

# MERACH MR- 2403B1 Stepper



Model: MR-2403B1-EU

Manufacturer: MERACH

EAN: 5905156109018

Product Code: 966870

## R2,553

### MERACH MR-2403B1 Stepper

The MERACH MR-2403B1 Stepper allows you to perform vertical exercises, twisting movements, and upper-body workouts using the included resistance bands. It offers 2 exercise modes, resistance of approximately 11.3 kg, and two ways to track your progress—via the LCD display or the MERACH app. The sturdy construction, featuring a U-shaped base and a reinforced steel frame, ensures stability during your workout, while the compact design makes storage easy.

### Three Ways to Train

The machine lets you vary your workout. You can perform classic vertical movements, twisting exercises that engage additional muscle groups, and enhance your workout with arm exercises using the two resistance bands. This approach allows you to simultaneously improve your fitness, strengthen your muscles, and tone your body.

### Effective workout in a short time

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The machine is equipped with a resistance of approximately 11.3 kg, enabling an intense workout at home. 20 minutes of exercise on the stepper is equivalent to 1.5 hours of yoga, 30 minutes of swimming, cycling a distance of about 12 km, or 40 minutes of jogging.

**Track your progress however you like**

You can view your workout data directly on the LCD display or use the MERACH Fitness App, which lets you conveniently track your workout metrics and progress on your smartphone. This gives you easy access to information about your activity and allows you to monitor your training results in real time.

**Stable Construction**

The MR-2403B1 model features a U-shaped base and a reinforced steel frame. This design enhances stability during more dynamic movements. Its compact design makes it ideal for a home workout space.

**Included in the set**

- Stepper
- Resistance band x2
- User manual

|                       |                                             |
|-----------------------|---------------------------------------------|
| <b>Manufacturer</b>   | MERACH                                      |
| <b>Model</b>          | MR-2403B1-EU                                |
| <b>Movement modes</b> | 2 (vertical movement and twisting movement) |
| <b>Resistance</b>     | Approximately 11.3 kg                       |
| <b>Data tracking</b>  | LCD display and MERACH Fitness App          |

**Recommended maximum duration per session** 20 minutes

Gross weight: 11400, Net weight: 9900, Box length: 46,50, Box width: 36,50, Box height: 26,50