

EVOCARDIO

Renegade Air Rower Pro ARP100



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.

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.

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. 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.

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.



KEY PRODUCT FEATURES



Footrests

Engineering oversized quick footrests



Ergonomic Handle

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



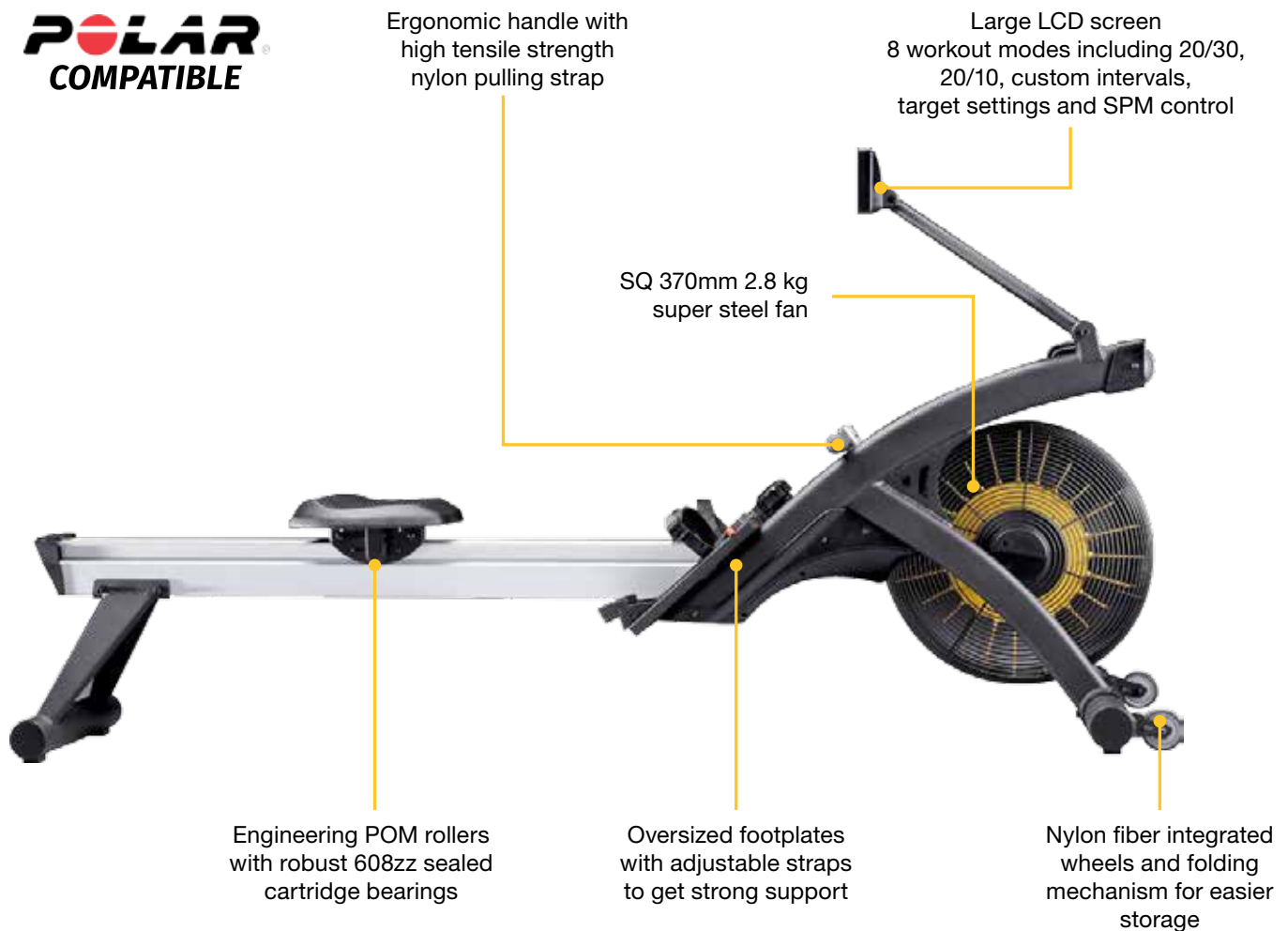
Rollers

Engineering POM rollers with robust 608zz sealed cartridge bearings inserted



Console

A large LCD screen with several workout programs, which tracks and display your progress



TECHNICAL SPECIFICATIONS

| | |
|-----------------------|---|
| Footrests | Adjustable footrests for safe and comfortable workouts |
| Resistance | 8 levels / electronic |
| 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

| | |
|------------------|---|
| 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 |
| Workouts | Manual, race, profiles, watt, HRC, user 1 - user 5 |

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 |