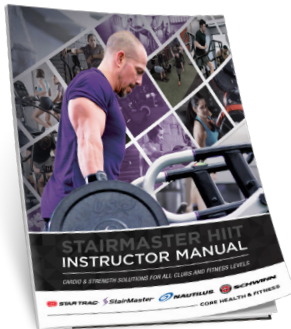




## HIIT ROWER 9-4690

Recognized as one of the top fitness activities, rowing has exploded into HIIT Training as a true total body exercise, and no one knows HIIT better than StairMaster. The StairMaster HIIT Rower uses fan based resistance ideal for rowing as it accommodates the user's fitness level. Isokinetic resistance ramps up harder the harder you pull as the fan spins against air resistance. Making this a true HIIT workout.



### STAIRMASTER HIIT PROGRAMMING

Have your trainers and coaches HIIT certified by our Master Instructors, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.



### TRACK YOUR INTENSITY

Track your workout with detailed metrics, follow one of the built in workout programs, and connect to your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays.



### HIIT ROWER 9-4690

<b>LENGTH</b>	96 in (244 cm)
<b>WIDTH</b>	26.5 in (68 cm)
<b>SEAT HEIGHT</b>	14 in (35 cm)
<b>MONORAIL LENGTH</b>	53.7 in (137 cm)
<b>DRIVE SYSTEM</b>	Nickel plated steel chain
<b>RESISTANCE TECHNOLOGY</b>	Isokinetic fan resistance offers unlimited workout options, while fan dampening system allows for increased or decreased workloads at a given stroke rate
<b>CHAIN OR CORD</b>	Nickel-Plated Steel Chain
<b>CHAIN/CORD HOUSING</b>	Partially Enclosed
<b>CONSOLE</b>	StairMaster HIIT
<b>MAX USER WEIGHT</b>	350 lbs (159kg)
<b>WATER BOTTLE HOLDER</b>	Yes
<b>FRAME CONSTRUCTION</b>	Heavy-gauge welded steel and aluminum construction
<b>COLOR SCHEME</b>	Wrinkle Black
<b>FINISH</b>	Electrostatic Powder Coating for long lasting durability
<b>STORAGE</b>	Disconnecting at center point
<b>MACHINE WEIGHT</b>	82 lbs (37 kg)
<b>SHIPPING DIMENSIONS</b>	22 in x 57 in x17 in (56 cm x 145 cm x 43 cm)
<b>SHIPPING WEIGHT</b>	90 lbs (41 kg)



### HIIT CONSOLE

<b>DISPLAY TYPE</b>	Fixed Segment LCD
<b>DISPLAY AREA</b>	13.8in <sup>2</sup>
<b>BACKLIGHT</b>	Yes
<b># METRICS DISPLAYED</b>	5
<b># PROGRAMS</b>	5
<b>CUSTOM PROGRAMS</b>	5 (Time, Distance, Calories, Time Interval, Calorie Interval)
<b>POWER REQUIREMENT</b>	Power two C cell batteries or an optional external power supply can be ordered
<b>5 GHZ HEART RATE</b>	Yes
<b>ANT+ HEART RATE</b>	Yes
<b>ANT+ L. BOARD SIGNAL</b>	Yes
<b>BLE CONNECTIVITY</b>	Yes
<b>MULTI-LANGUAGE OPTIONS</b>	No
<b>QUICK START OPTIONS</b>	Yes
<b>BLUETOOTH DATA TRACKING</b>	Yes
<b>USB SOFTWARE UPLOAD</b>	Yes

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

**CORE**  
HEALTH & FITNESS

StairMaster®  
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