

EVOCARDIO

Renegade Air Rower ARC100



Using the Renegade air rowing machine at home can have great physical benefits. It provides a good aerobic workout since you are using your entire body and can exercise as vigorously as you want; you can also go at your own pace if you need to work your way up to a better level of physical fitness. When you use air as your resistance mechanism you increase or decrease the resistance according to your own efforts, which means you have a lot less chance of overdoing it or injuring yourself.

BUILD MUSCLE TONE

Helps to build muscle tone in the entire body as you are pushing resistance with both the leg muscles and the muscles of the entire upper body as well.

RAPID CALORIE BURN

Rowing burns calories rapidly, making it a suitable addition to your workout regimen if weight loss is your chief priority.

GREAT TOOL FOR REHABILITATION

It's a great tool for rehabilitation as it provides safe movement with no impact. It also allows the area of the injury to move and provide blood flow to the area to aid in recovery.

ENDURANCE

Using a rowing machine is an endurance exercise that increases heart function and uses carbohydrates to provide the energy required to exercise.

NATURAL ARM AND HAND POSITION

Ergonomic handle for natural arm and hand position to target different muscles, add comfort and enhance your workouts as well.

WORKOUT PROGRAMS

A computer console with several workout programs, which tracks and display your progress.



TECHNICAL SPECIFICATIONS

Footrests	Adjustable footrests for safe and comfortable workouts
Resistance	8 levels (manual)
Track	Steel reinforced aluminium
Rollers	Engineering POM rollers with robust 608zz sealed cartridge bearings inserted
Handlebar	Ergonomic handle with black dipping foam grip Low maintenance, high tensile strength nylon pulling strap
Heart rate monitoring	Tracks pulse via optional chest belt
Foldable	Yes
Fan	2.8 kg dual steel fan

CONSOLE/WORKOUTS

Computer display	Large LCD screen displays all workout data in easy to read format
Console feedback	Time, time/500m, calories, stroke, pulse, SPM, distance, watts
Pre-set programs	8; including 20/30, 20/10, intervals, target settings and SPM control

DIMENSIONS

Product (L x W x H)	218 x 61.5 x 76 cm
Carton (L x W x H)	Box 1: 112 x 40 x 82 cm Box 2: 147 x 26 x 23 cm
NW/GW	49.5 kg / 58 kg
Max. user weight	150 kg

WARRANTY

Frame	Lifetime
Parts	2 years
Wear parts	6 months

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