



Waterrower A1 Monorail



The Waterrower A1 impresses with its lightweight and compact design. The simple monorail guide rail enables comfortable rowing and a secure hold. The A1 monitor clearly displays all relevant rowing values during rowing. Thanks to its low weight, the A1 Waterrower is even easier to store in an upright position.

CHF 1'099.00

The original since 1988 - the WaterRower was invented by John Duke in 1988. The American rower developed the practical function and timeless design of the rowing machine based on the idea that training on land should mirror the conditions on the water as closely as possible.

The WaterRower was developed in such a way that it fits comfortably into hectic everyday life. Simply put it down and it's ready to go. Feel the unique sensation of water resistance and listen to the pleasant sound of the water.

The heart of the WaterRower is the patented water tank with the ergonomically shaped water paddle. This enables maximum water intake and creates even, smooth resistance. Training with water resistance is absolutely easy on the joints, relaxing and at the same time extremely effective.

The WaterRower automatically adapts to the user. The resistance is regulated according to the force input. The harder you pull, the greater the resistance. The WaterRower is self-determining. Even a 10-minute workout burns a lot of calories, shapes your body and makes you feel good. You can show off with the WaterRower. You don't need to hide it away like many other steel fitness machines. The WaterRower looks good on you and is an attraction for guests. The WaterRower does not disturb any neighbors and can be used at any time, even after 10 pm.

The unique aesthetics of the WaterRowers's, unrivaled by other ergometers, combined with the high quality of the machine, make the WaterRower one of the most successful rowing ergometers ever. Thanks to the WaterRowers's self-determination effect, it can be used by anyone at any time without the need for tedious changes to presettings. The beautiful design of the WaterRowers's prevents visual aversion and motivates regular use. Timeless, appealing and award-winning - the WaterRower rowing machine won the prestigious Plus X Award for its unique design and was the only



piece of sports equipment to be featured in London's Design Museum.

The WaterRower, built in various types of wood as well as steel, has a worldwide patent on the water impeller, which simulates the dynamics of the rowing motion. When the wheel is pulled through the water tank, the water resistance is created, which feels natural, soft and even, and creates the connection to rowing on the water.

The gentle rippling of the water reinforces the impression of gliding along in a boat. The WaterRower utilizes the advantages of the rowing motion in a unique way: You train while determining your own load and speed. Because the rowing stroke and speed of a boat are interdependent, each crew in the rowing boat sets their own training intensity by simply changing the speed at which they row. The faster the boat glides over the water, the faster the crew pulls the oar through the water and the harder they have to work. Swimming has the same effect. The WaterRower simulates exactly this effect on land. Therefore, you do not need a device to adjust the training resistance. If you want to train more intensively, simply row faster. The WaterRower will respond accordingly.

Features:

- Made from ash wood
- Water tank with the ergonomically shaped water paddle - this allows maximum water intake and thus creates a uniform, smooth and pleasant resistance
- Resistance is created by tightening the water wheel in the water tank
- Resistance adjusts to the force exerted by the user - the water resistance is self-determined, i.e. it adjusts precisely to the force exerted by the rower in each individual movement. As with the original rowing, the rowing boat moves through the water based on the use of muscle power. The rower feels the element of water through the paddle
- the advantages of water as a resistance medium: the resistance adjusts automatically, gentle on the joints, the training is quiet and relaxing, water shows no wear and tear - it is tireless
- easy-to-use and clear training computer with LCD display for time measurement, stroke rate (strokes/min.), distance (m/s, mph, /500m, /2km), watts, calories/h.
- Tank made of robust and impact-resistant polycarbonate - the same material is used in the aircraft industry to make window panes (WaterRower chlorine tablets are recommended for maintenance and to keep the water clean)
- Ergonomically shaped rowing handle
- Mono Rail
- foot spacing 21cm
- Aluminum rail
- conically shaped ergo paddle
- drawstring made of ultra-strong, tightly woven polyester
- can be raised to save space
- comfortable and smooth-running roller seat
- height-adjustable footrest
- transport wheels

Use: home use, payload: approx. 125kg

Device dimensions: L215 x W56 x H53cm, raised L53 x W55 x H215cm, weight 36kg (without water filling)

Accessories: water pump, chlorine tablet

Option: heart rate monitor (heart rate monitor with transmitter belt)



Warranty: 2 years on labor & material (excluding consumables)

Brake system: Water resistance system

Current-dependent: No

Resistance levels: Water resistance dependent

Training computer: LCD display

Displayed values: Stroke rate, intensity, time, distance, energy consumption and watts.

Training programs: No

Pulse-controlled programs: keine

Pulse receiver: 5khz

Multimedia: No

Rail system: Monorail

Accessories: Water pump, chlorine tablet

Options: Heart rate monitor (heart rate monitor with transmitter belt)

Foldable / erectable: Erectable

Folding / set up dimension: L 53 x W 55 x H 215 cm

Dimensions (length / width / height): L 215 x W 56 x H 53 cm

Device weight: 36 kg (without water filling)

Payload: approx. 125 kg

Insert: Home

Warranty: 2 years on labor & material (excluding consumables)