

# CONCEPT **ROWER**

- PM4 Performance Monitor is standard on all Model E Indoor Rowers.
- Longer monitor arm makes it easy to reach the PM4.
- Aluminum rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke to provide a true, full-body workout
- Ergonomic handle allows for a natural arm & hand position while rowing.
- Fan engineered to minimize noise while providing the smooth feel of rowing on the water
- The frame is 15cm higher, positioning you at a comfortable seat height.
- One-piece leg design for greater stability and solid feel.
- Fully enclosed chain housing with Nickel plated chain for low-maintenance
- Powder-coated frame is sealed with a clear top coat for extra durability.
- Light metallic gray finish with dark blue-gray accents.
- Inbuilt heart rate function & Suunto chest belt transmitter.
- Wireless racing capabilities with up to 8 other Model E rowers.
- Flexfoot footrests adjust for quick and easy sizing.
- Spiral damper controls airflow to the flywheel allowing users to choose the feel of a sleek, fast boat or a slow, heavy boat.
- Separates easily for storage with caster wheels make it mobile.
- Redesigned framelock mechanism makes it easy to separate into two pieces for transport and storage.
- Generator feature provides operating power to the PM4 during use, greatly extending battery life.



## • **COMPUTER FEATURES**

- Scan
- Counter
- Time
- Tempo
- Strokes
- Calories

Usage	Home/Commerical
Unit Width	61 cm
Unit Height	102 cm
Unit Length	242 cm
Max User Weight	225 kg

