

What to look for in a rower



Features to look for:

1 Look for a seat and handle mechanism that moves smoothly through a full range of motion. The movement should be fluid and natural just like rowing a boat on water.

5 The padding should be comfortable and supportive while exercising. 'Body contoured' moulded pads are the best for comfort, durability and hygiene. Some of the more advanced air rowers even allow for additional resistance. This is accomplished by adjusting the amount of air leaving the fan which will definitely increase the workout results.

2 The seat and handle bar should be well padded and comfortable. High-quality machines also offer adjustable pedals to accommodate users with different feet sizes.

6 Basic displays show speed, time, distance, and calories burned. More advanced rowers will also offer preset workouts based on actual interval training.

3 Rowers which use adjustable shocks for resistance will have a more rounded, incorrect movement in the handle. While the air resistance rowers generally use a handle attached to a cable that allows for a more comfortable and natural movement.



CONCEPT II
ROWER

4 Air resistance rowers simulate outdoor rowing the best. The harder the user rows, the more the air is moved and therefore more resistance is applied.

7 Well engineered machines should withstand years of use and require minimal maintenance.

Rowing involves all of the body's major muscle groups - legs, arms, back, abdominals and buttocks, and is a great workout. Rowers are one of the best machines to improve the cardiovascular system and burn calories. With rowing machines, there are basically two different types of resistance offered. Some rowers use adjustable shock (or pistons) while others use a fan for wind resistance.

Other features to look for:

- Wheels assist in moving the unit around when required.
- The Concept II folds down into 2 pieces to allow for easy storage.

Optional accessories:

- Heart rate monitors
- Rubber matting

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