

## **R100APM PREMIER ROWER**

## **AUTO CONTROL ERGOMETER**

The R100APM represents over a decade of research and development and incorporates all the latest technology and long standing consumer requests.

- \* STRONG, STABLE WELL ENGINEERED FRAME
- \* FULL AUTO CONTROLLED AIR MAGNETIC RESISTANCE SYSTEM
- \* ANGLED FOOT RESTS WITH PIVOTING HEEL SUPPORTS
- \* FULL STROKE FOR TALL PEOPLE
- \* IMPROVED ERGONOMICALLY DESIGNED HANDLE
- \* COMPUTER WITH HEART RATE CONTROL PROGRAMS
- \* ADJUSTABLE AIR VENTS
- \* FOLDS FOR STORAGE

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- \* 15 AUTO CONTROL PROGRAMS
- \* PACER AND INTERVAL PROGRAMS
- \* 3 HEART RATE CONTROL PROGRAMS
- 3 HEART RATE CONTROL PROGRAMS
- \* HEART RATE RECOVERY PROGRAM \* WATTS DEPENDANT PROGRAM
- \* 4 USER PRESET PROGRAMS
- \* PERSONAL DATA STORAGE FOR 4 USERS
- \* LED BACKLIGHT OPTIONAL
- \* BUILT IN CHEST BAND RECEIVER





Enjoy the Gensation