

PRODUCT SPECIFICATIONS

R-21x Rower

Code: AVUS-10550

MRP : 176999.00

Rowing benefits all major muscle groups and requires your upper and lower body to work together to build strength, improve cardio endurance and tone your core. Working from a strong, chain-driven mechanism, the fan-based R-21x comes equipped with 16 levels of electronic and air resistance, which can be easily controlled using the handle's quick resistance keys.

COSCO
SPORTS | FITNESS



DESCRIPTION

Net Weight :	52 Kgs.
Max. User Weight :	150 Kgs.
Resistance Level :	16 levels of Electronic and Air resistance
Brake :	Electronic computer control
Other Features :	Chain Drive Mechanism
Assembly (LxWxH) :	2380x558x1250mm
Gross Weight :	60 Kgs.
Warranty (years) :	2 years
Colour :	095A - Black (BLACK C), Red

ELECTRONICS

Adaptor :	Self-generating power – no power adapter, no wires
Display System :	Adjustable LCD screen
Displays :	Time, Speed, Distance, Calories, Heart Rate, SPM(Strokes per Minute), Time/500m, Stroke display
Functions :	4 Programs, 9 Features, 8 Functions, Wireless Pulse Receiver, 10 Preset Programms4 Programs, (1 Manual, 1 Target, 1 Distance, 1 Calories) 9 Features, 7 Functions, Wireless Pulse Receiver,Quick Resistance Keys, Footplate Adjustment, Adjustable Foot Straps