



PHILOSOPHY OF NATURAL EXERCISE

Fitness enriches our lives, establishing a pattern of self-belief and physical improvement that will support and sustain us whatever challenges we face in business or at home.

In common with all life's rewards it requires dedicated effort to maintain. WaterRower however, by its very nature, proves that gain no longer has to equal pain. It redefines fitness training in a way that must be experienced to appreciate.





PHILOSOPHY OF WATER ROWER

As you learn of WaterRower's advantages and the radically different way it approaches the development of total body fitness you'll discover a new way to invigorate your body while relaxing your mind.

Originally conceived in Rhode Island USA, WaterRower was developed by a rowing enthusiast who knew personally the health advantages his sport could bring.

He knew that outdoor rowing wasn't practical for many people, so set about designing a machine that would bring the advantages of rowing within many people's reach.

No other exercise machine brings you the benefits of an all over body workout like a WaterRower.



BENEFIT OF ROWING

Rowing is a self paced exercise making it suitable for any user. Whether the objective is cardio vascular fitness, fatigue tolerance or simply weight maintenance any user can achieve all these objectives by rowing.

Rowing has long been recognized as the perfect aerobic exercise: smooth, low impact and rhythmic. Few activities exercise the upper, core and lower body in the same way as rowing.

The technique of rowing requires a greater expenditure of energy than any other aerobic activity, using 84% of your muscle mass (running only uses around 50%) - calories are burned in relation to the muscles used and the intensity and duration of the exercise.





BENEFIT OF WATERROWER

The WaterRower's patented WaterFlywheel has been specifically designed to emulate the dynamics of a boat moving through water and is unsurpassed in its simulation of the physical and physiological benefits of rowing.

The WaterRower has a hand crafted hardwood frame, styled to compliment any environment. Stored conveniently upright when not in use, and with no need for set up, your WaterRower is always accessible.

You can use your WaterRower anywhere at anytime without imposing on those around you due to its silent unobtrusive operation.



WHY CHOOSE WATERROWER

Unlike conventional rowing machines that can be mechanically harsh fatiguing the user mechanically, the WaterRower's natural simulation fatigues the user aerobically: no jerkiness, no jarring, and no unpleasant mechanical fatigue.

Engineered to the highest commercial specification, the WaterRower has been designed to a quality point, not a price point. Each element has been engineered to achieve optimal function and durability.

Uniquely adaptable to all ages, all body types, and all levels of fitness, WaterRower can be used by everyone in the family. If getting or keeping fit is your goal no workout will do it better.

"I have other rowers in my facility but they rarely get used these days due to the smooth action and quality construction of the WaterRower." *John Felton, Gym Manager Ernst & Young Sydney*

"Such is the appeal of these machines that they boast owners as diverse as Steven Spielberg, Princess Anne and Larry Mullen of U2 ... Working out on it was a joy ... I could imagine I was out on the water. It's stable and easy to store too." *GQ magazine*

"I now watch breakfast TV from my machine rather than the sofa, no more trudging to the gym on winter mornings before work – are my friends envious! Having the right equipment at home makes all the difference."

Angela Connell, Journalist and WaterRower owner

"The WaterRower is a seriously valuable training tool. Its flexibility caters for all users from beginners to experienced athletes. Its smoothness makes it ideal for rehabilitation and clients returning from injury."

Sandie Lawrence, Personal Trainer Fit4Life, London



WATERROWER THE NATURAL

STYLING Home use

MATERIAL Solid ash (kiln dried) hardwood

FINISH Wooden components, honey oak finish

NOISE LEVEL Silent

INTRUSION LEVEL Minimal intrusion

RESISTANCE METHOD Patented waterflywheel emulates natural dynamic of rowing

RESISTANCE LEVELS Unique self regulating resistance, infinitely variable, suiting any user without adjustment

MUSCLE GROUP USED All major muscle groups (84% of total muscle mass)

MAXIMUM USER HEIGHT Up to 955mm inseam (1067mm option available)

MAXIMUM USER WEIGHT In excess of 454kg

OTHER USER ISSUES Zero impact and non-load bearing, perfect for users with joint issues

HEART RATE MONITOR Available as an option

DIMENSIONS L-2110mm, W-560mm, H-535mm

ENTRY HEIGHT 304mm (508mm with optional hirise adaptor)

STORABILITY Stores easily on end, L-535mm, W-560mm, H-2110mm

WEIGHT 50kg (minimum water level)

SHIPPING DIMENSIONS Tank box (L-724mm x W-622mm" X H-597mm),

rail box (1 of L-2110mm x W-152mm x H-83mm)

SHIPPING WEIGHT Tank box 24kg, rail box 14kg

MAINTENANCE Virtually maintenance free. Zero lubrication required. Add a chlorine tablet periodically (available free of charge)

WEARING PARTS In heavy traffic areas the only wearing parts are the foot straps which pass over the toes

WARRANTY 1 year (upgradeable to 3 year parts, 5 year frame free of charge)



WATERROWER THE CLUB

STYLING Light commercial

MATERIAL Solid ash (kiln dried) hardwood

FINISH Wooden components, rosewood and black finish. Hand finished with danish oil and urethane for durability

NOISE LEVEL Silent

INTRUSION LEVEL Minimal intrusion

RESISTANCE METHOD Patented waterflywheel emulates natural dynamic of rowing

RESISTANCE LEVELS Unique self regulating resistance, infinitely variable, suiting any user without adjustment

MUSCLE GROUP USED All major muscle groups (84% of total muscle mass)

MAXIMUM USER HEIGHT Up to 965mm inseam (1067mm option available)

MAXIMUM USER WEIGHT In excess of 454kg

OTHER USER ISSUES Zero impact and non-load bearing. Perfect for users with joint issues

HEART RATE MONITOR Available as an option

DIMENSIONS L-2110mm, W-560mm, H-535mm

ENTRY HEIGHT 304mm (508mm with optional hirise adaptor)

STORABILITY Stores easily on end, L-535mm, W-560mm, H-2110mm

WEIGHT 50kg (min water level)

SHIPPING DIMENSIONS Tank box (L-724mm x W-622 X H-597),

rail box (1 of L-2110 x W-330mm x H-83mm)

SHIPPING WEIGHT Tank box 24kg. Rail box 14kg

MAINTENANCE Virtually maintenance free. Zero lubrication required. Add a Chlorine tablet periodically (available free of charge)

WEARING PARTS In heavy traffic areas the only wearing parts are the foot straps which pass over the toes

WARRANTY 1 year (upgradeable to 3 year parts, 5 year frame free of charge)



WATERROWER THE OXBRIDGE

STYLING Home use

MATERIAL Solid cherrywood

FINISH Cherrywood darkens into a rich hew with age

NOISE LEVEL Silent

INTRUSION LEVEL Minimal intrusion

RESISTANCE METHOD Patented WaterFlywheel emulates natural dynamic of rowing

RESISTANCE LEVELS Unique self regulating resistance, infinitely variable, suiting any user without adjustment

MUSCLE GROUP USED All major muscle groups (84% of total muscle mass)

MAXIMUM USER HEIGHT Up to 955mm inseam (1067mm option available)

MAXIMUM USER WEIGHT In excess of 454kg

OTHER USER ISSUES Zero impact and non-load bearing, perfect for users with joint issues

HEART RATE MONITOR Available as an option

DIMENSIONS L-2110mm, W-560mm, H-535mm

ENTRY HEIGHT 304mm (508mm with optional hirise adaptor)

STORABILITY Stores easily on end, L-535mm, W-560mm, H-2110mm

WEIGHT 50kg (minimum water level)

SHIPPING DIMENSIONS Tank box (L-724mm x W-622mm" X H-597mm), rail box (1 of L-2110mm x W-152mm x H-83mm)

SHIPPING WEIGHT Tank box 24kg, rail box 14kg

MAINTENANCE Virtually maintenance free. zero lubrication required
Add a chlorine tablet periodically (available free of charge)

WEARING PARTS In heavy traffic areas the only wearing parts are the foot straps which pass over the toes

WARRANTY 1 year (upgradeable to 3 year parts, 5 year frame free of charge)



WATERROWER THE CLASSIC

STYLING Home use

MATERIAL Solid black walnut

FINISH Natural richness and luster of grain

NOISE LEVEL Silent

INTRUSION LEVEL Minimal intrusion

RESISTANCE METHOD Patented waterflywheel emulates natural dynamic of rowing

RESISTANCE LEVELS Unique self regulating resistance, infinitely variable, suiting any user without adjustment

MUSCLE GROUP USED All major muscle groups (84% of total muscle mass)

MAXIMUM USER HEIGHT Up to 965mm inseam (1067mm option available)

MAXIMUM USER WEIGHT In excess of 454kg

OTHER USER ISSUES Zero impact and non-load bearing, perfect for users with joint issues

HEART RATE MONITOR Available as an option

DIMENSIONS L-2110mm, W-560mm, H-535mm

ENTRY HEIGHT 304mm (508mm with optional hirise adapter)

STORABILITY Stores easily on end, L-535mm, W-560mm, H-2110mm

WEIGHT 50kg (minimum water level)

SHIPPING DIMENSIONS Tank box (L-724mm x W-622mm" X H-597mm), rail box (L-2110mm x W-152mm x H-83mm)

SHIPPING WEIGHT Tank box 24kg, rail box 14kg

MAINTENANCE Virtually maintenance free. zero lubrication required.
Add a chlorine tablet periodically (available free of charge)

WEARING PARTS In heavy traffic areas the only wearing parts are the foot straps which pass over the toes

WARRANTY 1 Year (upgradeable to 3 year parts, 5 year frame free of charge)



WATERROWER THE S1

- STYLING** Commercial use
MATERIAL Stainless steel
FINISH Brushed stainless steel
NOISE LEVEL Silent
INTRUSION LEVEL Minimal intrusion
RESISTANCE METHOD Patented waterflywheel emulates natural dynamic of rowing
RESISTANCE LEVELS Unique self regulating resistance, infinitely variable, suiting any user without adjustment
MUSCLE GROUP USED All major muscle groups (84% of total muscle mass)
MAXIMUM USER HEIGHT Up to 955mm inseam
MAXIMUM USER WEIGHT In excess of 454kg
OTHER USER ISSUES Zero impact and non-load bearing, perfect for users with joint issues
HEART RATE MONITOR Available as an option
DIMENSIONS L-2110mm, W-560mm, H-535mm
ENTRY HEIGHT 304mm
STORABILITY Stores easily on end, L-535mm, W-560mm, H-2110mm
WEIGHT 65kg (minimum water level), 45kg (dry/shipping)
SHIPPING DIMENSIONS Tank box (L-724mm x W-622mm" X H-597mm), rail box (L-2110mm x W-152mm x H-83mm)
SHIPPING WEIGHT Tank box 32kg, rail box 18kg
MAINTENANCE Virtually maintenance free. Zero lubrication required. Add a chlorine tablet periodically (available free of charge)
WEARING PARTS In heavy traffic areas the only wearing parts are the foot straps which pass over the toes
WARRANTY 1 year (upgradeable to 3 year parts, 5 year frame free of charge)



WATERROWER M1 LORISE

- STYLING** Commercial use
MATERIAL Fabricated tubular steel
FINISH Powder coated steel
NOISE LEVEL Silent
INTRUSION LEVEL Minimal intrusion
RESISTANCE METHOD Patented waterflywheel emulates natural dynamic of rowing
RESISTANCE LEVELS Unique self regulating resistance, infinitely variable, suiting any user without adjustment.
MUSCLE GROUP USED All major muscle groups (84% of total muscle mass)
MAXIMUM USER HEIGHT Up to 955mm inseam (1067mm option available)
MAXIMUM USER WEIGHT In excess of 454kg.
OTHER USER ISSUES Zero impact and non-load bearing, perfect for users with joint issues
HEART RATE MONITOR Available as an option
DIMENSIONS L-2110mm, W-560mm, H-535mm.
ENTRY HEIGHT 10"
STORABILITY Stores easily on end, L-533.4, W-12", H-83"
WEIGHT 60kg (minimum water level)
SHIPPING DIMENSIONS Tank box (L-724mm x W-622 X H-597), rail box (1 of L-2110 x W-330mm x H-83mm)
SHIPPING WEIGHT Tank box 36kg, rail box 14kg
MAINTENANCE Virtually maintenance free. Zero lubrication required. Add a chlorine tablet periodically (available free of charge)
WEARING PARTS In heavy traffic areas the only wearing parts are the foot straps which pass over the toes
WARRANTY 1 year (upgradeable to 3 year parts, 5 year frame free of charge)



WATERROWER M1 HIRISE

STYLING Commercial use

MATERIAL Fabricated tubular steel

FINISH Powder coated steel

NOISE LEVEL Silent

INTRUSION LEVEL Minimal intrusion

RESISTANCE METHOD Patented waterflywheel emulates natural dynamic of rowing

RESISTANCE LEVELS Unique self regulating resistance, infinitely variable, suiting any user without adjustment

MUSCLE GROUP USED All major muscle groups (84% of total muscle mass)

MAXIMUM USER HEIGHT Up to 955mm inseam (1067mm option available)

MAXIMUM USER WEIGHT In excess of 454kg

OTHER USER ISSUES Zero impact and non-load bearing, perfect for users with joint issues

HEART RATE MONITOR Available as an option

DIMENSIONS L-2110mm, W-560mm, H-762mm

ENTRY HEIGHT 508mm

STORABILITY Stores easily on end, L-2110", W-560", H-762"

WEIGHT 84kg (Minimum water level, 64kg (dry shipping))

SHIPPING DIMENSIONS Tank box (L-724mm x W-622 X H-597),

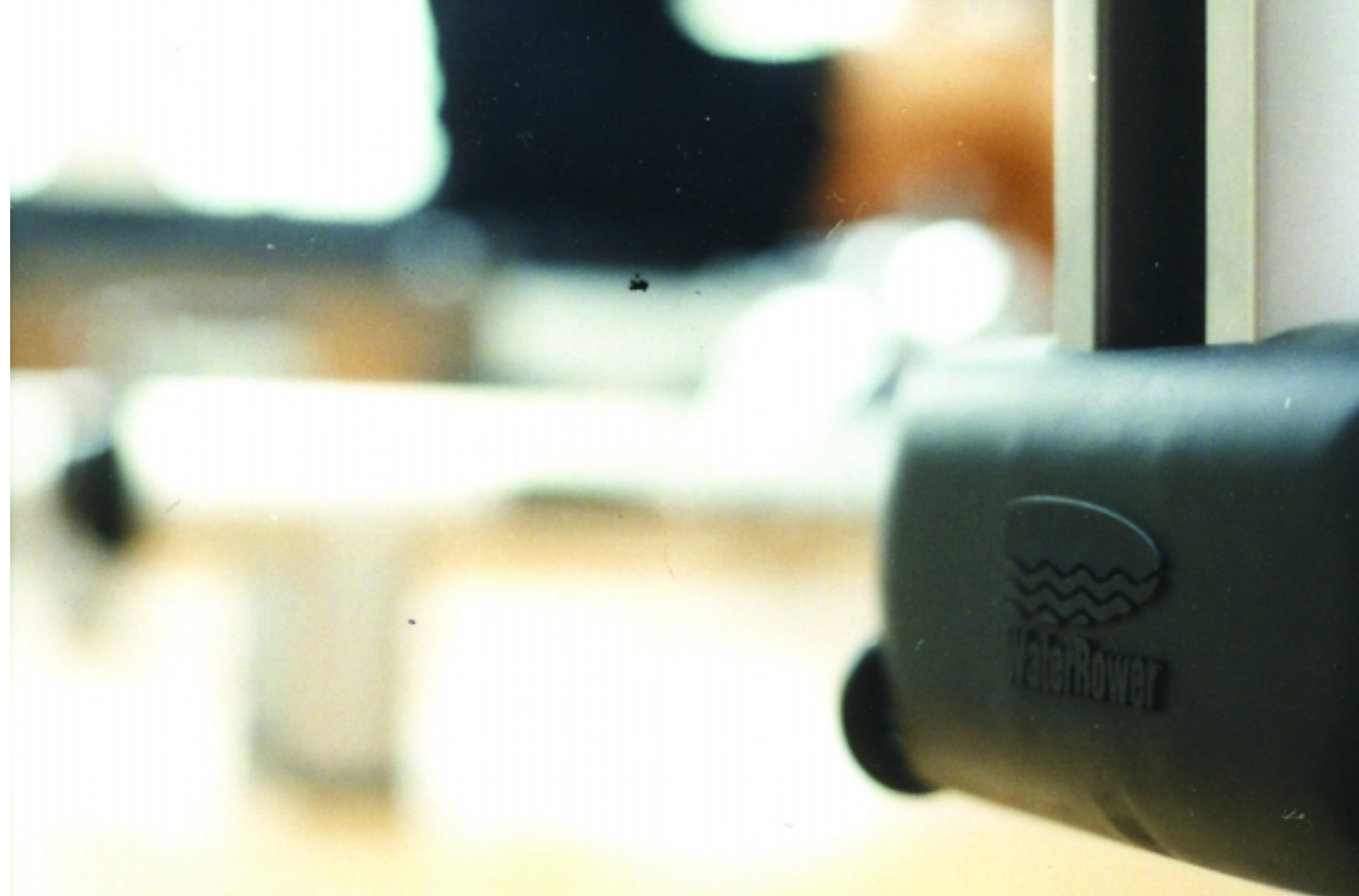
rail box (1 of L-2110 x W-330mm x H-83mm)

SHIPPING WEIGHT Tank box 37kg, rail box 28kg

MAINTENANCE Virtually maintenance free. Zero lubrication required. Add a chlorine tablet periodically (available free of charge)

WEARING PARTS In heavy traffic areas the only wearing parts are the foot straps which pass over the toes

WARRANTY 1 year (upgradeable to 3 year parts, 5 year frame free of charge)





WATERROWER S4 MONITOR

To guide your training and ensure you achieve your fitness objectives, the WaterRower is available with the Series 4 Performance Monitor. The S4's user friendly design makes it easy to operate, simply press the On Button and off you go. The S4 has many advanced features which allow you to vary your workout, focus your training and analyse your progress.

ACCESSORIES AND PROGRAMS

WaterCoach Programs have been devised to help you get the most from your WaterRower. Although there are no oars as such, you do need to be aware of the basic techniques of rowing to get the most out of the machine. There are WaterCoach programs for home users to help build up and maintain fitness, as well as more demanding routines for gym users and fitness professionals. Each covers basic movements, advanced positions and ways of measuring your progress against yourself and others.

