

## Air Rowing Machine Indoor Rower Premium Fitness Equipment

RRP: \$1,839.95

Rowing provides one of the most comprehensive and adaptable workouts. Without a boat and oars, and access to a large span of water, you need a machine to help you benefit. The Air Rower uses wind resistance technology to recreate a realistic rowing feel. This will engage your core muscles, as well as your upper and lower body on every stroke. Using a rowing machine has low impact on joints and can be used in high-intensity interval training for effective results.

At Randy & Travis Machinery, we only use premium materials and effective sports technology to ensure you get the very best experience while training on our machines. The machine has roller mechanisms to help move it around your home gym or commercial space.

The Air Rower has 10 levels of resistance, allowing you to continually build strength and tone muscles. The steel chain provides a strong link, meaning you can enjoy your rowing machine for many workouts without worrying about it breaking.

It comes with a built-in phone holder. You can use it to play motivational music or catch up on your favourite show while you exercise. Fitness apps such as FITLOG and KINOMAP can be connected to the rowing machine to track your progress and keep an up-to-date account of your fitness journey.

The maximum user weight is set at 480lbs, making it suitable for most users, no matter where they are on their fitness journey. It also comes with adjustable pedals, so you can adapt the machine to your height. Folded up, the machine measures 1400mm x 300mm x 800mm and unfolded it measures 2420mm x 605mm x 109mm. The LCD display can help you keep track of the calories you have burned for extra motivation.

