

EVOCARDIO

Renegade Air Rower Classic ARC100



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.

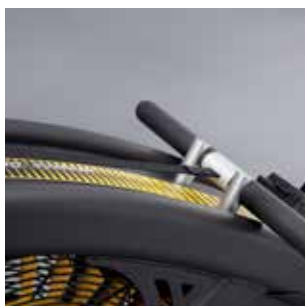


KEY PRODUCT FEATURES



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.



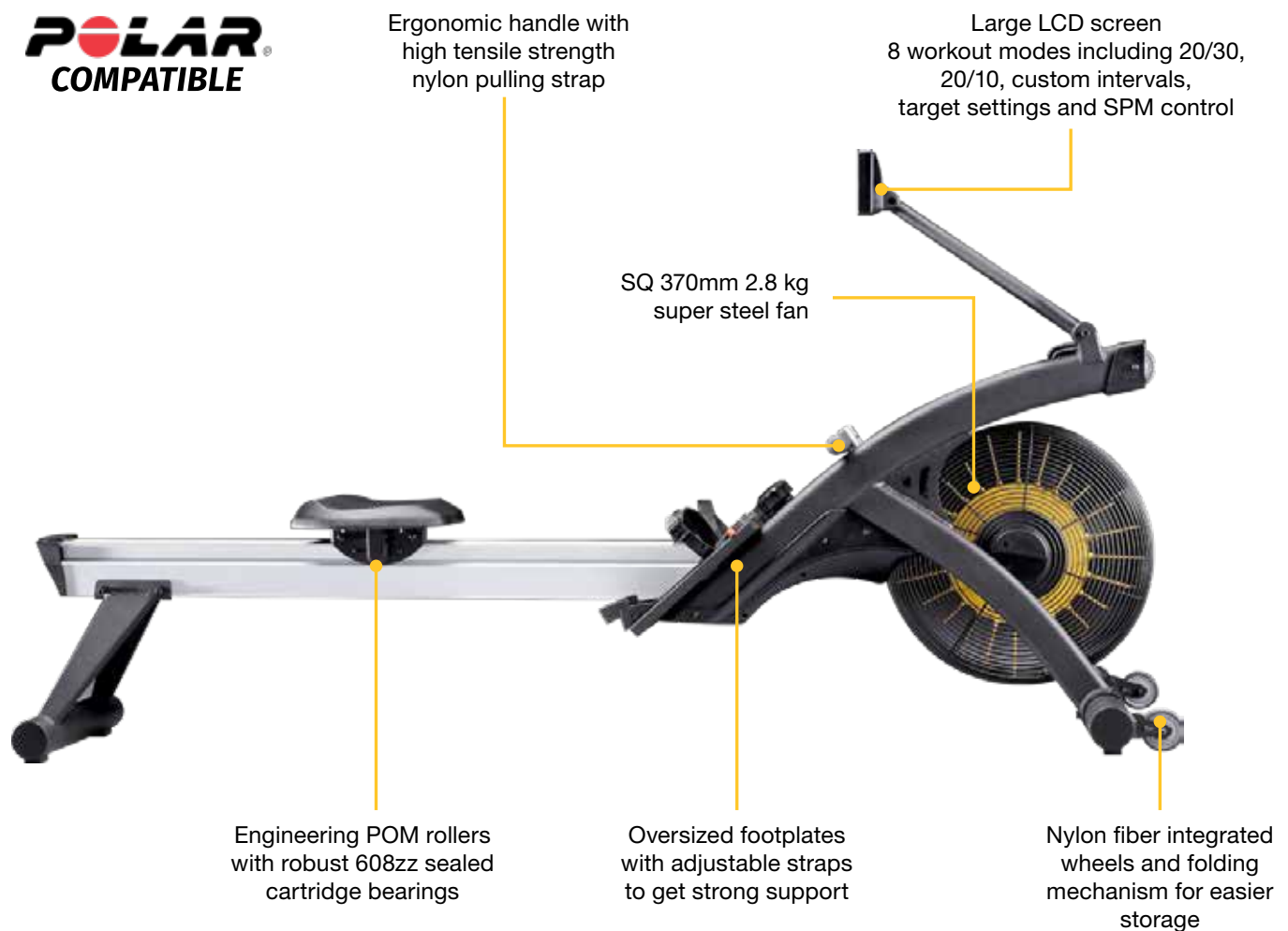
Rollers

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 / 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

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