



Water Rowing Machine ERG600W



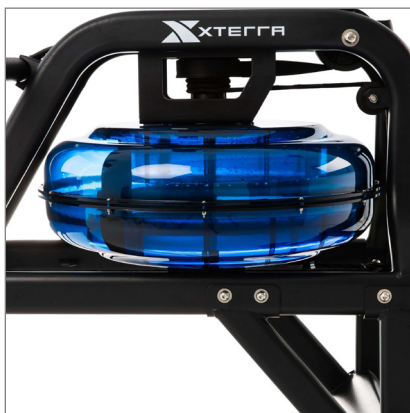
Bring the unparalleled full-body workout of on-the-water rowing home with the premium design and feel of the XTERRA Fitness ERG600W Water Rowing Machine.

The full body rhythmic nature of rowing makes it wonderfully efficient at burning calories while also developing flexibility and strength. Plus, the “zen-like” water movement you hear from the ERG600W multi-bladed impeller can be soothing and meditative.

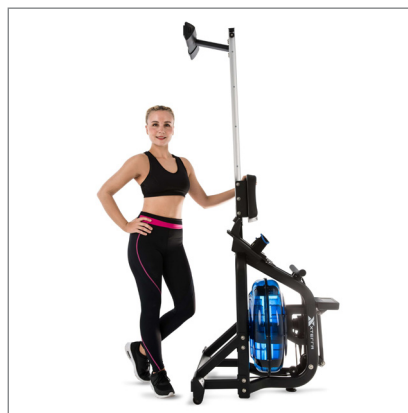
Large and easy to read 14 cm LCD console with height and angle adjustment includes motivating programmable modes to keep you involved, inspired, and reaching your goals. Performance is top-of-the-class with a smooth action dual aluminum rail system, convenient stand up design for storage, industrial strength handle strap, flex pedals with easy numbered adjustments, and durable XTERRA multi-bladed impeller for a water rowing experience second to none.

The XTERRA performance monitor clearly displays Total Time, 500M Time, Calories, Distance, Strokes, Strokes/Minute, Date, Room Temperature, and Clock. It also features motivating programmable modes for a wide variety of workouts.

When you are not using your ERG600W Water Rowing Machine, simply stand it up and wheel it out of the way. With standing storage dimensions of just 84 cm long x 56 cm wide it won't consume a room when not in use. Start making waves with your workouts today on the new XTERRA Fitness ERG600W Water Rowing Machine and exceed your expectations.



Water Motion Tank Resistance
6 Resistance levels based on amount of water in tank



Folds up for easy storage
Easy to fold up and store



Seat
Large cushioned and comfortable seat

Water Rowing Machine ERG600W

Technical specifications

Flywheel weight system	Advanced multi-bladed impeller provides enhanced resistance with a realistic rowing feel
Resistance	Water, fill tank to 6 different levels for more/less resistance
Seat	High density contoured foam, raised seat height (34.3 Cm high)
Pedals	Flex pedals are easy to adjust (numbered size settings) with large velcro straps
Water tank	Pressure tested for long lasting performance
Rowing handle	Ergonomic, contoured and padded for maximum comfort
Rail system	Dual, aluminum
Foldable	✓
Heart rate monitoring	Built-in HR receiver
Chest strap	✗
Transport wheels	✓

Console

Console	Large 14 cm LCD console, angle adjustment
Console feedback	Total time, 500m time, calories, distance, strokes, strokes/minute, date, room temperature, clock
Programs	Race against computer, time countdown, distance countdown, strokes countdown, calories countdown

Dimensions

Assembled	L 81 x W 56 x H 84 cm
Standing up	84 x W 56 x H 205 cm
Assembled weight	37.5 kg
Max. user weight	130 kg