

KADETT



Rowing arms fold to save space

- 12 adjustment settings control resistance through two industrial strength hydraulic cylinders
- Sturdy frame with ball bearings in the padded seat's rollers provide a smooth glide along the main aluminum track
- Adjustable footplates pivot and extend to accommodate various rowers
- Oars easily fold down for trouble-free storage
- KETTLER® ear lobe clip measures heart rate electronically
- 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, distance goals and a visual and acoustical cadence signal
- Recovery pulse rate feature and scan function, rotates various readings at 6 second intervals
- Optional wireless Polar® T34 heart rate transmitter & receiver available (for use with Kadett or Favorit)

FAVORIT



- Hydraulic cylinder resistance controlled by leverage style tension adjustments
- Frame with ball bearings in the padded seat's rollers provide a smooth glide along the main aluminum track while the pivoting footplates provide optimal foot positioning
- Ear lobe clip measures heart rate electronically
- LCD Computer displays time, oar strokes, current cadence, cumulative distance over all training sessions, heart rate and kilojoules, a precise measure of energy consumption (4.2 kJ = 1 kcal)
- Settings include time, distance goals and a visual and acoustical cadence signal
- Recovery pulse rate feature and scan function, rotates various readings at 6 second intervals

