

WaterRower now at CreavOn ...

CreavOn proudly announces the unique and revolutionary indoor rowing system of WaterRower! The patented WaterFlywheel mechanism has been designed to replicate the physical dynamics of rowing, in the knowledge that this will achieve all of its physiological benefits, as well as much of the aesthetic pleasure.

Many rowing machines imitate the action of rowing, but they do so mechanically, and often lack the natural dynamics experienced when a boat and crew glide down a river.

The WaterFlywheel reproduces the natural dynamics. Like other naturally performed aerobic pursuits such as swimming, running and cycling, to increase your intensity you don't increase resistance you simply swim, run, cycle or row harder. The faster you go the higher your intensity.

That's indoor rowing at it's very best!

Models

There are a number of various models of WaterRower. Each designed to suit a specific environment.

The wooden WaterRower models (the Natural, Club, Oxbridge and Classic) are all constructed from solid hardwood.

There are no mechanical differences to the machines, just the wood used and the finish;

- **WaterRower Natural**- in Solid Ash, finished with Honey Oak Stain and Danish Oil
- **WaterRower Club**- in Solid Ash, finished with Black and Rose Stain and Danish Oil
- **WaterRower Oxbridge**- in Solid Cherrywood, finished with Danish Oil
- **WaterRower Classic**- in Solid American Black Walnut, finished with Danish Oil

The **WaterRower S1** is similar dimensionally to the wooden models (above) but the frame is made from Stainless Steel.

The **WaterRower M1** is the all new commercial model WaterRower. Made from a fabricated steel frame with a powder coated finish

The **WaterRower M1 Hi Rise** has elevated legs to provide the WaterRower with elevated seating position and an easy on, easy off entry point



WaterRower Natural *kr. 9.200,- ex VAT*



WaterRower Club *kr. 9.200,- ex VAT*



WaterRower Oxbridge *kr. 10.750,- ex VAT*



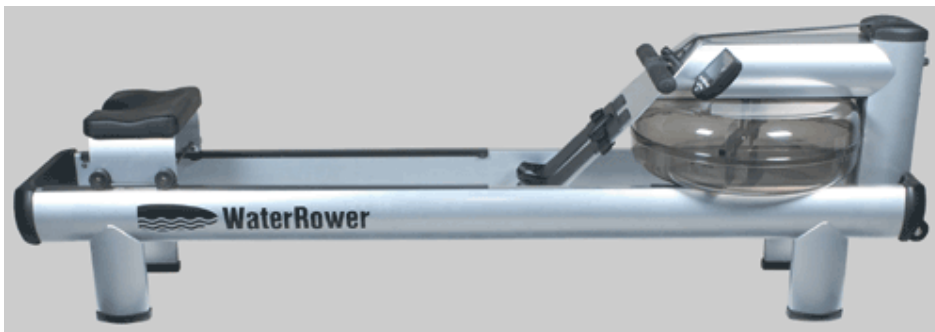
WaterRower Classic *kr. 11.500,- ex VAT*



WaterRower S1 *kr. 12.500,- ex VAT*



WaterRower M1 low rise kr. 11.750,- ex VAT



WaterRower M1 high rise kr. 12.500,- ex VAT

All WaterRower models have the WaterRower S4 computer attached. For more accessories see www.waterrower.co.uk/en/accessories.htm

WaterRower computer:

The WaterRower Series 4 monitor consists of 7 information and programming windows;

Intensity- shows the intensity of exercise in units including m/s (meters per second), mph (mile per hour), /500m (time per 500 meters), /2km (time per 2 kilometers), watts and Kcalories per hour

Strokerate- shows the number of strokes per minute

Heartrate- shows the number of heart beats per minute (optional)

Zone Bar- shows position relative to a predefined work zone

Distance- shows distance in units including meters, kilometers, miles and total strokes

Duration- shows the duration of exercise in units of time

Program Window- assists in advanced programming



Window/program selection is via 6 QuickSelect buttons;

On and Reset- turns the S4 monitor on and upon hold, resets the monitor

Unit Setting- alters the units for intensity, average intensity and distance

Zone Setting- sets the zones for the zone bar, including Heartrate, Strokerate and Intensity zones

Workout Programs Setting- sets the workout type and parameters, including distance workouts, duration workouts, distance interval workouts and duration interval workouts

Stored Program Recall- recalls the last 9 historic workout settings. An AutoPreview function steps you through the historic settings

Advanced Functions- accesses numerous advanced features, including manual workout program storage and retrieval, projected duration (for distance workouts), projected distance (for duration workouts), a ratio display (showing ration between power and recovery strokes), heartrate prognostics (peak heart rate, time above zone, time in zone and time below zone), 2km prognostics (the percentage of a preset 2km speed), tank level input and total distance rowed.

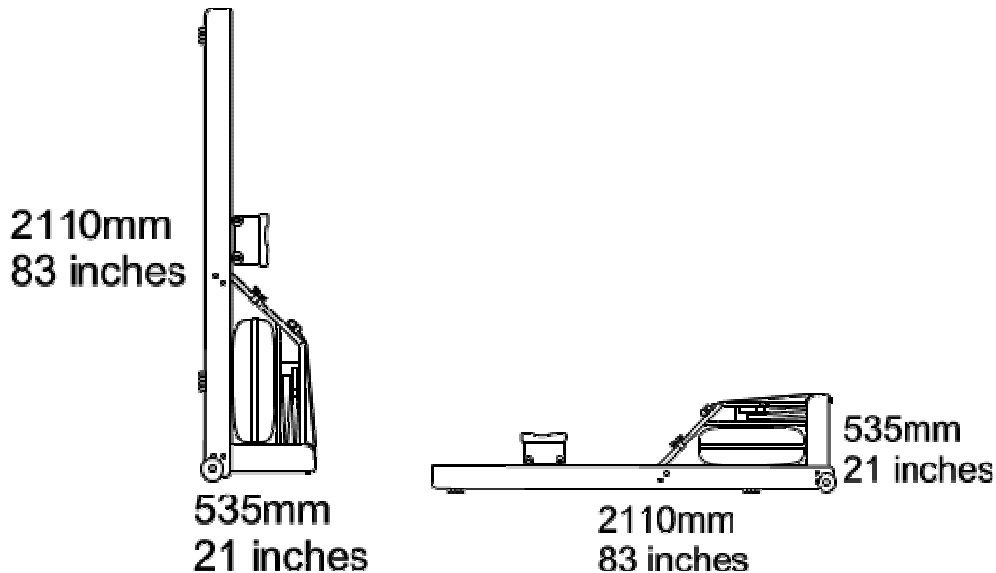
WaterRower Weight

Wooden Models are approximately 33kgs or 73 lbs dry and up to 53kgs or 117 lbs wet

S1 Model is approximately 45kgs or 100 lbs dry and up to 65kgs or 143 lbs wet

M1 Model is approximately 69kgs or 150 lbs dry and up to 89kgs or 200 lbs wet

WaterRower Dimensions



Works 84% of the Muscles

When rowing on the WaterRower you use a massive 84% of your muscle mass

By maximizing the muscle mass contributing to the exercise in this way, the WaterRower is unrivalled in benefit derived per unit of time.

Other common aerobic exercise equipment like treadmills, cycles, ellipticals and even other rowing machines, use far less muscle mass, burn fewer calories and generating less exercise benefit

Maximising muscle mass, maximises gain

Get WaterRower at CreavOn ... Creating Confidence!