

VersaRower

Технические характеристики

По вопросам продаж и поддержки обращайтесь:

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VERSAROWER

Rowing Power & Strength trainer

The VersaRower is a Rowing Exercise Machine. It is not a conventional rowing machine. The VersaRower has a Patented resistance mechanism which automatically and instantaneously matches the pull force of the user from 4 pounds to 400 pounds in both the concentric {pull} and eccentric {pull back} directions. Pull hard and it resists hard, pull easy and it resists easy. At the end of the pull stroke the handle retracts with a similar force applied during the pull stroke.

Options

Without Display

With IPU Display

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Think of the VersaRower as a seated squat where the legs are loaded during both extension and retraction in conjunction with the arms, chest, shoulders, back and abs. Unlike other rowing machines the VersaRower provides an ideal efficient exercise because all muscle groups are fully loaded concentrically and eccentrically to match any level of fitness.

The high performance of rowing, kayaking, and paddle boarding is dependent on the power generated by all contracting muscles of the arms, chest, shoulders, back, torso and legs in a physical motion duplicating the sport.

It is a well known fact that the development of contracting muscles, (concentric muscle power) is vastly enhanced by engaging both concentric and eccentric muscles, (eccentric muscle power).

The VersaRower is the only exercise machine that provides both concentric and eccentric muscle stimulation of all muscles engaged in rowing, kayaking and paddle boarding sports. The force during the pull stroke is generated by accelerating a flywheel and a force during the pull back stroke is generated by decelerating the flywheel. This provides an accommodating maximum rate of force development for both movements.

An optional Inertial Power Unit Display allows the user to monitor power developed by each stroke and record the maximum power attained during the session.

ADDITIONAL INFORMATION

Length	<i>90 inches</i>
Width	<i>18 inches</i>
Height	<i>40 inches</i>
Weight	<i>95 lbs.</i>
Color	<i>Gray or Black</i>
Seat Height	<i>20 inches</i>
Seat Travel	<i>48 inches</i>
Inertial Resistance	<i>User defined, 4 lbs. to 400 lbs.</i>
Adjustable Legs	<i>4</i>
Other Features	<i>Wheels for portability, Row, kayak/canoe, paddle board handle bar.</i>
Display	<i>Without Display, With IPU Display</i>



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