

First Degree



S500 Fluid Rower Price: \$1995

The original Fluid Rower, and still the smoothest and most realistic row you can get on dry land System 20 patented variable resistance unit. One touch adjustability from 'feather light' to 'Olympic sprint'. Smooth and quiet, with instant take up at 'catch'.

Computer Displays: time; 500m split; distance; strokes per minute; calories per hour; watts; interval training feature;

Large diameter handle with tough webbing belt.

Superior user comfort, smooth silent operation. No chains, no lubrication.

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Wave Rower Price: \$995

Water Resistance * Natural quiet and soothing * Simulates real on-water rowing * Resistance adapts to work intensity

The Wave Rower Computer: Time; Distance; 500m split time;

The Wave Rower Tank: Tough polycarbonate shell, 3 blade stainless steel paddle. Variable water volume from 9 to 17 litres.

Wave Rower Seat: Contoured super comfortable, with precision bearings running on an anodised aluminum rail. Strokes per min; Calories per hour; Watts; Interval training.



LifeCore R100 Rower Price: \$1395

Large LCD "Blue Backlit" Computer Display **16 Levels of Magnetic Resistance** **4 Polar Compatible Heart Rate Control Programs** **15 Challenging Preset Programs** **Stores Data for Up to 4 Users** **Pacer and Watts Dependent Programs** **Adjustable Cooling Air Vent** **Solid Steel Fan/Flywheel** **Extruded Aluminum Frame with Solid Steel Support** **Silent Drive System**
Large Ergonomically Designed Seat for Added Comfort **Angeled Foot Rests with Pivoting Heel Supports** **Ergonomically Designed Handle** **Folds For Storage** **User Weight Capacity: 600 lbs.**



LifeCore R88 Rower Price: \$749

Resistance Type: Air - Magnetic
 Console Displays: Speed, RPM, Strokes, Race Function, Calories

Life Core Fitness R88 Rowing Machine Air - Magnetic Rower Holds up to 250 pounds on its steel frame and features a folding frame and transportation wheels



LifeCore R99 Rower Price: \$899

Smooth, silent magnetic rowing with up to 350 Watts of resistance

20 levels of push-button resistance Pre-set programs that adjust resistance automatically, even one that uses your Heart Rate to set the intensity.



Concept 2 Rower Model D with PM3 Screen Price: \$1095

Flywheel is designed to minimize noise while providing the smooth feel of rowing on the water.

Spiral damper controls airflow to the flywheel allowing users to choose the feel of a sleek, fast boat or a slow, heavy boat. Ergonomic handle allows for a natural arm and hand position.

Aluminum rail capped with a stainless-steel track for smooth movement of the seat. Adjustable monitor arm for compact storage.

Flexfoot footrests adjust for quick and easy sizing. Rower separates easily into two parts for transport and storage.



Tunturi R30 Price: \$895

Tunturi's magnetic-resistance system has combined effective aerobics and versatile muscle training. The easy-to-use console shows readings in over-sized digits. The Tunturi soft seat moves smoothly and quietly, and the double-rail structure is ergonomically perfect. The innovative console tracks every workout element: time, distance, heart-rate profile, calories burned, strokes per minute, heart rate, humidity, room temperature.

Tunturi R60 Price: \$1195

Elite Tunturi construction and superior magnetic resistance with a slew of bonuses: push-button resistance control; pre-set programs and profiles; folding feature for compact storage. The Tunturi R60 Rowing Machine brings you new standards of comfort, efficiency, and versatility in home fitness. Tunturi has combined an effective aerobic piece of equipment with a versatile muscle trainer. Control all that smooth, flawless magnetic resistance with the push of a button on the console or rowing handle! The console offers various pre-set training programs, include heart-rate control. The ingenious, ergonomically perfect double-rail construction, soft seat, and swiveling foot rests inspire optimal training. And afterwards, just fold the R60 and tuck it away until your next session.

