials to facilitate installation. The net weight of 20.9 kg ensures stability while allowing for convenient movement of the equipment. The built-in 2.4 GHz module (2402-2480 MHz, max. 1.48 dBm) ensures stable wireless communication. The recommended duration of a single workout is up to 60 minutes, which fits perfectly into your daily activity plan.

Included:

- Main frame ×1
- Guide rail assembly ×1
- Front stabilizing base ×1
- Pedals ×2
- Seat assembly ×1
- Seat cushion/cover ×1
- Support tube/stabilizing element ×1
- Set of screws and mounting elements ×1
- User manual ×1

Manufacturer	MERACH
Model	MR-R02 (Q1S-PRO)
Device type	Electromagnetic rowing machine, self-powered
Resistance system	Electromagnetic Flywheel 2.0
Resistance adjustment	Electronic + manual
Number of resistance levels	16
Power supply	Self-powered system
Maximum user weight	158 kg
Recommended user height	150–200 cm

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Maximum recommended training time per session	Up to 60 minutes
Guide rail design	Double rail
Device dimensions (L × W × H)	164.2 × 47.6 × 64.3 cm
Vertical footprint	Approx. 0.27 m ²
Volume when unfolded	0.81 m ³
Net weight	20.9 kg

Gross weight: 23480, Net weight: 19200, Box length: 94,50, Box width: 55,00, Box height: 16,50,
GPSR Link: https://psr-assets.innpro.pl/sport/sg_sport__exercise_machines.pdf

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