

FAVORIT

Item# 7978-900

- Informative LCD training computer simultaneously displays time, oar strokes, cadence frequency, cumulative distance over a training session, pulse rate and kilojoules, a precise measure of energy consumption (4.2 kJ = 1 kcal = 1 Calorie)
- Settings include: Time goal, distance goal and visual & audible cadence signals
- Infrared earlobe clip sensor measures pulse rate electronically
- Scan function rotates workout data readings to the jumbo digital display at top
- Recovery pulse rate feature with a cardio wellness grading indexed 1 to 6



- Hydraulic cylinder resistance variable by leverage position adjustments
- Biomechanically correct foot plates offer a natural, pivoting action and a full longitudinal rowing motion range
- Sturdy high carbon steel frame
- Quiet operation – Exercise without disturbing others
- Comfortable padded seat with maintenance-free sealed ball bearing rollers provide a smooth glide along the main track
- Rotating hand grips

- Assembly Required – Assembled Dimensions (L x W x H): 52" x 31.5" x 10" / Boxed Dimensions: 51" x 15" x 9"
- Warranty: Residential: Lifetime Frame, 3 years parts and electronics
Light Commercial: 2 years parts
- Optional Polar® T34 wireless heart rate transmitter & receiver available (Cardio Pulse Set # 7937-600)
- Maximum User Weight: 285 lbs.

