



# FEEL THE DYNAMICS OF **WATER** IN YOUR WORKOUT

**CRW-6018**  
WATER ROWER



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Online Store : <https://store.cosco.in>



# CRW-6018

WATER ROWER

**Specifications:**

Sliding Track	Twin tube with aluminum rail
Pedal	Adjustable Pedal
Seat	PU saddle
Brake	Water tension
Console Function	Time/500m/ SPM/Drag Force/ Distance/Strokes/ Total Strokes/ Calories/Watt/ Pulse (Pulse Receiver Built In), Quick Start, Standard, Target (Interval/single), Custom, Race
Resistance Level	6 levels
Assembly Dimension	2010*515*910 mm
N.W./G.W.	35/44 KG
Maximum Load	150 KGS

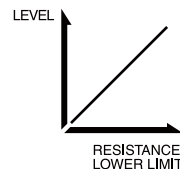
**MRP: ₹ 86,900/-**

## FLUID RESISTANCE ROWER WORKOUT THEORY

**Drag Force** is physics impact data in water tank that drag the handlebar and provide a program to produce true Watt and Calories.



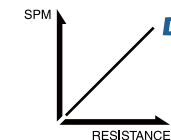
**Drag Faster  
More Resistance**



The water level increase simultaneously with improve in Resistance.

**Result:**

- 1.The Faster More Resistance**
- 2.More Water More Resistance**
- (Increase 3-4% Resistance Per Level)**



**Drag Force**