

CARDIO EQUIPMENT

PRO ROWING MACHINE BOC-VR400



- Deep contoured ergonomic seat glides along heavy duty precision bearing rollers
- Quick Release Fold and Roll System
- 39 inches of travel from pedals will accommodate any size user
- Monitor and monitor arm can independently rotate up to 65 degrees for a clear comfortable view in any environment
- Ergonomically correct straight grip aluminum handlebar
- 6 Levels of air + magnetic (Eddy Current) resistance
- Console displays: time, date, distance (meters), calories (cal), pulse, time 500m, strokes, strokes per minute (SPM), total strokes, watts, resistance, recovery profile
- Auto shutdown after 4 minutes of no use



Overall Weight	Width	Length
86 lbs.	21.25"	98.5"

FEATURES AND SPECIFICATIONS

Seat Travel Length: 39" (up to 6'6" user height)

Maximum User Weight: 350 lbs.

Computer Features: Display shows time, date, distance(meters), calories (cal), pulse, time 500m, strokes, strokes per minute (SPM), total strokes, watts, resistance, recovery profile, manual mode: quick start and race, programs: manual and race, goal programs for time, distance (meters), strokes, calories and pulse, recovery program: 60 second test on pulse recovery, resistance system has 6 levels, 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