



# **PushYourself**

Commercial Equipment / Rowers

## AR-1000 Commercial Air Rower

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### Specifications

- Drive Model : Chain
- Resistance Design : Air Resistance
- Console Display : 5" LCD display with 8 readout windows
- Console readouts : Time, Stroke Rate, Pace, Distance, Watts, Calories, Heart Rate, Level
- Programs : Multiple
- HR Monitor : Telemetry (Compatible with Polar heart rate belt H9 or H10 which can be bought separately)
- Product Dimension : 224 x 36 x 106 CM
- Maximum User Weight : 150kg

