

CARDIO EQUIPMENT

PRO ROWING MACHINE BOC-VR500



- Contoured ergonomic seat glides along precision bearing rollers
- Compact design. Folds for storage into a 16" x 24" space
- 44 inches of travel from pedals will accommodate any size user
- Adjustable (height and angle) console has a built-in polar (or compatible) heart rate monitor receiver. Chest Strap optional
- Lightweight, rubber coated aluminum handle
- Level 1 - air resistance Level 2 through 6 - air and magnetic resistance
- Console displays: time distance, strokes, calories and heart rate (with optional chest strap)
- Sealed urethane seat for increased durability
- Wind resistance fan blows through a vent to keep you cool!



Overall Weight	Width	Length
101 lbs.	20"	98.5"

FEATURES AND SPECIFICATIONS

Seat Travel Length: 44"

Maximum User Weight: 350 lbs.

Computer Features: Display shows time, distance (meters), calories (cal.), pulse, strokes per minute (SPM), watts, level, profile has 4 user profiles, manual mode quick start or set countdown goals, 12 program profiles, heart rate control programs 55%, 75%, 90% and custom, goal programs for time, distance (meters) and watts, recovery program 60 second

test on pulse recovery, PMS system 16/32 levels, power off feature, auto shutdown after 4 minutes of no use

Construction: Powder coated steel with anodized aluminum beam on industrial grade bearings inside nylon wheels

Warranty: 10 years frame, 2 years parts