



Waterrower Performance Oak



The designer rowing machine - The classic design of the original WaterRower blends harmoniously into its surroundings and fits in perfectly with any interior design. WaterRower rowing machines are produced by hand with the utmost care and attention to detail. The **Waterrower Performance** is a specially developed model made of oak that has a SmartRow instead of the Series 4 power monitor. With SmartRow, your training data can now be recorded even more accurately and saved directly via Bluetooth, e.g. on your smartphone. The particular advantage is that the technology used makes all training sessions on every WaterRower comparable. This model also offers a special footrest with professional foot straps, a wider pull handle, XL rails and the WaterRower smartphone and tablet holder (size: 140 - 206 mm).

CHF 1'599.00

Made of oak - with XL rails - with SmartRow - with professional footrest - with tablet holder

Performance model including SmartRow

With SmartRow, your training data can now be recorded even more accurately - and saved directly to your smartphone! The special advantage of SmartRow is that the technology used makes all training sessions on every WaterRower comparable - completely independent of the respective water level and 100% accurate.

In addition, values such as time, distance, stroke rate and calories are also listed and saved for each individual workout - so that further improvements and hidden potential can be analyzed afterwards. The heart rate can also be read out and displayed.

The most important elements are the force exerted, the distance covered and the time taken - these three components are used to calculate a value which is given in watts. Thanks to the built-in strain gauges, the most accurate results can be measured and displayed for the first time - this makes training sessions on the WaterRower completely comparable.



SmartRow is installed in the WaterRower instead of the normal pulley - the force used when rowing is transferred into a measurable unit via strain gauges (DMS for short). The rowing data is transmitted to the SmartRow app via Bluetooth. A Bluetooth chest strap is required to transmit the heart rate. App connection to iOS and Android

Performance model including smartphone and tablet holder

The smartphone / tablet holder is firmly screwed onto the Waterrower and can be folded away when not in use. Smartphone holder included. Size 140-206mm.

Performance with XL rails

from 2m body length

Performance with extras

with wide access and special footrest with professional foot straps

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, 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' 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 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.

Rowing uses 84% of the body's muscles. At the same time, your posture and cardiovascular system are improved and your metabolism is stimulated. Hardly any other endurance sport is as effective. Rowing alone is therefore a complete full-body workout and therefore also suitable for efficiently increasing your overall fitness

Water tank

The resistance in the WaterRower rowing machine is generated in the unique water tank. The resistance does not need to be set manually, as it is determined solely by the force you exert.

Rails and feet

The extremely durable feet made of high-quality rubber protect your floor and ensure slip resistance. The rails are also available in XL length (from 2m body length).

Rolling seat

The seat moves almost silently along the rails during training. Eight ball-bearing rollers made of wear-free polyurethane ensure perfect rolling glide. You sit comfortably on an ergonomically shaped cushion.

Storage

The WaterRower takes up as little space vertically as a chair and is easy to set up. The center of gravity is at the tank so that the WaterRower can be easily lifted at the end of the track. The water remains safely in the tank.

Features:

- Made from solid oak wood
- Water tank with the ergonomically shaped water paddle - this allows maximum water intake and thus creates an even, 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
- with SmartRow
- Footboard with professional foot straps
- foot spacing 14cm (like in a boat)
- wide pull handle
- XL rail
- Smartphone and tablet holder (size: 140 - 206 mm)
- 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 to



maintain and keep the water clean)

- Stainless steel water wheel
- Drawstring made of ultra-strong, tightly woven polyester
- can be raised to save space
- comfortable, ergonomically shaped and smooth-running roller seat with 8 ball-bearing rollers made of wear-free polyurethane
- The WaterRower footrest offers maximum flexibility with optimum rowing position - the height of the footrests can be adjusted at the touch of a button
- Feet made of high-quality rubber protect the floor and ensure slip resistance
- Tablet not included in the scope of delivery

Application: Home to commercial continuous use, payload: approx. 150kg

Device dimensions: L220 x W51 x H56cm, weight 32kg (without water filling)

Accessories: Water pump

Options: Bluetooth transmitter belt

Warranty: 2 years on labor & materials (excluding consumables), 5 years on wood

All wood used in the WaterRower comes from renewable resources in the USA, only young, smooth solid wood is used and processed in an environmentally friendly manner. As a natural raw material, wood can vary slightly in color from tree to tree - it is precisely this effect that makes each WaterRower rowing machine truly unique.

Brake system: Water resistance system

Current-dependent: No

Resistance levels: Water resistance dependent

Training computer: Via tablet / smartphone

Displayed values: Time, number of rowing strokes per workout, calorie consumption, rowing strokes per minute - distance & time needed per 500m

Training programs: Yes

Pulse-controlled programs: Yes

Pulse receiver: Bluetooth

Multimedia: Bluetooth interface, Smart Row APP,

Rail system: Double rail

Accessories: Water pump, 2 chlorine tablets

Options: Pulse receiver for wireless pulse collection, POLAR transmitter belt

Foldable / erectable: Erectable

Folding / set up dimension: L 56 x W 51 x H 220 cm

Dimensions (length / width / height): L 220 x W 51 x H 56 cm

Device weight: 32 kg (without water filling)

Payload: approx. 150 kg

Insert: Heinbereich bis kommerzieller Dauereinsatz

Warranty: 2 years on labor & material (excl. consumables), 5 years on wood

Features: Tough and impact resistant polycarbonate tank, stainless steel water wheel, ultra-strong tight weave polyester drawstring, XL track, 8 ball bearing casters.