

CONCEPT **ROWER**

- PM3 Performance Monitor is standard on all Model D Indoor Rowers
- Aluminum rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke to provide a true, full-body workout
 - Adjustable monitor arm allows for more compact storage
 - Ergonomic handle allows for a natural arm and hand position while rowing
 - Fan engineered to minimize noise while providing the smooth feel of rowing on the water
 - Flexfoot footrests adjust for quick and easy sizing
 - Spiral damper controls airflow to the flywheel allowing users to choose the feel of a sleek, fast boat or a slow, heavy boat
 - Redesigned framelock mechanism makes it easy to separate into two pieces for transport and storage
- Caster wheels make it mobile



COMPUTER FEATURES

- Scan
- Counter
- Time
- Tempo
- Strokes
- Calories

| Usage | Home/Commerical |
|-----------------|-----------------|
| Unit Width | 61 cm |
| Unit Height | 101 cm |
| Unit Length | 242 cm |
| Max User Weight | 225 kg |

