



Display Readout: Display features Time, Distance, Calorie, Strokes per minute, Strokes, Total Strokes, Watt, Pulse, Manual Program, Interval 20-10, Interval 10-20, Custom Interval, Target Time, Target Distance, Target Calories, Target Strokes, Target Pulse

PRODUCT FEATURES

The LH-R100 Air Rower uses air resistance generated by the fanned flywheel. To adjust how much air enters the flywheel housing on each stroke, the LH-R100 Air Rower, includes a unique spiral damper adjustable from a setting of 1 to 10.

The precision-engineered flywheel design minimizes noise, and the textured, ergonomic handle is designed to provide a comfortable and natural arm position. Adjust the footrests for your best rowing position.

The Legion Fitness Equipment – LH-R100 Air Rower console reports on time/pace, distance, pulse, strokes, watts, and 8 different exercise programs – Quick Start, Distance, Time, Calories, Game, Intervals (20/10, 10/20) – are also built into the console.

PRODUCT SPECIFICATIONS

SKU:	LH-R100
Product Weight:	57lbs, 500 max user weight
Dimensions:	96" L x 24" W x 14" H
Resistance:	User-controlled air resistance wheel
Power:	Self-Generating. Monitor powered by 2 AA batteries
Adjustments:	Spiral damper adjustable from a setting of 1 to 10.
Programs:	Quick Start, Distance, Time, Calories, Game, Intervals (20/10, 10/20, 10/10)

WARRANTY:

5 years: Frame
2 years: Parts
6 months: Monitor
90 days: Finish, Grips, and Caps

