

# PRODUCT SPECIFICATIONS

R-21 Water Rower

Code: AVUS-10450

MRP : 126999.00

The adidas R-21 Water Rower features a water-based resistance system, which gives a more traditional feel and sound when rowing indoors. With 7 water levels to choose from, the R-21 allows you to intensify your rowing experience for a greater challenge and better results. Built-in transport wheels make it easier to move the rower around your home. Console feedback : speed, time, distance, calories, heart rate, strokes per minute, time/500m. Densely padded seat for comfort and free range of movement. Floor level adjustment ensures the rower is stable for a better rowing experience. Footplates with height and strap adjustments to ensure correct form for powerful strokes. Intuitive console with clear LCD screen gives you complete control over your workout. Signature adidas Ultra Series red LED lighting. Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb. Tablet and phone holder built into the console provides optimum viewing angle. Kinomap compatible – complete real-world routes, challenge your friends and analyse workouts. Supplied chest strap connects to the rower only and provides accurate heart rate data.

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## DESCRIPTION

Max. User Weight :	150 Kgs.
Net Weight :	51 Kgs.
Assembly (LxWxH) :	2150x570x1060mm
Other Features :	Integrated speakers with Bluetooth connectivity
Colour :	095A - Black (BLACK C), Red
Gross Weight :	57.8 Kgs.
Resistance Level :	7 Level Manual Resistance
Warranty (years) :	2 years

## ELECTRONICS

Displays :	Time, Speed, Distance, Calories, Heart Rate, SPM(Strokes per Minute), Time/500m
Functions :	4 Programs, (1 Manual, 1 Target, 1 Distance, 1 Calories) 9 Features, 7 Functions, Wireless Pulse Receiver, Water Level adjustment, Footplate Adjustment
Adaptor :	Self-Generating Power
Display System :	Adjustable LCD screen