



## Stil-Fit rowing machine PRO



The STIL-FIT rowing machine PRO is more than just another WaterRower. With its innovative look, sturdy yet elegant frame and high entry, it is an absolutely unique piece that turns training into an experience. Full-body training in perfection with the rowing machine PRO from Stil-Fit. Rowing offers the perfect combination of strength and endurance training. Whether you want to build strength, improve your endurance or lose weight - a rowing machine is ideal for completing a highly efficient and effective full-body workout at home in the smallest of spaces. The rowing machine PRO from Stil-Fit offers a stable frame, a high comfortable sitting position and the WaterRower water tank. When set up, the rowing machine takes up just 0.5 square meters of floor space. The rowing machine PRO from Stil-Fit offers a powerful training computer with compatibility to the training apps Kinomap and EXR.

CHF 2'190.00

### **Ideal full-body workout**

As a strength-oriented endurance sport, rowing trains strength and endurance in equal measure.

### **Effective endurance training**

Intensive rowing sessions strengthen the cardiovascular system and the heart muscle.

### **Extensive strength training**

Rowing uses 85% of the muscles and trains both the upper and lower body.

### **Extremely time-efficient**

Rowing workouts can be completed in a relatively short time.

### **High energy consumption**



Rowing training has a relatively high calorie consumption and is ideal for reducing body fat.

**Low impact**

Rowing is easy on the joints and is therefore suitable for all performance levels.

**Comfortable & stable**

The wooden frame with the pleasantly quiet rolling seat and a step-in height of 49 cm offers you perfect ergonomics combined with maximum comfort.

**Performance console**

The razor-sharp color display with touchscreen and intuitive menu navigation offers you everything you need for an intensive and effective workout.

**Water resistance**

The ergonomically shaped paddles generate a uniform and pleasant resistance. The dynamic resistance is generated solely by the force you exert.

**Features:**

- Water tank with a capacity of 13-19L - realistic and pleasant rowing experience thanks to the Waterrower water tank
- Sleek and minimalist design that blends into any environment
- powerful training computer: 4.3" TFT touchscreen monitor - Intuitive and easy to use - the razor-sharp TFT color display with touchscreen can be read perfectly in all lighting conditions. The clear menu navigation with the quick start function reduces the console to the essentials - the training!
- Programs: Quick start, manual mode, preset time or distance, pace race (virtual race against the computer) - train like the pros - a 500m sprint or would you prefer endurance training over 5000m? No problem, everything can be set. Of course, you can also set the training time or, as a special challenge, race against a virtual opponent. No matter what your training goal is - the training console provides you with optimum support
- The training console displays all relevant data: Training time, 500m/time, distance (m), stroke rate (SPM), watts, heart rate, CAL
- Data storage: storage of training data from 6 users
- Compatible with the training apps from Kinomap and EXR
- Languages: German, English
- Power supply: Battery operation (approx. 7h operating time without charging)
- Base frame made of MDF, coated black - Made in EU
- Silent and extra high rolling seat (seat height 49cm) - ideal for comfortable access
- casing material: molded oak wood
- Integrated Bluetooth heart receiver
- Footrest: Individually adjustable / original WaterRower
- Quiet and ergonomic rolling seat: Original WaterRower
- Pull handle: Original WaterRower
- Feet: Non-slip and gentle on the floor
- Transport rollers: make it easy to move the rowing machine
- Space-saving height adjustment: Yes

Use: Home use, payload: approx. 150kg



Machine dimensions: L205 x W56.2 x H63cm, weight 50kg (without water filling)

Options: Polar chest strap

Warranty: 2 years on labor & material (excluding consumables)

Brake system: Water resistance system

Resistance levels: Water resistance dependent

Training programs: 6

Pulse-controlled programs: keine

Pulse receiver: Bluetooth

Rail system: Double rail

Accessories: integrated receiver for chest strap transmitter

Options: Transmitting belt

Foldable / erectable: Erectable

Payload: approx. 150 kg

Insert: Home

Warranty: 2 years on labour and material (excluding consumables)