

## R500: Rowing Machine LK5000

- Magnetic brake system with adjustable intensity of 16 levels.
- Light weight design, easy and quick assembly and dismantling.
- The flywheel's design conceived to minimize the noise and reinforce the fluid and smooth feeling of rowing on a boat.
- Flywheels in the shape of a fan covered by a double side cover with concentric holes, which help to its ventilation and cooling, and give more resistance to each stroke.
- Poli-V belt drive system, which assures a smooth and noiseless exercise, maintenance free.
- Oversized footrests, covered with non-absorbent and non-slip rubber surface.
- Absorbs shocks and it's more resistant to micro-organisms.
- Easy adjustment of the footrests thanks to the adjustable padded straps which prevent feet from moving during the exercise.
- Rail with 4 steel bearings covered with rubber over an aluminium section with stainless steel covering, for a soft and quiet seat slide.
- One-piece design tube, which offers more stability and durability.
- Safety lock system for the grip, for fixing the grip during the exercise or once the user has finished it.
- 4 adjustable feet. They assure the maximum stability on any kind of surface with wheel set at the front part of the machine, for a quick and easy transportation.
- Constant heart rate monitoring, thanks to the telemetric pulse chip.
- On-screen information: Time, Distance, SPM, (strokes/min.), Total strokes, Watts, Time / 500 m., Calories, Pulse.



## R500: Rowing Machine LK5000

- Programs: 12 preset profiles with a total of 111 different workout levels, Manual program (time, distance, calories, pulse and strokes), Watt, User program with customizable profile, 4 HRC programs, Race program and Recovery test.
- LCD screen: 5,5 inch LCD screen with colour graphic display, which can be positioned in different angles so that any user can properly see the screen regardless of height.
- Grips with non-slip and nonabsorbent rubber covering, more resistant to breakage and bacteria.
- Anatomically designed seat, for ensuring a more comfortable exercise and fixing the body's position during the stroke.
- Oscillating pedals that allow following the natural movement of the feet all along the exercise.



### Technical features

Width: 54 cm / 21 inch

Length: 272 cm / 107 inch

Height: 116 cm / 45 inch

Maximum user weight: 160 kg / 352 lbs

Usable length of rail: 118 cm / 46 inch

Gear ratio: 1:4.2

