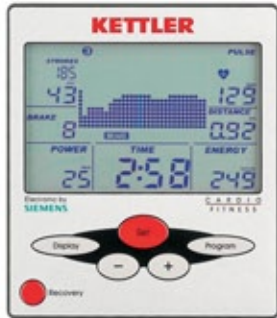


ERGOCOACH LS



The Ergocoach LS rower is the simple answer to indoor rower training. The eSYS™ System is designed to bring the electronic and mechanical functions into perfect body function and ergonomic harmony. The Ergocoach LS works more muscle groups and puts the body through a wider range of motion than any other type of cardiovascular equipment.

The Ergocoach LS rower works on the principal – the greater the energy in the drive stroke, the resistance automatically matches the force in tandem. The precise calibration of the resistance system in conjunction with the user's ability to then see their true performance instantaneously is only part of what sets the Ergocoach LS apart from other rowers on the market. Besides rowing, the Ergocoach LS offers 16 different strength training exercises.



- SIEMENS® electronic LCD high resolution display with 8 pre-set programs including HRC (Heart Rate Control) and a key pad control for adjusting resistance in manual program mode
- KETTLER® USB interface allows downloads of interactive software and exchangeable pre-set programs from www.kettlerusa.com
- Recovery pulse rate feature with a fitness rating, indexed 1-6
- Wireless Polar® T34 heart rate transmitter included

- The KETTLER® eSYS™ System allows for perfect ergonomic, biomechanical and electronic adjustments for the novice to expert
- KETTLER® Induktions Brake System™ - adaptable manual or programmable 25-400 watt electro-magnetic resistance range allows for variable users and 75 levels of training with no friction nor wear to brake system components
- 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
- Light Commercial Warranty: 2 years parts, 1 year labor, lifetime frame

