

## R100 versus R200 Rower

The R100 & R200 rowers may look similar in appearance but that's where the similarities end.

In everyway possible the R200 is built stronger, with the top of the line materials, strong frame and made to last the vigorous use and abuse of a full commercial environment.

### R200 Rower

Full Commercial  
No Fold



### R100 Rower

Light Commercial  
Foldable for easy storage



# R200 Rower Upgrades

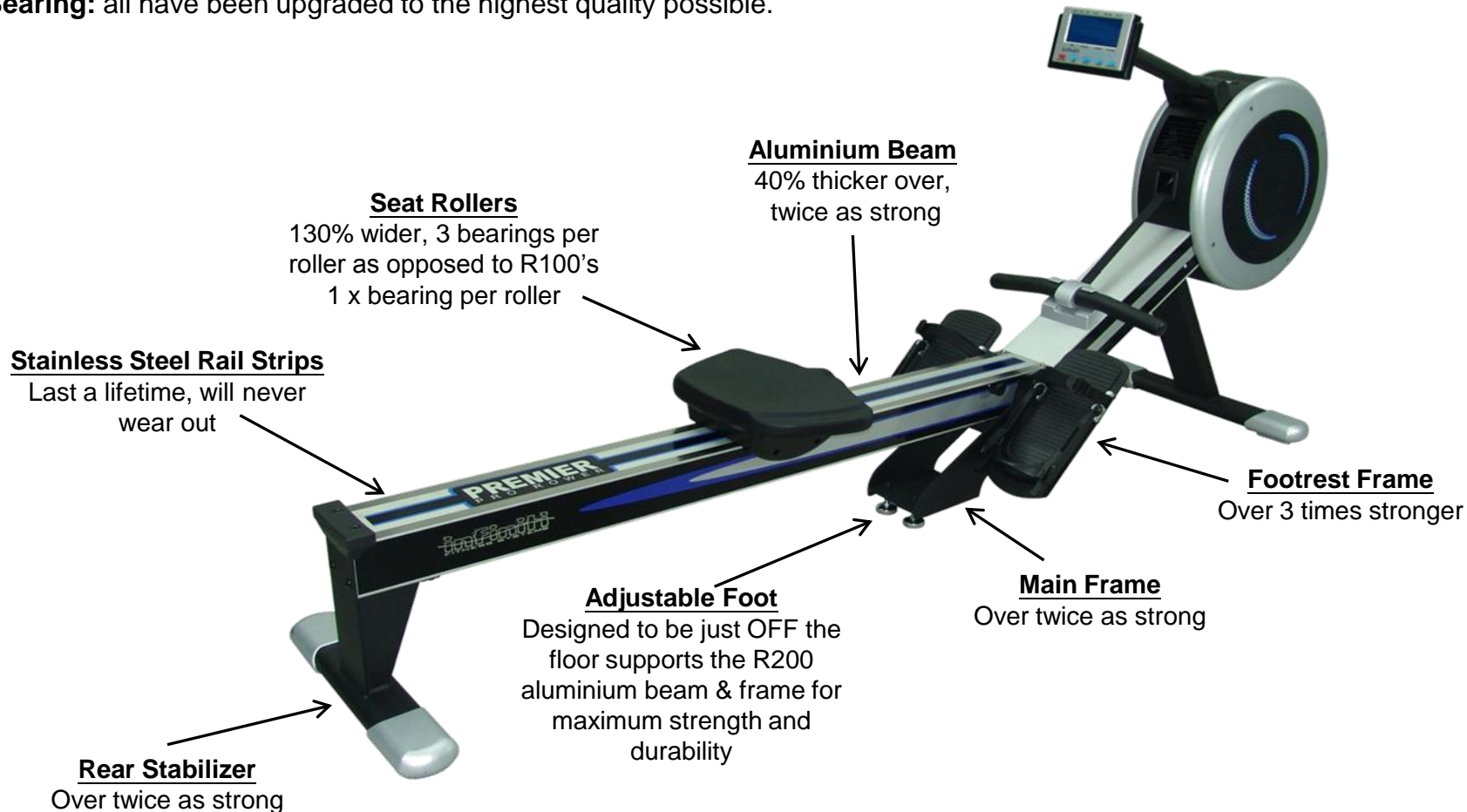
**Resistance System:** Increased flywheel magnetic system for light to extra heavy resistance.

**Drive Pulley & Poly “V” Drive Belt:** Upgraded from PJ6 to PJ10, 66% increase to ensure long BELT life & guaranteed power transfer to the stronger RESISTANCE SYSTEM.

**Return Spring:** The Return Spring force has been increased by 164%. When combined with the reduced FLYWHEEL weight totally eliminates the dead zone at the beginning of each stroke.

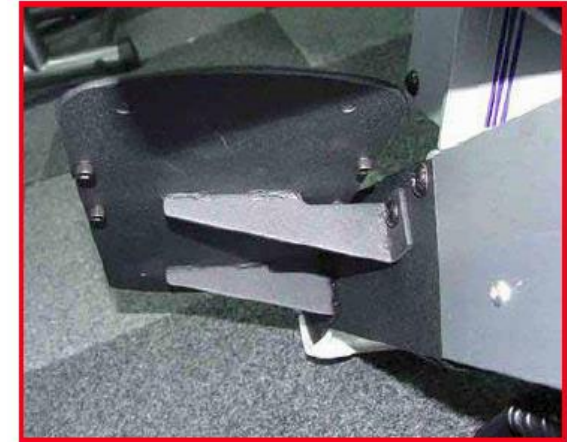
**Clutch:** Upgraded to a German 36 x Cam Clutch, delivering an estimated 500% increase in strength & reliability.

**Bearing:** all have been upgraded to the highest quality possible.

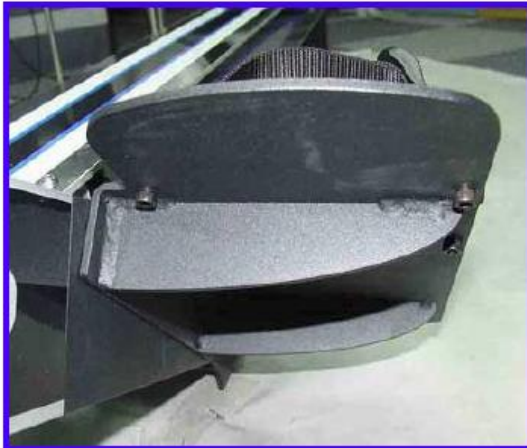




**R200 Bolt to Floor Stabilizers**  
All 4 corners of the stabilizers have a special bolt to floor tag



**R100  
Foot Rest Frame**



**R200 Footrest Frame**  
Over 3 times stronger



**R200 Rear Stabilizer**  
Over twice as strong



**R100  
Rear Stabilizer**