



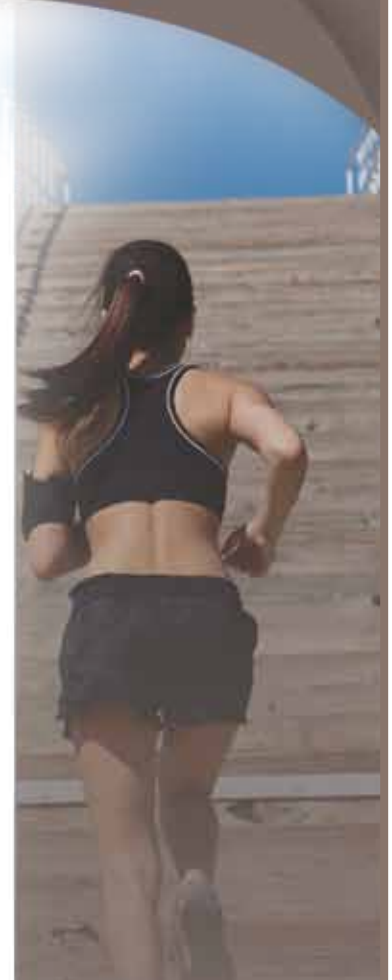
Programmable Rower

A350-700



Indoor rowing is an efficient, effective total body workout that utilizes all major muscle groups including the back, legs, arms, abdominals and buttocks. It is also one of the most effective low-impact aerobic exercises for increasing your metabolism for more efficient calorie and fat burning without the impact on your joints. The Avari Programmable Rower features 12 programs that can be monitored using the LCD backlit InTouch® Fitness Monitor. The included chest strap can be used during any program but is especially effective while using the target heart rate program. The Avari Programmable Rower also features 7 preset programs that will automatically adjust the magnetic tension to maximize your cardiovascular workout without interruption. It has a large PU molded seat and the extruded aluminum beam provides a smooth movement thru the drive and recovery phases of your stroke. Indoor rowing is one of the best all-around activities for cardiovascular fitness and strength training.

- A full complement of 12 workout programs including 6 cardio Profiles, 1 Manual, 4 custom user programs and 1 heart rate program that will adjust the magnetic tension according to the heart rate detected by the chest strap (included).
- The InTouch® Fitness Monitor allows all readouts to be monitored on one screen. Fitness monitor keeps you motivated by tracking time, count, distance, calories, strokes per minute, pulse and watt. Use the up and down arrows on the InTouch® Fitness Monitor to adjust workout time and resistance on the fly
- LCD backlit fitness monitor
- Molded foam-padded seat
- Foot plates provide natural pivoting motion and foot straps hold feet securely in place
- Foot straps on pedals hold feet securely in place
- Extruded aluminum rowing beam
- Sturdy steel construction
- Wheels for portability
- Folds for storage



This product is Produced Exclusively by
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