



PureDesignFitness VR3 rowing machine oak by WaterRower



PURE CYCLING - with the entry-level models from WaterRower. The PureDesign VR3 Rower model has the original WaterRower water tank and is produced by WaterRower in the USA under the PureDesign Fitness brand. The slightly narrower wooden frame and the resulting lighter frame geometry make the VR3 Rower an inexpensive alternative to original WaterRower models. The VR3 Rower made of ash wood is equipped with the S4 performance monitor. This can be connected wirelessly to the ComModule via Bluetooth, allowing you to use a wide range of apps.

CHF 999.00

The heart of the Pure Design VR3 WaterRower is the patented water tank with the ergonomically shaped water paddle. This enables maximum water intake and generates even, smooth resistance. Training with water resistance is absolutely easy on the joints, relaxing and at the same time extremely effective.

The Pure Design VR3 WaterRower automatically adapts to the user. The resistance is regulated according to the force input. The harder you pull, the greater the resistance. The WaterRower is self-determining. Even a 10-minute workout burns a lot of calories, shapes your body and makes you feel good. You can show off with the WaterRower. You don't need to hide it away like many other steel fitness machines. The WaterRower looks good on you and is an attraction for guests. The Pure Design VR3 WaterRower does not disturb any neighbors and can be used at any time, even after 10 pm.

Rowing works 84% of the body's muscles. At the same time, posture and the cardiovascular system are improved and the metabolism is stimulated. Hardly any other endurance sport is as effective. Rowing alone is therefore a complete full-body workout and therefore also suitable for efficiently improving your overall fitness.

Water tank

The resistance in the Pure Design VR3 WaterRower is generated in the unique water tank. The resistance does not need to be set manually, as it is determined solely by the force you apply.

**Series 4 power monitor**

The minimalist Series 4 power monitor can be connected to a PC and used with the free We-Row software. It displays your data clearly and at a glance while rowing.

Storage

The Pure Design VR3 WaterRower takes up as little vertical space as a chair and is easy to set up. The center of gravity is at the tank so that the WaterRower can be easily lifted at the end of the track. The water remains safely in the tank.

The difference to the classic original WaterRower rowing machines

- Smaller wood thickness of 2 cm instead of 2.5 cm with modified frame geometry - twists more with heavier users or heavier rowing than the classic, original WaterRower
- simpler and slimmed-down roller system
- lower seat height
- not compatible with SmartRow and LapTop or smartphone holder
- less standing surface as 3 instead of 4 rubberized feet
- only suitable for home use

Features:

- Ash wood design
- Water tank with the ergonomically shaped water paddle - this allows maximum water intake and thus creates an even, smooth and pleasant resistance
- Resistance is created by tightening the water wheel in the water tank
- Resistance adjusts to the force exerted by the user - the water resistance is self-determined, i.e. it adjusts precisely to the force exerted by the rower in each individual movement. As with the original rowing, the rowing boat moves through the water based on the use of muscle power. The rower feels the element of water through the paddle
- the advantages of water as a resistance medium: the resistance adjusts automatically, gentle on the joints, the training is quiet and relaxing, water shows no wear and tear - it is tireless
- the minimalist Series 4 power monitor can be connected to a PC and used with the free We-Row software (rowing online against other WaterRower owners). It displays the data clearly and at a glance while rowing
- The Series 4 performance monitor was specially developed for rowing training. It displays the following data during training: Intensity (speed) in meters per second (m/s) or in miles per hour (mph), 500 meter time or alternatively 2000 meter time (freely selectable), watts and calories burned per hour, stroke rate (number of strokes per minute), distance in kilometers and meters (pre-programmable), time (pre-programmable), heart rate (with chest strap and receiver), zone training (after training, the sum of the rowing strokes and the time required for this can also be read off).
- Foot distance 14cm (as in a boat)
- USB PC interface
- Tank made of robust and impact-resistant polycarbonate - the same material is used in the aircraft industry to make window panes (WaterRower chlorine tablets are recommended for maintenance and to keep the water clean)
- Drawstring made of strong, tightly woven polyester
- can be raised to save space
- comfortable, ergonomically shaped and smooth-running roller seat



- seat height 30cm
- Feet protect the floor and ensure slip resistance

Use: home use, payload: approx. 120kg

Device dimensions: L208 x W56 x H45cm, weight 25kg (without water filling)

Accessories: water pump, 2 chlorine tablets, assembly instructions

Options: Pulse receiver for wireless pulse recording, transmitter belt, ComModule

Warranty: 2 years on labor and materials (excluding consumables)

All wood used in the WaterRower comes from renewable forests in the USA, only young, smooth solid wood is used and processed in an environmentally friendly manner. As a natural raw material, wood can vary slightly in color from tree to tree - it is precisely this effect that makes each WaterRower rowing machine truly unique.

Brake system: Water resistance system

Current-dependent: No

Resistance levels: Water resistance dependent

Training programs: 8

Pulse-controlled programs: keine

Multimedia: No

Rail system: Double rail

Foldable / erectable: Erectable

Payload: approx. 120 kg

Insert: Home

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