

KADETT

Item# 7977-900



- Informative LCD training computer simultaneously displays Time, Strokes, Cadence Frequency, Distance, Heart Rate and Energy in 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



- 12 resistance settings through two industrial strength hydraulic cylinders
- Biomechanically correct foot plates offer a natural, pivoting action and a full longitudinal rowing motion range
- Quiet operation – Exercise without disturbing others
- Comfortable padded seat and rollers with sealed ball bearings provide a smooth glide along the main track
- Adjustable footplates extend 10 positions to accommodate short and tall users
- Sturdy, powder coated, high carbon steel frame
- Rotating hand grips



- Assembly Required – Assembled Dimensions (L x W x H): 59" x 67" x 18" / Boxed Dimensions: 45" x 21" x 8"
- Oars easily fold down for compact storage (59"L x 20"W x 18"H when folded)
- 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.



Rowing arms fold to save space