

# 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 38" Inseam
- Maximum User Weight:** In excess of 1000lbs
- 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-86", W-22", H- 21"
- Entry Height:** 11" above floor
- Storability:** Stores easily on end, L-22", W-21", H- 84"
- Weight:** 110lbs (with recommended water level)
- Shipping Dimensions:** Tank box (L-28" x W-24" x H-24"), Rail box (L-57" x W-13" x H-10").
- Shipping Weight:** Tank box 49lbs, Rail box 29lbs
- 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)

**WaterRower US**  
560 Metacom Avenue  
Warren, RI 02885  
t: +1 (401) 274 7742  
e: support@waterrower.com  
www.waterrower.com