



Renegade Air Rower Pro ARP100



The Renegade Air Rower ARP100 PRO is a robust rowing machine with a very high load capacity and uses a combination of air and magnetic resistance. Of all cardio machines, the rowing machine is one of the best ways to train 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 major priority. Using the Renegade Air Rowing Machine PRO can have great physical benefits. It provides a good aerobic workout as the whole body is used and it can be worked out as vigorously as you want. The Air Rower PRO from Renegade 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 blood to flow to the area to aid recovery.

CHF 1'699.00

Features:

- ideal for fat burning, cardio and HIIT training
- high level of comfort thanks to the intelligent, ergonomic design
- smooth, natural, unlimited airflow resistance thanks to a steel fan (2.8kg, SQ 370mm) with cross-bonded steel blades
- 16 electronically adjustable resistance levels (combination of air and magnetic resistance)
- the blue backlit LCD console (electric power supply) displays all training data in an easy-to-read format - display of 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 robust 608zz sealed industrial bearings
- Steel-reinforced aluminum rail
- stainless steel front panel



- ergonomic handle with pull strap made of high-strength nylon
- oversized foot plates with adjustable straps for a strong grip
- comfortable, padded seat
- auxiliary handle for easy lifting of the Air Rower for space-saving storage
- foldable console neck
- integrated nylon fiber wheels
- with step-by-step instructions and tools for easy assembly

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

Device 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 spare parts for home use, 1 year on labor and spare parts for light institutional use

Brake system: Air/magnetic resistance

Current-dependent: Yes

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 dimensions (length / width / height): 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

Insert: Home to light institutional use

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

Features: ergonomic handle with drawstring nylon, steel reinforced aluminum rail