



## Finnlo Aquon Waterflow Rowing Machine (3706)



The Finnlo Waterflow premium rowing machine combines effective total body training with innovative water power technology. Thanks to the patented flow resistance, which can be adjusted in four stages, the water resistance system can be precisely set to the individual fitness level.

CHF 1'699.00

### **Authentic rowing experience in your own four walls**

The premium rowing machine FINNLO by HAMMER Aquon Waterflow combines effective whole-body training with innovative water power technology and impresses with its noble steel frame construction with design wood application. The high-quality water drum made of robust polycarbonate with patented 4-way adjustable resistance technology ensures a particularly authentic rowing experience.

### **Product of the Year 2018**

The FINNLO by HAMMER rowing machine Aquon Waterflow won the world's largest innovation award for technology, sports and lifestyle - the Plus X Award - in no less than 3 categories: Quality, Design, Functionality. The international and independent jury of experts also chose the FINNLO by HAMMER rower Aquon Waterflow as the product of the year 2018.

### **High-quality polycarbonate water drum**

The water drum made of robust polycarbonate, which is used to generate water resistance, is the absolute highlight of the FINNLO by HAMMER Aquon Waterflow. The unique and natural feeling of water power is particularly pleasant here and will motivate you to work out long and concentrated. You can see and feel the element water through the transparent water tank. The pleasant water ripple has a relaxing effect and is particularly motivating for training.

![[endif]]-->![[endif]]-->![[endif]]-->

### **The big difference: 4-way adjustable water resistance**

The 4-way adjustable water resistance system allows the individual fitness level to be precisely set. The rotary knob on the water tank makes it possible to increase or decrease the difficulty level according to the individual training level of each person. Compared to conventional water rowing machines, where



the resistance is controlled exclusively by the pull speed, with Waterflow you also have the option of controlling your resistance at 4 different training levels. More variability, more possibilities and a higher training efficiency.

### **High-quality construction and stylish design for absolute premium quality**

The FINNLO by HAMMER Aquon Waterflow offers intelligently designed ergonomics for a workout that is gentle on the back and strengthens it at the same time. The perfect equipment ergonomics with specially shaped Ergo handles ensures a comfortable and correct rowing position and minimizes strain on the wrist and forearm - avoid bent wrists, which are one of the typical sources of errors when rowing! For smooth running and the best rowing dynamics, this stylish premium fitness machine features a frictionless roller system. High-quality precision ball bearings ensure absolutely smooth running.

### **Waterflow training computer for full performance control**

With the tiltable training computer you have maximum control over your performance! The full overview of your rowing training is guaranteed by the displays of your calorie consumption per hour, your total training time, the time for which you need 500 meters on average, your pulse (via chest strap measurement) and your distance covered. High quality in all areas! Waterflow is already equipped with a pulse receiver, which allows you to train health-oriented with a chest strap (chest strap optional). Especially for aerobic cardio training for weight reduction, pulse control is essential.

### **Explore the world from home: Virtual rowing with Kinomap**

You experience a completely new rowing feeling with the live track videos from Kinomap. You can rev up your virtual avatar and turn your workout into a motivating, interactive event. With the Kinomap fitness app (with camera function), you can choose from different and exciting rowing tours that will inspire you. Train all over the world and dive into the virtual training world of Kinomap with every rowing move. To enjoy Kinomap perfectly we recommend to download the app directly to your tablet.

### **Features**

- sturdy steel frame construction with wood application
- space-saving height adjustment
- high-quality hi-performance rollers for smooth running and best rowing dynamics
- adjustable Resistance (AR): 4-fold adjustable resistance
- water tank made of robust polycarbonate
- quality belt drive - quiet, jerk-free and maintenance-free
- multi-adjustable, non-slip foot plates. Guaranteed powerful rowing support through the legs
- footplate distance 11cm
- quality footstraps for optimal support and stability
- Sport Ergo seat for comfortable sitting
- ergonomic handle for perfect rowing pulls
- pull rope in professional length for persons even over 2 meters
- training computer with LCD display shows time, watts, level, strokes per minute, pulse, total strokes, time per 500m, distance, calorie consumption
- integrated pulse receiver for chest straps
- pulse upper/lower limit adjustable
- percentage pulse display for upper pulse limit
- integrated transport wheels
- no mains connection necessary
- color: havanna brown/black



- guide price CHF 1'799.--

Use: home use, payload: approx. 150kg

Unit dimensions: L205 x W50 x H60cm, folding dimensions: L60 x W50 x H205, weight 42kg

Options: Pulse transmitter belt

Warranty: 2 years on labor & material (excludes consumables).

Brake system: Water resistance system

Current-dependent: No

Resistance levels: 4-way adjustable water resistance

Training computer: LCD display

Displayed values: Time, watts, level, beats per minute, pulse, total beats, time per 500m, distance, calories burned

Training programs: No

Pulse-controlled programs: keine

Pulse receiver: Bluetooth

Multimedia: No

Rail system: Double rail

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

Foldable / erectable: Erectable

Folding / set up dimension: L 60 x W 50 x H 205 cm

Dimensions (length / width / height): L 205 x W 50 x H 60 cm

Device weight: 42 kg

Payload: approx. 150 kg

Insert: Home

Warranty: 2 years on labor & material

Features: Quality belt drive, adjustable resistance, steel frame construction, ergonomic handle, Sport Ergo seat.