



## Renegade Air Rower Classic ARC100



Renegade Air Rower ARC100 Classic is a robust rower with very high load capacity. Of all the cardio equipment, the rower is one of the best ways to exercise the entire body. It requires equal effort from the upper and lower body. Rowing burns calories quickly, making it a suitable addition to an exercise program when weight loss is a main priority. Using the Renegade air rower at home can have great physical benefits. It provides a good aerobic workout as it uses the entire body and can be used to work out as vigorously as you want. Renegade's Air Rower is also a great exercise machine for rehabilitation, as it provides safe movement without impact. It also allows the area of injury to move and provide blood to the area to aid in recovery. The Air Rower ARC100 uses a combination of air and magnetic resistance. When air is used as the resistance mechanism, the resistance increases or decreases according to the effort.

**CHF 1'499.00**

### **Equipment:**

- ideal for fat burning, cardio and HIIT training.
- high comfort thanks to the smart ergonomic design
- smooth, natural, unlimited airflow resistance thanks to a steel fan (2.8kg, SQ 370mm) with cross-braced steel blades
- 16 manually adjustable resistance levels (combination of air and magnetic resistance)
- LCD console (battery-assisted) displays all workout data in easy-to-read format - displaying time, time/500m, calories, rowing strokes, heart rate, SPM, distance, watts
- 8 training programs including 20/10 and 10/20 intervals and target entries



- integrated heart rate receiver
- chrome plated pulley and POM rollers with rugged 608zz sealed industrial bearings
- steel reinforced aluminum track
- coated mesh plate
- ergonomic handle with pull strap made of high-strength nylon
- oversized footplates with adjustable straps for a strong grip
- comfortable, padded seat
- auxiliary handle for easy raising of the Air Rower for space-saving storage
- retractable console neck
- integrated nylon fiber wheels
- includes step-by-step instructions and tools for easy assembly

Use: home to light institutional use, payload: approx. 150kg

Equipment dimensions: L218 x W61.5 x H76cm, weight 49.5kg

Accessories: integrated receiver for chest strap transmitter

Options: Pulse transmitter belt, floor mat

Warranty: 2 years on labor and parts in home use, 1 year on labor and parts in light institutional use

Brake system: Air/magnetic resistance

Current-dependent: No

Resistance levels: 16

Training computer: LCD display

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

Training programs: 8

Pulse-controlled programs: keine

Pulse receiver: 5kHz and Bluetooth

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 76 x W 61,5 x H 218 cm

Dimensions (length / width / height): L 218 x W 61,5 x H 76 cm

Device weight: 49,5 kg

Payload: approx. 150 kg

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Warranty: 2 years on labor and spare parts in home use, 1 year on labor and spare parts in light institutional use.

Features: Self-generator, ergonomic handle with drawstring nylon, steel reinforced aluminum rail.