



Xterra Fitness ERG600W rowing machine



Exclusively at Shark Fitness - the ERG600W rowing machine with water resistance from XTerra Fitness - an excellent price/performance ratio and the ideal introduction to rowing training. The ERG600W rowing machine helps you achieve your training goals regardless of your fitness level. The rowing machine is ideal for improving your fitness, burning calories or strengthening your cardiovascular system. An easy-to-read training console offers extensive training modes and displays all important performance data. **Read the ETM test magazine.**

CHF 799.00

The XTERRA ERG600 rowing machine brings the full-body workout of rowing on the water to your home. The rhythmic full-body movements of rowing make the workout very efficient when it comes to burning calories, as well as improving flexibility and strength.

The XTERRA rowing machine provides an effective full-body workout that burns calories and strengthens muscles. Training on the XTERRA Indoor Rower not only gets the circulation going, it also works complex muscle groups such as the upper and lower back muscles, shoulder muscles, biceps, forearm and even buttocks and thighs as well as the abdominal muscles. It's a full-body workout. That's why rowing burns so many calories. At the same time, the entire musculature is strengthened.

The XTERRA ERG600 rowing machine is a foldable indoor rower that can be positioned wherever you want thanks to its transport wheels. Afterwards, the XTERRA rowing machine can be easily folded up again and stored in a space-saving manner with a footprint of only approx. 1.13 m x 0.56 m.

The resistance on the XTERRA ERG600 is generated by the element of water, which makes the movement flow naturally. The resistance can be regulated in 6 levels so that the athlete can continuously increase. This means that the resistance is always just as high as the athlete needs for intensive training. Not least because of the sound of the water, the athlete has a lifelike rowing feeling that he knows from the water. In order to further improve the technique, the functional LCD display shows all important training data clearly and legibly, even during training.



The integrated telemetric heart rate receiver also makes pulse-controlled training possible. A chest strap is optionally available for this purpose. In addition, various training programs offer the option of training towards a specific goal.

The XTERRA ERG600 Indoor Rower consists of a solid steel frame and a double-sided aluminum glide rail, which is suitable for a maximum user weight of 130 kg. Overall, the XTERRA ERG600 rowing machine is a solid model that offers all the important functions at a very fair price-performance ratio

Features:

- Resistance is created by tightening the water wheel in the water tank
- Resistance adjusts to the user's effort (the harder you row, the greater the resistance)
- Easy-to-use and clear training computer with 14cm LCD display (2 x AA batteries)
- display of total time, 500M time, calories, distance, strokes, strokes/minute, date, room temperature, clock
- programmable modes: race against the computer, time countdown, distance countdown, stroke countdown, calorie countdown
- telemetric heart rate measurement (integrated pulse receiver)
- adjustable console
- ergonomically shaped rowing handle
- mono rail
- pulley system
- Aluminum rail
- seat height approx. 34cm
- flexible pedals with Velcro fastener
- large contoured seat
- can be raised to save space
- height-adjustable footrest
- transport wheels
- Target price CHF 949.--

Application: Home use, payload: approx. 130kg

Device dimensions: L205x W56 x H107cm, raised L113 x W56 x H152cm, weight 39.4kg (without water filling)

Accessories: 4 chlorine tablets

Option: Pulse transmitter belt

Warranty: 2 years on labor and spare parts (travel time excluded)

Brake system: Water resistance system

Current-dependent: No

Resistance levels: Water resistance dependent

Training computer: LCD display

Displayed values: Total time, 500M time, calories, distance, dash, dash / minute, date, room temperature, clock

Training programs: 5

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 113 x W 56 x H 152 cm
Dimensions (length / width / height): L 205x W 56 x H 107 cm
Device weight: 39,4 kg
Payload: approx. 130 kg
Insert: Home
Warranty: 2 years on labor and spare parts