

# **MERACH elliptical trainer MR-E33B3-EU (black)**



Model: MR-E33B3-EU

Manufacturer: MERACH

EAN: 5905156103627

Product Code: 965506

## **R14,521**

### **MERACH MR-E33B3 elliptical trainer (black)**

The MERACH MR-E33B3 is a self-powered elliptical trainer that does not require a power connection. This means you can set it up anywhere—in your living room, bedroom, on the terrace, or in your home gym—without worrying about access to a power outlet. Every movement powers the system and the display, which translates into convenience, safety, and greater flexibility in arranging your space. It is a practical, modern, and environmentally friendly solution.

### **A natural 42 cm stride for joint comfort**

The 42 cm stride length provides a natural, smooth motion similar to walking or running. This makes training more comfortable and puts less strain on the knees than shorter designs. The elliptical trainer is designed for users between 152 and 200 cm (5'0"-6'7") tall, making it suitable for both

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shorter and taller people. Proper ergonomics translates into greater exercise efficiency and enjoyment.

## **Training tailored to your goals with 16 resistance levels**

The MR-E33B3 model offers 16 levels of magnetic resistance, allowing you to adjust the intensity to your current fitness level and training plan. Lower levels are suitable for warm-ups, light cardio, or rehabilitation, medium levels support fat burning, and the highest levels allow you to build strength and endurance. The wide range of adjustments makes the elliptical trainer suitable for both beginners and advanced users.

## **6.8 kg flywheel - smooth and quiet movement**

The use of a 6.8 kg flywheel guarantees stable, smooth operation of the device. Compared to lighter models, the movement is noticeably smoother and more natural, without jerks or "dead spots." An additional advantage is its quiet operation, allowing you to train at any time of the day without disturbing your household.

## **Stable construction for up to 150 kg**

The reinforced frame of the elliptical trainer can withstand loads of up to 150 kg (330 lbs), ensuring a high level of safety and stability even during intense workouts. The solid 45.8 kg construction minimizes vibration and swaying of the machine. This allows you to exercise dynamically and confidently, without worrying about losing your balance or the stability of the equipment.

## **Easy-to-read monitor and 7 training parameters**

The elliptical trainer is equipped with a monitor that displays the most important data in real time: time, distance, speed, calories burned, resistance level, cadence, and heart rate. Constant access to key information allows you to control the intensity of your workout and consciously plan your next sessions. It is a practical tool that helps you achieve your training goals faster.

## **Bluetooth connectivity and training apps**

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The built-in 2.4 GHz Bluetooth module allows you to connect the elliptical trainer to training apps such as Merach or Kinomap. This allows you to use virtual routes, analyze your results, and increase your motivation to exercise regularly. Integration with your smartphone makes your workout more engaging and tailored to your needs.

**Compact dimensions - ideal for home use**

Dimensions of 101 × 58 × 155.8 cm allow for convenient placement of the elliptical trainer even in smaller rooms. At the same time, the design ensures stability and comfort of use. The MERACH MR-E33B3 combines functionality, reliability, and modern technologies to create equipment that is perfect for everyday home training.

**Included:**

- Main frame x1
- Stabilizing feet x2
- Pedals x2
- Movable handles x2
- Center handle x1
- Handle covers x2
- Handlebar post pad x1
- Decorative post covers x2
- Water bottle holder x1
- Training computer x1
- Set of screws and mounting elements x1
- User manual x1

|                     |                                                                        |
|---------------------|------------------------------------------------------------------------|
| <b>Manufacturer</b> | MERACH                                                                 |
| <b>Model</b>        | MR-E33B3                                                               |
| <b>Device type</b>  | Self-generating magnetic elliptical trainer without mains power supply |

|                                    |                                                                        |
|------------------------------------|------------------------------------------------------------------------|
| <b>Power supply system</b>         | Power generated during training                                        |
| <b>Resistance system</b>           | Magnetic                                                               |
| <b>Resistance adjustment range</b> | 16 levels                                                              |
| <b>Flywheel weight</b>             | 6.8 kg                                                                 |
| <b>Stride length</b>               | 42 cm                                                                  |
| <b>Recommended user height</b>     | 152-200 cm                                                             |
| <b>Maximum user weight</b>         | 150 kg                                                                 |
| <b>Net weight of device</b>        | 45.8 kg                                                                |
| <b>Device dimensions L x W x H</b> | 101 × 58 × 155.8 cm                                                    |
| <b>Displayed parameters</b>        | Time, distance, speed, calories, resistance level, cadence, heart rate |
| <b>Wireless connectivity</b>       | Bluetooth                                                              |

Gross weight: 51700, Net weight: 45700, Box length: 130,50, Box width: 32,80, Box height: 57,50,  
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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