

# WATERROWER A1 HOME



- Styling:** Home use
- Material:** Ash wood with aluminium mono rail
- Finish:** Finished in Danish oil
- Noise Level:** Soothing and relaxing
- Intrusion Level:** Minimal intrusion
- Resistance Method:** Patented WaterFlywheel emulates the natural dynamic of rowing
- Resistance Levels:** Unique self regulating resistance, infinitely variable, suiting any user without adjustment
- Muscle Groups Used:** All major muscle groups (84% of total muscle mass)
- Maximum User Height:** Up to 96cm inseam
- Maximum User Weight:** In excess of 453kg
- Other User Issues:** No impact and non-load bearing, perfect for users with joint concerns
- Monitor:** A1 Monitor
- Intensity Units:** m/s, MPH, Time/500km, Time/2km, Watts, Cal/hr
- Workout Programs:** Distance & Time workouts
- Advanced Functions:** Not available
- Heart Rate Monitor:** Not available
- Dimensions:** L-218cm, W-55cm, H- 53cm
- Entry Height:** 27cm above floor
- Storability:** Stores easily on end, L-55cm, W-53cm, H- 218cm
- Weight:** 110lbs (recommended water level)
- Shipping Dimensions:** Tank box (L-71cm x W-61cm x H-61cm), Rail box (L-144cm x W-33cm x H-25cm).
- Shipping Weight:** Tank box 22kg, Rail box 13kg
- Maintenance:** Virtually maintenance free. No lubrication required. Simply add a chlorine tablet every 2-6 months (tablets available free of charge)
- Wearing Parts:** In heavy usage 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 with registration)