

Whether it's included in a structured

RW1000

Did you know that rowing is one of the best and most challenging forms of exercise for total body fitness? Not only does working out with a rowing machine improve your cardiovascular fitness. It's joint friendly and works muscle groups in both your upper and lower body as well! And surprisingly, most rowing stroke work, 65-75%, is leg work while 25-35% is upper body work.

Using a rower you can work as hard as you like, depending on your energy level and training needs. Because it works the back and upper body, it's a great complement to other forms of cardiovascular exercise.

"Exactly what I was looking for! The rower is quiet, unlike the chain drive rowers I tested. It provides smooth adjustable resistance and it folds and stores away. Thanks! Jim T., Dallas, TX

daily routine, all physical activity adds

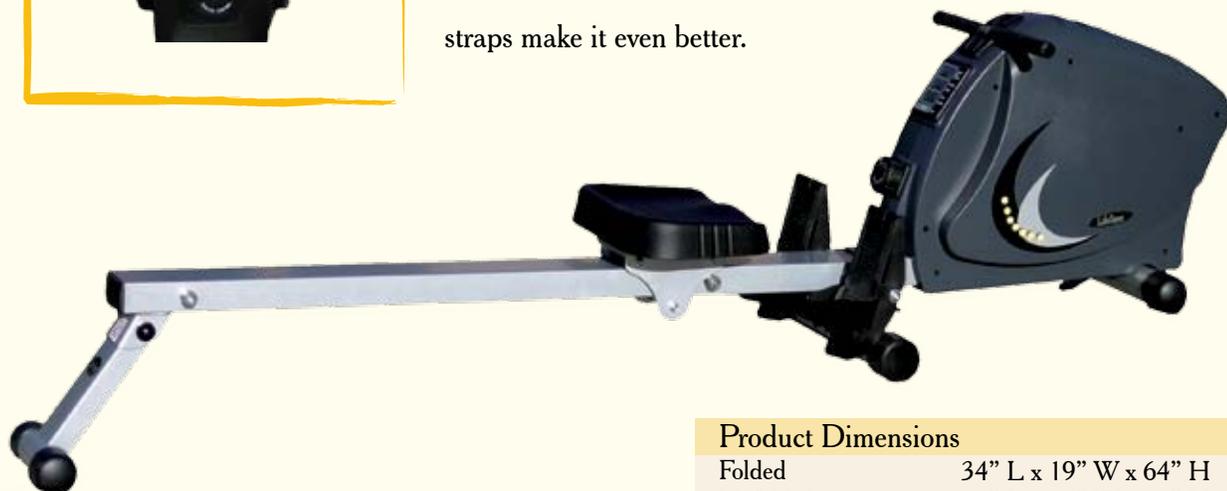
exercise program or just part of your

A magnetic resistance fitness rowing machine is known for being virtually silent and providing a smooth rowing stroke. The patented Eddy Current drive system on the LifeSpan RW1000 rower gives you a quiet, ultra smooth workout with 5 levels of resistance and no friction. This, combined with the stable, solid steel frame and 16.5 pound flywheel make the RW1000 an excellent value with long-lasting durability.



Console readouts include distance, time, calories, stroke count and strokes per minute.

Padded hand grips and swivel foot pedals with straps make it even better.



Product Dimensions

Folded	34" L x 19" W x 64" H
Unfolded	87" L x 19" W x 23" H

Warranty

Frame	5 years
Parts	2 years
Labor	1 year

up to a healthier heart. American Heart Association