



Xterra Fitness ERG650W rowing machine



Rowing is an effective full-body workout. Almost all main muscle groups are trained with the Xterra ERG650 rowing machine: Legs, buttocks, core muscles, back, shoulders and arms. Due to the large amount of trained muscles, the cardiovascular system works intensively and is also trained. Another advantage: the training is very gentle on the joints. The Xterra ERG 650 rowing machine with water resistance offers the best conditions for indoor rowing training.

CHF 999.00

Water is the rower's natural resistance

Water is the perfect resistance for realistic and effective rowing training. The dynamic build-up of resistance during the pull corresponds to rowing on water. What does dynamic resistance build-up mean? Quite simply, the more force the rower uses, the greater the resistance. Just like real rowing. The advantages are obvious: the rower has full control over the training intensity. They determine the intensity by the amount of force they apply. If he increases the force applied, the resistance increases and with it the intensity. If the force used decreases, the tensile resistance also decreases. This means that overloading is virtually impossible and everyone can train on the rowing machine according to their performance level.

Strong back and arms

The Xterra ERG 650 rowing machine has an inclined water tank. The incline allows the water to build up less momentum. This means that every single stroke requires full effort from start to finish. The rowing train exercises almost the entire main musculature. The pull on the rowing handle trains the upper body in particular. The lower back and abdominal muscles provide support during the entire movement. The back, shoulders and arms are heavily used and intensively trained. Grip strength is also strengthened. The ergonomic rowing handle is comfortable to hold and offers a good grip even during intensive training.

Strong legs and firm bottom

Rowing is the ideal full-body workout. Almost all the main muscles are intensively trained during rowing. Rowing off the board is similar to leg training with a leg press. Legs and buttocks are trained in equal measure. The ERG 650's footrest board has size-adjustable footrests with a non-slip surface and



adjustable belt fasteners. The flexible pedals adapt perfectly to the rowing motion.

Ball-bearing mounted, smooth-running seat comfort

The seat of the ERG 650 offers a high level of comfort even during long rowing sessions. The ergonomically designed seat enables a natural and correct sitting posture. The seat is equipped with a 4-roller system with ball bearings. The seat glides smoothly and quietly along the dual rail system, enabling a fluid rowing motion. The rails are made from one piece so that there are no joints to cause unnecessary jolting. The rail system has a slight incline. This optimizes the movement and makes it even more natural. The extra-long dual rail system and the long pull mechanism offer the best conditions for people up to 200 cm tall.

Features:

- Resistance is created by tightening the water wheel in the water tank
- Resistance adjusts to the force applied by the user (the harder you row, the greater the resistance)
- The basic resistance can be adjusted by filling the tank with water: Level 1 = 9 liters of water, Level 2 = 10 liters of water, Level 3 = 11 liters of water, Level 4 = 12 liters of water, Level 5 = 13 liters of water, Level 6 = 14 liters of water
- Easy-to-use and clear training computer with LCD display (2 x AA batteries)
- Display of duration, 500m time, strokes per minute, total number of rowing strokes, resistance level, watts, distance, calories burned, heart rate
- Target programs: Time, distance, calories
- Telemetric heart rate measurement (integrated pulse receiver)
- Adjustable console
- Ergonomically shaped rowing handle
- belt pull system
- Dual rail system made of aluminum
- seat height approx. 38cm
- Pedals: size-adjustable, non-slip, with adjustable straps
- Ergonomically shaped rowing seat
- ball-bearing mounted castors on the rowing seat
- Can be raised to save space
- transport wheels
- height adjustment
- Target price CHF 1'249.--

Application: Home use, payload: approx. 150kg

Unit dimensions: L201.5 x W65 x H90cm, raised L90 x W65 x H201.5cm, weight 39kg (without water filling)

Accessories: 4 chlorine tablets

Option: 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 and Bluetooth
Multimedia: Smartphone holder, Bluetooth interface, entertainment APP's
Rail system: Double rail
Accessories: integrated receiver for chest strap transmitter
Options: Bluetooth transmitter belt, floor protection mat
Foldable / erectable: Erectable
Folding / set up dimension: L 90 x W 65 x H 201,5 cm
Dimensions (length / width / height): L 201,5x W 65 x H 90 cm
Device weight: 39 kg
Payload: approx. 150 kg
Insert: Home
Warranty: 2 years on labor and spare parts