



Style Fit Rowing Machine Flow One, Oak (SFR_F_003T)



Elegant & Modern Design - The STIL-FIT FLOW ONE rower offers a new standard for what a rower can be. Its elegant wood paneling sets it, in any environment, perfectly in scene. The elegant design with its high-quality molded wood panels is reminiscent of the sleek silhouette of a rowing boat and fits wonderfully into any living environment.

CHF 2'790.00

Powered by WaterRower

Thanks to the cooperation with the company WaterRower our rowing machine is technically on the highest level. We rely completely on the proven components of WaterRower for the inner workings of our new rowing machine and can therefore offer you a perfect and even rowing feeling at all times. The resistance is generated by a propeller in the tank

Water as resistance

Water is the natural resistance in rowing and we use this also in our rowing machine FLOW ONE. The big advantage is the dynamics of the resistance - the speed and intensity of the pull determines the strength of the resistance. Water as a resistance system for indoor rowing is thus the most realistic form of rowing. At the same time, during rowing you will hear only a pleasant sound of water.

Gentle and effective training

Another great advantage of water as resistance is the low risk of overload and injury. The resistance is dynamic and adapts to the strength of your pull, which means that you only ever train according to the amount of force you use. The training is extremely easy on the joints, as there is no impact on joints, tendons and ligaments.

The ideal whole body workout

Rowing is the perfect combination of strength and endurance training. In addition to all the important muscle groups such as legs, waist, buttocks, back, shoulders and arms, your entire cardiovascular system is trained and body fat is effectively reduced. Rowing is therefore the ideal total body workout for your fitness. Rowing training uses 85% of your muscles and trains your entire cardiovascular system at the same time. The intense and efficient workouts noticeably improve your physical performance and



ensure high calorie consumption.

Pulling Handle

The pulling handle is ergonomically shaped and non-slip for optimal power transfer.

Stemmbrett

The footrest offers you maximum flexibility and an optimal rowing position. Adjustment is at the touch of a button.

Roller seat

The roller seat glides almost silently over the running track. The ergonomically shaped poster ensures a comfortable seat.

Powerful training computer

The FLOW ONE rowing machine is operated via a 4.3" TFT touchscreen. The 4.3" touchscreen training computer with color display and data storage for up to 6 users can be operated intuitively and is very clear. The training computer displays time, distance, 500 meter time, stroke count, calories, watts and pulse. You can set the time and distance or race against the computer as a challenge.

Technical details

Water tank: 13-19L capacity

Training computer: 4.3" TFT touch screen monitor

Programs: Quick start, Manual mode, Preset time or distance, Training with heart rate presets, Pace race program (Virtual race)

Data storage: storage of training data from 6 users

Languages: German, English

Power supply: Battery operated (approx. 10h operating time without charging)

Seat height: 36cm

Material casing: molded oak

Pulse measurement: Polar receiver 5 kHz

Footrest: Individually adjustable / Original WaterRower

Seat: Original WaterRower

Chisel board: wood

Pull handle: Original WaterRower

Feet: Non-slip / gentle on

Transport wheels: Allow easy movement of the rowing machine

Space-saving height-adjustable: Yes

Use: Home use, payload: approx. 120kg

Machine dimensions: L216xW56xH43cm, weight 40kg (without water filling)

Options: Polar chest strap

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

Brake system: Water resistance system

Current-dependent: Yes

Resistance levels: Water resistance dependent



Training computer: 4.3" TFT touch screen monitor

Displayed values: Time, distance, 500 meter time, stroke count, calories, watts and pulse.

Training programs: 6

Pulse-controlled programs: 1

Pulse receiver: Bluetooth

Multimedia: No

Rail system: Double rail

Accessories: integrated receiver for chest strap transmitter

Options: Tablet holder, Bluetooth transmitter belt, floor protection mat

Foldable / erectable: Erectable

Folding / set up dimension: L 43 x W 56 x H 216 cm

Dimensions (length / width / height): L 216 x W 56 x H 43 cm

Device weight: 40 kg

Payload: approx. 120 kg

Insert: Home

Warranty: 2 years on labor & material, 5 years on wood

Features: Powered by Waterrower