



ROWING MACHINES

About Rowing Machines

Rowing machines are an ever popular piece of fitness equipment. Working approximately 85% of all the muscles in the body, the rowing action is designed to sculpt, tone and build a leaner shape, and promote cardiovascular fitness. Rowers

Comparison Chart	1 - SR-1	2 - BR3150	3 - ARII	4 - R300
Price	£69.00	£119.00	£299.00	£349.00
Resistance Method	Hydraulic	Magnetic	Air	Magnetic
Programmes	No	No	No	No
Heart Rate	No	No	No	No
Space Saving	No	Yes	Yes	No
Max User Weight (kg)	110	120	120	110
Warranty	2 Years	2 Years	2 Years	2 Years
Dimensions (LxWxH)	140 x 152 x 38	186 x 51 x 47	200 x 52 x 78	173 x 42 x 73



1 BENY / V-FIT SR-1

Cost: £ 69.00

The SR1 Supreme lets you enjoy a full cardiovascular workout easily and effectively. Features 4 hydraulic resistance adjustment levels and a 5-Function monitor which allow you to keep track of your workout effectiveness. Measurements displayed include calories, counter, scan, strokes per min and timer mode. Compact, Sturdy and Efficient.



2 BODY SCULPTURE BR3150 FOLDING

Cost: £ 119.00

A folding rower with a great multi-level magnetic resistance designed to give you a full cardiovascular workout, but at an incredible price. Using a hi-tech magnetic brake system also provides this rower with an adjustable tension for varied resistance or for those who require a more strenuous workout. It offers a fully featured console counting scan, time, count, total count and calories used.



3 BENY / V-FIT ARII FOLDING

Cost: £299.00

Solid and reliable rower with a super smooth action, stylish good looks, and an equally attractive price! Folding to save space, The ARII is a chain driven air resistance rowing machine that gets harder as you row faster or with more force. The air resistance is increased as your stroke speed does, providing a complete workout every time.



4 DKN R300

Cost: £ 349.00

Stepping away from traditional rowing machine design, the R300 rowing machine has been stylishly made to look desirable in any room. Ultra smooth magnetic action and exclusive to Sweatband.com, the DKN rowing machine is compact, functional and feature packed, and all for one incredible low price.

are commonly accepted as amongst the fittest of all athletes, and top class oarsmen will burn up to 4,000 calories per day in their training! Rowing machines allow both male and female users of all levels to develop their personal fitness over time, and get the body they have always wanted. When considering a rowing machine, there are many things to take in to account like the action, and the resistance system and range. Below is a simple guide to help.

Comparison Chart	5 - R60	6 - Ash & Club	7 - M1	8 - S1
Price	£599.00	£899.00	£1,249.00	£1,499.00
Resistance Method	Magnetic	Water	Water	Water
Programmes	8	10	10	10
Heart Rate	Yes (Chest Belt)	Optional	Optional	Optional
Space Saving	Yes	Yes	Yes	Yes
Max User Weight (kg)	135	155	155	155
Warranty	3 Years	5 Years	5 Years	5 Years
Dimensions (LxWxH)	193 x 50 x 66	210 x 55 x 50	225 x 60 x 70	225 x 60 x 70



5 TUNTURI R60 FOLDING

Cost: **£ 599.00**

Taking the traditional rowing machine to the next generation and bringing you a new dimension in comfort, efficiency and versatility in home fitness! Combining effective aerobic equipment and a versatile muscle trainer, this ingenious double-rail construction, soft seat and flexible foot rests inspire 100% training. And afterwards, just fold the R60 until your next session...



6 WATERROWER ASH & CLUB MODELS

Cost: **£ 899.00**

In a choice of natural wood or black, each machine has been hand finished with Danish Oil giving a deep lustre and warmth to the wood. Wood is chosen due to its ability to absorb sound and vibration enhancing the WaterRower's quietness and smoothness of use. Once used, store the rower on its end to save space too.



7 WATER ROWER M1 HIGH & LOW

Cost: **£ 1,249.00**

Full commercial grade rowers which combine natural resistance with pure elegance. The WaterRower has been designed to set it apart from other fitness equipment, featuring an attention to detail unseen in other exercise equipment, and has been engineered for quality and not a price point. The WaterRower's patented WaterFlywheel has been designed to emulate the dynamics of a boat moving through water.



8 WATER ROWER S1

Cost: **£ 1,499.00**

Limited edition and made to order, the WaterRower S1 Rowing Machine With Computer is a design project instigated by WaterRower's Munich (Germany) Office. The frame is constructed from a brushed Stainless Steel. Stunning appearance, superb functionality, excellent action and very exclusive, get yours today at this incredible price.