

HZ AIR ROWER



HORIZON FITNESS AIR ROWING MACHINE

The Horizon Fitness Air Rowing Machine is designed to give gym-goers an effective low-impact, high-intensity cardio and full-body workout. The precision-engineered flywheel design provides a smooth, natural rowing stroke while allowing users to have complete control of their resistance. Built to take a beating in any commercial environment, this rower can take what you can throw at it with minimal maintenance.

COMPLETE WORKOUT CONTROL

The Horizon Air Rowing Machine gives you full control over your workout intensity with 9 adjustable resistance levels. Resistance response is directly calculated by how hard you row. Row harder to go faster, row softer to go slower. The air damper allows you to quickly adjust the airflow to the flywheel from a little drag at level 1 to max drag at level 9, so you are in control of your output and resistance at all times.

FEATURES	
RESISTANCE SYSTEM	Air
RESISTANCE LEVELS	9 Adjustable settings
PEDAL DESIGN	Deluxe adjustable commercial grade heel rest with quick-adjust foot straps.
SEAT DESIGN	Comfort seat
TRANSPORT WHEELS	2 Intergrated wheels
MONORAIL	Extruded high strength aluminium
HANDLEBAR	Ergonomically-correct grip handlebar
HEART RATE	Wireless receiver (heart rate strap not included)
ASSEMBLED DIMENSIONS	(W) 240cm x (H) 105cm x (D) 65cm
PRODUCT WEIGHT	30kg
USER WEIGHT CAPACITY	200kg

BUILT FOR COMFORT AND DURABILITY

The Horizon Air Rowing Machine is designed for maximum comfort while rowing. The Air's handle is 28mm in diameter, similar to your barbell grip size, and shaped for a natural feel. The environmentally-friendly grip coating protects from slippage whilst also being soft and comfortable on your palms. The seat of the Horizon Air is fitted with ergonomically moulded, foam padding and commercial vinyl with rip-stop mesh backing to help prevent rips and tears. The Horizon Air Rower contains added front and rear support tubes to the frame for enhanced stability.

ELITE PERFORMANCE MONITOR WITH PHONE HOLDER

The Horizon Air Rowing Machine includes an easy-to-use Elite Performance Monitor with a blue backlit display screen. Accurately keep track of your strokes per minute, time, distance, cycle, heart rate (heart rate strap not included), calories and watts. Place your phone into the media device holder, conveniently positioned at eye level, so you can stay entertained while you train.

*Specifications subject to change without notice

CONSOLE	
CONSOLE	Adjustable
WORKOUT FEEDBACK	Strokes per minute, Time, Distance, Cycle, Heart Rate, Calories, Watts