



Display Readout: Display features Time, Distance, Calorie, Strokes per minute, Strokes, Total Strokes, Watt, Pulse, Manual Program, Interval 20-10, Interval 10-20, Custom Interval, Target Time, Target Distance, Target Calories, Target Strokes, Target Pulse

PRODUCT FEATURES

The Legion LH-R100 Pro Air Rower uses air resistance generated by the fanned flywheel. To adjust how much air enters the flywheel housing on each stroke, the LH-R100 Air Rower, includes a unique spiral damper adjustable from a setting of 1 to 10.

The precision-engineered flywheel design minimizes noise, and the textured, ergonomic handle is designed to provide a comfortable and natural arm position. Adjust the footrests for your best rowing position.

The Legion Fitness Equipment – LH-R100 Air Rower console reports on time/pace, distance, pulse, strokes, watts, and 8 different exercise programs – Quick Start, Distance, Time, Calories, Game, Intervals (20/10, 10/20) – are also built into the console.

PRODUCT SPECIFICATIONS

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| SKU: | LH-R100 |
| Product Weight: | 57lbs, 500 max user weight |
| Dimensions: | 96" L x 24" W x 14" H |
| Resistance: | User-controlled air resistance wheel |
| Power: | Self-Generating. Monitor powered by 2 AA batteries |
| Adjustments: | Spiral damper adjustable from a setting of 1 to 10. |
| Programs: | Quick Start, Distance, Time, Calories, Game, Intervals (20/10, 10/20) |
| Application: | Home to Full Commercial |

WARRANTY:

5 years: Frame
2 years: Parts
6 months: Monitor
90 days: Finish, Grips, and Caps