

# PRODUCT SPECIFICATIONS

R-21x Rower

Code: AVUS-10550

MRP : 163999.00

The adidas R-21x Rower brings all the benefits of rowing into your home for one of the best all-round fitness experiences. 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. 12 pre-set fitness programmes offer a variety of challenges to keep you motivated. 16 levels of electronic and air resistance allow you to tailor the intensity of your row. 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. Quick resistance keys located on the handlebars for easy adjustment while rowing. 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.

**COSCO**  
SPORTS | FITNESS



## DESCRIPTION

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

## ELECTRONICS

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
Adaptor :	Self-generating power – no power adapter, no wires
Display System :	Adjustable LCD screen