

PACIFIC CHALLENGE AR

Practice perfect – connecting fun, passion and the workout experience. Bring the feel of real on-water rowing indoors.

A GREAT HOME ROWER AT AN AFFORDABLE PRICE POINT

Why accept exercise drudgery when you can make it fun? The choice is simple! Our rowers are designed by professional rowers to a commercial grade that lasts a lifetime, and they are optimized for recreational rowing enthusiasts. Whether you are very fit or new to fitness, you will find our rowers deliver one of the best low impact, fun, intuitive use, total body workouts with a touch of that real on-water sensory experience. Oh, and yes, we offer our patented Adjustable Fluid Resistance too.



FIRST DEGREE FITNESS
FLUID INNOVATION

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Captures the sensory and physically demanding aspects that make outdoor rowing one of the most fun and effective workouts ever...now totally realized in the comforts of home. Experience an outstanding cardio, endurance training regime in one incredibly easy to use piece of equipment. When all you hear is the sound of water – like waves on a beach – and see the water swirling as you workout, your total experience is in harmony. No whirring noises, no cables, no dead zones, no maintenance – just the joy of a great workout.

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FEATURES AND BENEFITS

- Adjustable fluid resistance: adjusting from MIN to MAX delivers a broad range suitable for any fitness level, at the turn of a dial.
- Height Adjustable footplates and straps to ensure optimal foot placement and comfortable rowing position.
- Improved pulley system greatly increases the range of resistance with no dead spots, whilst retaining constant tension and recoil action.
- Applies fluid resistance technology: water – nature's perfect resistance.
- Ergonomic handle: designed to prevent strain on arms, wrists and hands.
- Built-in transit wheels. Light and easy to move around.
- Super comfortable seat running on precision bearings and rollers.
- Highest quality anodized aluminium seat rail for smoothness, appearance, strength and durability.
- Simple assembly and virtually maintenance free.
- Computer displays: time, distance, 500m split time, strokes per minute, calories per hour, watts, interval training and optional heart rate reception.
- Durable belt drive: smooth, clean, quiet (no whirring noises) and built to last.
- Solid construction makes this perfect for home gym applications.
- Tank shells are tough polycarbonate with a triple-bladed stainless steel impeller.
- Stores upright in just 53 x 51cm (21 x 20").
- Length: 1975mm (77.8"), width: 530mm (20.9"), height: 510mm (20.1").
- Maximum user weight: 136kg (300lbs).
- Home use Warranty: Frame 5 years, tank and seals 3 years, mechanical components 2 years, All wearing parts 1 year



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