



## Waterrower M1 High Aluminum



The designer rowing machine - The classic design of the original WaterRower blends harmoniously into its surroundings and fits in perfectly with any interior design. WaterRower rowing machines are produced by hand with the utmost care and attention to detail. WaterRower rowing machines are made from solid ash, oak, cherry and walnut wood. Stainless steel and aluminum models are also available. The following applies to all models: top quality - whether for training at home, in a rowing club or in the gym.

**CHF 1'999.00**

The original since 1988 - the WaterRower was invented by John Duke in 1988. The American rower developed the practical function and timeless design of the rowing machine based on the idea that training on land should mirror the conditions on the water as closely as possible.

The WaterRower was developed in such a way that it fits comfortably into hectic everyday life. Simply put it down and it's ready to go. Feel the unique sensation of water resistance and listen to the pleasant sound of the water.

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

The 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 WaterRower does not disturb any neighbors and can be used at any time, even after 10 pm.

The unique aesthetics of the WaterRowers, unrivaled by other ergometers, combined with the high quality of the machine, make the WaterRower one of the most successful rowing ergometers ever. Thanks to the WaterRower's self-determination effect, it can be used by anyone at any time without



having to make tedious changes to presettings. The beautiful design of the WaterRower prevents visual aversion and motivates regular use. Timeless, appealing and award-winning - the WaterRower rowing machine won the prestigious Plus X Award for its unique design and was the only piece of sports equipment to be featured in the Design Museum in London.

The WaterRower, built in various types of wood as well as steel, has a worldwide patent on the water impeller, which simulates the dynamics of the rowing motion. When the wheel is pulled through the water tank, the water resistance is created, which feels natural, soft and even, and creates the connection to rowing on the water.

The gentle rippling of the water reinforces the impression of gliding along in a boat. The WaterRower utilizes the advantages of the rowing motion in a unique way: You train while determining your own load and speed. Because the rowing stroke and speed of a boat are interdependent, each crew in the rowing boat sets their own training intensity by simply changing the speed at which they row. The faster the boat glides over the water, the faster the crew pulls the oar through the water and the harder they have to work. Swimming has the same effect. The WaterRower simulates exactly this effect on land. Therefore, you do not need a device to adjust the training resistance. If you want to train more intensively, simply row faster. The WaterRower will respond accordingly.

Rowing uses 84% of the body's muscles. At the same time, your posture and cardiovascular system are improved and your 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 increasing your overall fitness level

### **Water tank**

The resistance in the WaterRower rowing machine 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 exert.

### **Footrests**

The WaterRower footrest offers you maximum flexibility with an optimal rowing position. The height of the footrests can be adjusted at the touch of a button.

### **Series 4 performance monitor**

The minimalist Series 4 performance 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 you are rowing.

### **Rails and feet**

The extremely durable feet made of high-quality rubber protect your floor and ensure non-slip safety. The rails are also available in XL length (from 2m body length).

### **Rolling seat**

The seat moves almost silently along the rails in a rowing cycle during training. Eight ball-bearing rollers made of wear-free polyurethane ensure perfect rolling glide. You sit comfortably on an ergonomically shaped cushion.

### **Storage**

The WaterRower takes up as little space vertically 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.

**Features:**

- Aluminum design
- Model with an additional 30 cm from the ground for easier access
- 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)
- Stainless steel water wheel
- Drawstring made of ultra-strong, tightly woven polyester
- can be raised to save space
- comfortable, ergonomically shaped and smooth-running roller seat with 8 ball-bearing rollers made of wear-free polyurethane
- The WaterRower footrest offers maximum flexibility with optimum rowing position - the height of the footrests can be adjusted at the touch of a button
- feet made of high-quality rubber protect the floor and ensure slip resistance
- Inspection opening" in the cover above the tank unit to add either blue dye to color the water or Puritaps (chlorine tablets) to keep it clean.

Application: Home to commercial continuous use, payload: approx. 150kg

Unit dimensions: L220 x W55 x H81cm, weight 38kg (without water filling)

Accessories: Water pump, 2 chlorine tablets

Options: Pulse receiver for wireless pulse measurement, POLAR transmitter belt

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

Brake system: Water resistance system



Current-dependent: No

Resistance levels: Water resistance dependent

Training programs: 8

Pulse-controlled programs: keine

Pulse receiver: Bluetooth

Rail system: Double rail

Accessories: Water pump, 2 chlorine tablets

Foldable / erectable: Erectable

Device weight: 38 kg (without water filling)

Payload: approx. 150 kg

Insert: Heinbereich bis kommerzieller Dauereinsatz

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

Features: Additional 30 cm from floor for easier entry, tank made of durable and impact resistant polycarbonate, stainless steel water wheel, drawstring made of ultra-strong, tightly woven polyester, 8 ball bearing casters.