

The built-in **Cadence Coach** is the secret to smooth rowing and a consistent training stroke rate.

Fluid within the resistance chamber is circulated vertically to maximise the smoothness of the stroke, a minimum cadence (or stroke rate) is required. This allows the momentum of the flywheel to be maintained against the resistance of the fluid.

Many trainers use the resulting cadence to time their stroke rate. The "catch" phase of the rowing action feels remarkably similar to actual 'on water' rowing. The minimum stroke rate this engenders encourages the user to exercise at a reasonable level.

To use this unique feature, just choose a resistance level (between 1-20) that allows you to maintain the Cadence Coach stroke rate (about 20-24 strokes per minute). If you find it difficult, simply lower the resistance level until you feel comfortable.

