

# R O W E R S



## X-ROW E<sup>3</sup>



Rowing is one of the best possible full body workouts to challenge every major muscle group of the body. Rowing strengthens and tones the muscular system while at the same time providing an excellent cardiovascular workout. Rowing also offers a well balanced form of stamina training which improves the performance of both the circulatory and respiratory system. Rowing also improves and maintains flexibility and is impact free. Rowing also provides an excellent way to loose weight, burn calories and rehabilitate muscles, ligaments and joints while also helping to relieve stress. Whether you are a novice or personal trainer, or whether you are young or old, KETTLER® offers the perfect rower suitable for all ages and various skill levels.

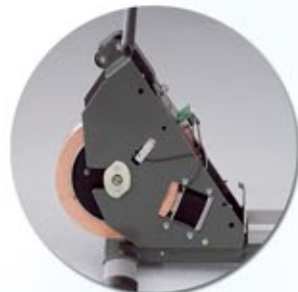
A totally new and innovative design for professional and amateur indoor rowing has arrived. The X-Row E<sup>3</sup> is ideal for the most demanding home gym but built to last in a full commercial application. The eSYS™ System is designed to bring the electronic and mechanical functions into perfect body function and ergonomic harmony. It's silent and silky smooth rowing motion pleases even the most disconcerting rower.

A technological breakthrough offered with the X-Row E<sup>3</sup> is its wireless remote conveniently located in the oar. It is no longer necessary to interrupt a training session to adjust the resistance level or to change programs. With its maximum performance of 500 watts, including the X-Row E<sup>3</sup> in any competitive training routine would be giving an athlete a distinct and definitive advantage.



- 48 Program computer with individually programmable hill profiles, pulse-directed training and pre-set pulse range for fat burning and fitness zone
- SIEMENS® electronic VGA and LCD display with blue backlight and graphic load profile
- KETTLER® USB interface allows downloads of interactive software and exchangeable pre-set programs from [www.kettlerusa.com](http://www.kettlerusa.com)
- Easy Com™ reading allows the rider to start & go or guides them through the operations step by step
- Key pad control for adjusting resistance in manual program mode

- The KETTLER® eSYS™ System allows for perfect ergonomic, bio-mechanical and electronic adjustments for the novice to expert rower
- KETTLER® Induktions Brake System™ - adaptable manual or programmable 25-500 watt electro-magnetic resistance range allows for variable users and 95 levels of training with no friction nor wear to brake system components
- Handle bar remote offers console controls to change resistance while rowing without interrupting training sequence
- Wireless Polar® T34 heart rate transmitter included for EKG accurate readings
- Biomechanical designed foot plates offer a natural, pivoting action and a full longitudinal rowing motion
- Sturdy powder coated KETTLER® designed frame and transport castors with top grade ball bearings in the extra padded seat's rollers provide a silky smooth glide along the main chromed plated steel rails
- Recovery pulse feature with a fitness rating, indexed 1-6
- Full Commercial Warranty: 2 years parts, 1 year labor, lifetime frame



Induktions Brake System



Ergonomically optimized ball-bearing roller seat with linear guide system



Remote control for computer integrated in grip



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