



## Matrix Fitness Rower



The Rower from Matrix Fitness offers a workout that is easy on the joints. The versatile, exceptional design makes it easy to switch workouts between sprints, long distances and short, intense intervals. With comprehensive and accurate performance measurement and playback on the powerful console, athletes receive valuable workout feedback at all times. After training, the rower can simply be stored completely upright to save space.

**CHF 3'190.00**

### **Matrix Fitness Rower**

The low-impact rower provides an intense cardio workout that strengthens the entire body. It includes: Aluminum flywheel, 10 levels of magnetic resistance, adjustable backlit console, program quick buttons, ergonomic seat with lock; comfortable, solid handle, reinforced aluminum track, low-maintenance pull cord and compact vertical stand and transport wheels for storage.

#### **Smooth and quiet operation**

Sleek but sturdy construction provides quiet operation, a smoother rowing stroke, easy adjustments and repeatable resistance levels, creating an unparalleled indoor rowing experience.

#### **Self-powered console**

An adjustable, backlit console makes it easy to view complete workout data, allowing users to measure their progress at any time. Clearly labeled function buttons let users instantly select popular workout programs with the touch of a button.

#### **Long life**

A high-quality cable has been combined with a long aluminum track reinforced with stainless steel strips to withstand the steady stream of users in the busiest workout environments.

#### **Space-saving**



The rower can be folded up to reduce the footprint. The built-in wheels make it easy to move the rower for storage or push it to a new location in your circuit training room.

**Features:**

- Induction brake resistance
- 10 mechanically adjustable resistance levels
- Poly-V belt drive with steel spring
- Brushed aluminum flywheel
- Extra large backlit LCD display showing time, distance, SPM (strokes per minute), strokes, watts, heart rate, calories, 500m split
- programs: manual, interval, race
- clearly marked Quick Keys allow instant access to the most popular workout programs with just one button press
- adjustable height and angle of the console
- aluminum glide bar with steel reinforcement
- adjustable pedal straps with quick release
- space-saving height adjustment
- ergonomically shaped seat
- for fast but safe mounting and dismounting, the seat locks automatically as soon as it is no longer loaded
- extra long Ergo-Grip handles
- transport wheels
- height adjustment
- recommended guide price CHF 3'599.--

Use: home use, payload: approx. 160kg

Equipment dimensions: L223 x W55 x H94-108cm, weight 55kg

Accessories: pulse receiver for wireless pulse collection

Options: Pulse transmitter belt

Warranty: 2 years complete warranty

Brake system: Induction brake system

Current-dependent: No

Resistance levels: 10

Training computer: LCD display

Displayed values: Time, Distance, SPM, Strokes, Watts, Heart Rate, Calories, 500m Split

Training programs: 3

Pulse-controlled programs: keine

Pulse receiver: 5khz

Multimedia: No

Rail system: Monorail

Accessories: integrated receiver for chest strap transmitter

Options: Transmitter belt, floor protection mat

Foldable / erectable: Erectable

Folding / set up dimension: L 94-108 x W 55 x H 223 cm

**The Shark  
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Dimensions (length / width / height): L 223 x W 55 x H 94-108 cm

Device weight: 55 kg

Payload: 160 kg

Insert: Home

Warranty: 3 years full warranty, 30 years on frame

Features: extra long Ergo-Grip handles, Poly-V belt drive with steel spring, brushed aluminum flywheel