

# Half Human Air Rowing Machine



Improve your cardio, strength, and endurance with the Half Human air rowing machine. This sturdy, commercial-grade rower features 10 levels of air resistance to let you adjust intensity of each workout and deliver smooth rowing experience and a natural feel. Featuring a smart device holder and Bluetooth connectivity, the rower allows for maximising results while training with D-fit and Kinomap apps. Enjoy structured workouts with coaching and interval training, row all over the world, join multiplayer sessions to compete with friends and get accurate motion recording and exercise analysis. Check your progress on an easy-to-read 5" LCD display and choose from 8 onboard workouts designed to help you hit the target faster. Train in comfort with a large, padded seat and adjustable footrests.

## Key Features

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Commercial Grade Air Rower

Resistance: 10 levels of air resistance)

Console: 5" backlit LCD screen

Console Feedback: Strokes, time, distance, calories, heart rate, strokes per minute (SPM) Watts, metres per stroke, interval

Programmes: 8 (manual, time, distance and calories countdown, 3 interval (20/10, 10/20, custom), Game)

Bluetooth Connectivity: Yes

Compatible Applications: D-fit, Kinomap

Heart Rate Measurement: Bluetooth Smart wireless receiver (chest strap optional)

Handle: Ergonomic, non-slip handle

Footrests: Footplates with height and strap adjustment

Seat: Large, densely padded seat

Additional Features: Integrated tablet/smartphone holder

Transport Wheels: Yes

Dimensions: Length=240cm (94.5"), Width=64cm (25"), Height=120cm (47")

Product Weight: 40kg (88lbs)

Max. User Weight: 150kg (331lbs)

Power Supply: 2 x C batteries (supplied)

Warranty Type: Commercial use

Warranty: 2 years