

Choosing the Right Indoor Rower For You: Comparing the Model D & E

With two models to choose from, you can select the indoor rower that best meets your needs and preferences. As both the Model D and E are industrial grade and use the same moving parts to generate load and create the rowing experience, you'll get a great workout regardless of which machine you choose.

Having trouble deciding? Let the following scenarios help you choose the best machine for you, or [view the comparison chart](#).



I'm an individual looking to buy an indoor rower for home use.



If you are looking for a good home fitness machine, the Model D is a great choice. It's time-tested and built to withstand institutional use, so it will provide years of use in a home setting with the minimal suggested maintenance. It comes standard with the Performance Monitor 3 (PM3), or you can choose to upgrade to the Performance Monitor 4 (PM4).

I'm an individual looking to buy an indoor rower for home use, and I have limited mobility.



The additional 6 inches of seat height makes it easier to get on and off the Model E. If you have limited flexibility or mobility with your knees or hips, or if you have difficulty with balance, the Model E may be a better choice for you.

I'm an individual looking to buy an indoor rower for home use, and I would like your latest and greatest.



The Model E, introduced in August 2006, is our latest and most advanced indoor rower. From the PM4 to the nickel-plated chain to the glossy finish clear coat, the Model E is even more rugged, even more stable, just simply, even more.

I'm purchasing indoor rowers for my rowing club/school.



The Model D is well-suited to rowing clubs and schools, many of which already have a number of older Model Ds already. In addition, the lower cost may make it possible to purchase more indoor rowers. (You can purchase 3 Model Ds for roughly the price of 2 Model Es).

Many schools and clubs are now opting for the Model D/PM4 combo to take advantage of the racing capabilities the PM4 offers. The PM4 is an ideal fit for running races with up to eight PM4-equipped machines. No extra equipment is required and kids love it! You can purchase six Model Ds with PM4s for the price of five Model Es and use the money you save to upgrade the monitors on your older indoor rowers to PM4s.

I'm purchasing rowing machines for a high-use facility.



For fitness facilities and other high-use, multiple-user environments, we recommend the Model E. The additional height for improved accessibility, the extra rigidity and ruggedness, and the power of the PM4 monitor all contribute to make the Model E the model of choice for these applications.

I've decided to purchase a Model D. Which monitor is right for me: the PM3 or PM4?



The PM4 comes with all the features of the PM3 plus wireless Suunto heart rate monitoring (with a free chest belt provided), a rechargeable battery, machine-to-machine racing capabilities and the potential for future upgrades and improvements. If the extra features of the PM4 are not important to you, then the PM3 is a great, economical fit. You can always upgrade to a PM4 if you change your mind.

Side-by-Side Comparison Chart ([Specification sheet](#))

Specification	Model D	Model E
Standard Monitor	PM3 * * Model D can be purchased with a PM4 at an additional cost	PM4
Seat Height	14"	20"
Chain	High quality steel	Nickel-plated steel for improved corrosion resistance and reduced maintenance
Chain Housing	Partially enclosed	Fully enclosed
Power Generation	Provides PM3 operating power while rowing	Recharges PM4 battery pack while rowing
Weight Limit	500 lbs	500 lbs
Support Legs	Weight saving aluminum front legs/steel rear	Welded steel front and rear legs provide sturdy structure for higher frame
Monitor Arm	Injection molded plastic, pivots for storage and monitor height adjustment, angle of monitor can be adjusted for easy viewing	Aluminum extrusion, rigid fixed position brings monitor closer to user for easy access to features, angle of monitor can be adjusted for easy viewing
Finish	Powder coat	Double powder coated with clear over coat for added durability
Color Scheme	Dark blue, light blue	Dark blue, gray, light gray
Space Required For Use	8' x 2' assembled, 9' x 4' required for use	8' x 2' assembled, 9' x 4' required for use
Space Required For Storage	25" x 33" x 54.5"	27" x 47" x 54.5"
Weight	57 pounds	65 pounds
Shipping Dimensions	one box: 15" x 21.5" x 56"	two boxes: 15" x 21.5" x 56" 13" x 26" x 28"
Shipping Weight	70 pounds	box 1: 70 lbs box 2: 30 lbs