



Life Fitness Heat Rower LCD



More intensity with the Heat Row. The powerful, modern design is suitable for any intensity level. Life Fitness has created a performance rower that helps athletes push themselves to their limits and beyond. The intuitive LCD console provides a user-friendly digital experience with precise feedback.

CHF 3'590.00

The powerful and modern design is tailored to meet the needs of performance-oriented exercisers in any facility. Life Fitness has managed to create a compact performance rower that helps exercisers achieve their personal goals. The intuitive LCD console provides a user-friendly digital experience and highly accurate feedback.

Train at any intensity level and for any performance level

Heat stands for powerful cardio equipment that pushes exercisers to their limits and beyond. The rugged rower is made for intense performance training that goes beyond standard cardio workouts. The WattRate Power Meter provides extremely accurate power measurements and the 100 resistance levels allow for a fine-tuned workout that allows exercisers to customize their workouts to any level of performance. Performance rowing is suitable for groups as well as individuals.

Intelligent Design Accents

Life Fitness is known for product design that enhances the exercise experience. The Heat Rower follows this approach. Features such as control buttons on the handle, intelligently designed, easy-to-access ratchet foot straps and smooth, infinitely adjustable magnetic and air-based resistance contribute to an accessible and intuitive performance workout that helps exercisers achieve their goals while challenging and motivating them.

Simplify Rowing Workouts

The LCD console automatically launches in Quick Start mode. This allows exercisers to start their workouts quickly. The intuitive LCD console allows coaches to streamline small group classes or trainers to complete individualized sessions with simple programs such as goal-based, distance-based, time-based, calorie-based or interval-based workouts. The patent-pending Coach by Color Power program uses color-coded zone training to inform exercisers of their performance during workouts. It provides



effective and accurate feedback, customized to the exerciser, and allows coaches to optimize workouts for the group.

Features:

- Resistance technology: static air and magnetic resistance - air/magnetic resistance provides a wider resistance range to accommodate both beginners and advanced exercisers looking to complete anaerobic sets. Resistance is provided by air and a magnetic overlay, providing a wider resistance range for beginners to the more demanding user.
- Drive system: Poly-V belt
- Pulling mechanism: chain
- 100 adjustable resistance levels via 300-degree knob
- LCD console with display of time, distance, SPM, 500-meter split time, resistance level, calories, watts, heart rate
- Workout Programs: Quick Start, interval 30-30, interval 60-60, custom interval, goal-based, time-based, calorie-based, distance-based, heart rate-based
- Power measurement (watts): WattRate Power Meter
- footstrap with ratchet mechanism for seat adjustment and quick release
- comfortable, ergonomic and smooth roller seat with embedded roller guide system
- distance seat to rail 6cm
- distance seat to floor 45cm
- ergonomic handle
- transport wheels
- transport handle in the end cap
- mobile phone holder
- Console power supply with 2D rechargeable batteries
- frame material: steel
- Rail material: Aluminium
- Colour: Charcoal Black

Use: home use to commercial continuous use, payload: approx. 150kg

Equipment dimensions: L216 x W71 x H120cm, weight 61kg

Accessories: pulse receiver, mobile phone holder

Options: Transmitter belt

Warranty: home use: 2 years full warranty: use up to commercial continuous use: 1 year full warranty

Brake system: Air/magnetic resistance

Current-dependent: Yes

Resistance levels: 100

Training computer: LCD display

Displayed values: Time, distance, SPM, 500-meter split time, resistance level, calories, watts, heart rate

Training programs: 9

Pulse-controlled programs: 1

Pulse receiver: Bluetooth



Multimedia: Smartphone holder

Rail system: Monorail

Accessories: integrated receiver for chest strap transmitter

Options: Bluetooth transmitter belt, floor protection mat

Foldable / erectable: No

Folding / set up dimension: No

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