

# COACH LS



With its non-wearing balanced Magnetic-Brake System™ and center pull oar, the Coach LS rower provides a total body workout. Not only does the Coach LS supply a complete exercise program but it still gives the rower the most realistic and accurate interpretation of actual rowing on the water.

The included Polar™ wireless transmitter measures a heart rate with EKG precision. Besides rowing, the Coach LS offers an additional 16 muscle building exercises.



- LCD Training computer displays time, oar strokes, current cadence, cumulative distance over a training session, heart rate and kilojoules, a precise measure of energy consumption, (4.2 kJ = 1 kcal)
- Settings include time, upper pulse limit, kilojoules and a visual and/or acoustical cadence signal
- Recovery pulse rate feature and scan function, rotates various readings at 6 second intervals
- Wireless Polar® T34 heart rate transmitter included

- Balanced Magnetic-Brake System™ guarantees infinitely variable resistance, indexed 1-10
- Biomechanically designed foot plates offer a natural, pivoting action and a full longitudinal rowing motion range
- Sturdy powder coated frame and transport castors with top grade ball bearings in the extra padded seat's rollers provide a silky smooth glide along the maintenance free chrome plated steel rails
- Quick Attach™ backboard and front footplate (both included) provide an additional 16 exercises

