

R200APM Rower



Programming & Workouts

- 15 auto control programs
- 3 heart rate programs plus HR recovery
- Personal data storage for 4 users

Product Details

- Heavy duty magnetic flywheel resistance
- Fully auto controlled air mag
- Highly engineered heavy duty frame
- Extra long row beam – suits taller people
- Angled foot rests with pivoting heel supports

Electronics

- Built in HR receiver

Specifications

- Maximum user weight 160kgs
- Foot print 210 x 57cm

R200 Upgrade

- Full commercial fixed row beam
- Increased flywheel resistance system
- Upgraded Poly “V” belt delivers 66% increase in power transfer
- Return spring force increased by 160% to eliminate dead zone
- Clutch upgraded to German system for increased strength & reliability
- Bearing upgraded
- Seat rollers 30% larger
- 3 bearings per roller
- Upgraded rear stabilizer
- Strengthened foot support
- Aluminium beam 40% thicker

