

EVOCARDIO

Renegade Air Rower ARC100 / ARP100



BUILD MUSCLE TONE

The Evocardio Renegade Air Rower ARC100 Classic and ARP100 Pro are sturdy rowing machines with a very high load capacity.

Of all cardio machines, the rowing machine is one of the best ways to train your entire body. It requires equal effort from both the upper and lower body. Rowing burns calories rapidly, making it a suitable addition to your workout regime if weight loss is your chief priority.

Using the Renegade air rowing machine at home can have great physical benefits. It provides a good aerobic workout since you are using your entire body and can exercise as vigorously as you want; you can also go at your own pace if you need to work your way up to a better level of physical fitness. It's a great tool for rehabilitation as it provides safe movement with no impact. It also allows the area of the injury to move and provide blood flow to the area to aid in recovery.

The Air Rower uses a combination of 2 types of resistance: air and magnetic. When you use air as your resistance mechanism, you increase or decrease the resistance according to your own efforts, which means you have a lot less chance of overdoing it or injure yourself.

The **ARC100 Classic** has 8 airflow resistance levels and the **ARP100 Pro**, which comes equipped with an electrical system, has 16 airflow/magnetic resistance levels.

The monitor can track the following workout data: distance, time, calories, watts, number of strokes, SPM and time/500m. It immediately tracks all your data you need in addition to an ideal total-body workout.

The rowing machine is an excellent addition to your training schedule.



Ergonomic handle allows a natural arm and hand position to target different muscles

*Adjustable resistance
ARC100: 8 levels, manual
ARP100: 16 levels, electronic*

Oversized footrests, easy to adjust

A large LCD screen with several workout programs, which tracks and display your progress

Stands upright for storage and easy transport

FITNESSTRADING
PREMIUM QUALITY - EXCELLENT SERVICE

Stadsheide 3 - 3500 Hasselt - Belgium - Tel. +32 11 76 12 70



ARC100 CONSOLE

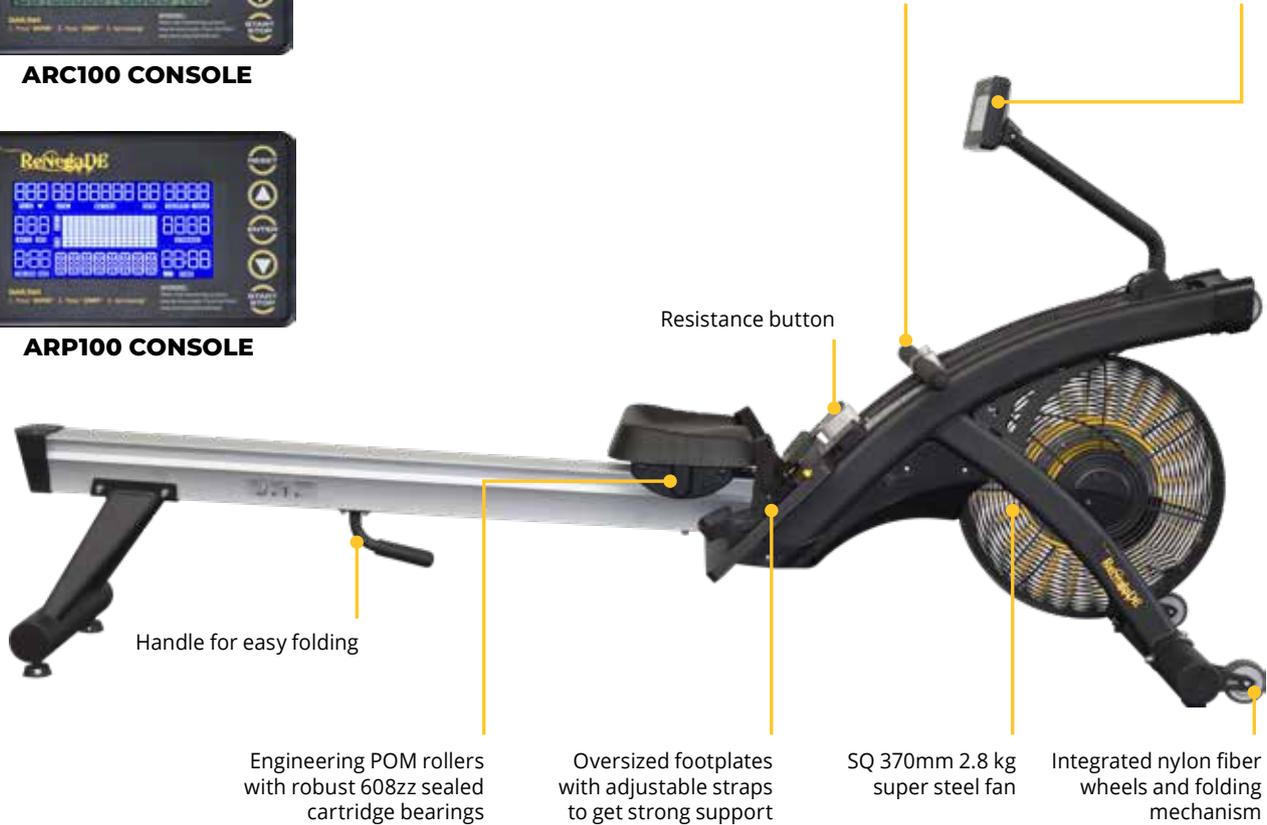


ARP100 CONSOLE



Ergonomic handle with high tensile strength nylon pulling strap

Large LCD screen with 8 workout modes



Resistance button

Handle for easy folding

Engineering POM rollers with robust 608zz sealed cartridge bearings

Oversized footplates with adjustable straps to get strong support

SQ 370mm 2.8 kg super steel fan

Integrated nylon fiber wheels and folding mechanism

TECHNICAL SPECIFICATIONS

- _____ Oversized footplates with adjustable straps to get strong support.
- _____ Comfortable, padded, upholstered seat
- _____ Ergonomic handle allows for natural arm and hand position to target different muscles, add comfort and enhance your workouts as well.
- _____ Air Rower Classic has 8 airflow resistance levels / Air Rower Pro has 16 airflow/magnetic resistance levels
- _____ Low maintenance, high tensile strength nylon pulling strap
- _____ Steel reinforced aluminium track
- _____ Large LCD screen with a wireless receiver displays all workout data in easy to read format.
- _____ With step by step instructions and tools for easy assembly.

CONSOLE

Screen	Large back-lighted LCD screen display 8 workout modes including 20/10, 20/30 custom intervals, 4 target settings and heart rate control.
Feedback	Time, time/500m, calories, stroke, pulse, SPM, distance, watts
Programs	8; including 20/30, 20/10, intervals, target settings and SPM control
Heart rate monitoring	Tracks pulse via optional chest belt (Polar compatible)
Power supply	Console ARC100 Classic is powered by AA LR6 / 1.5V battery (4 pcs) Console ARP100 Pro is equipped with an electrical system

DIMENSIONS

Product in use	L 218 x W 61.5 x H 76 cm
Carton	1: L 112 x W 40 x H 82 cm / 2: L 147 x W 26 x H 23 cm
Net/Gross weight	49.5 kg / 58 kg
Max. user weight	150 kg