



# FORCE USA R3 AIR ROWER

SKU: F-R3

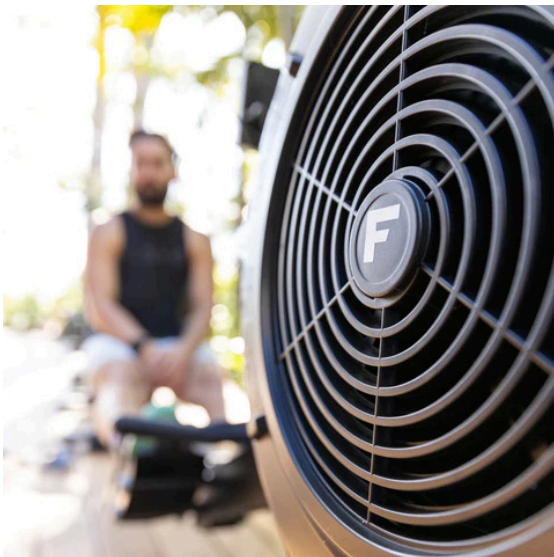


## KEY FEATURES



### HIGH INTENSITY - LOW IMPACT

More than your ordinary cardio machine, the R3 will work your lower body to improve strength and toning definition with reduced impact stress on your joints. Not only does this machine provide users with a high-intensity calorie-burning cardio workout, but it will also work your quadriceps, hamstrings, abdominals, obliques, lats, biceps, triceps, hip flexors and more.



### COMMERCIAL GRADE QUALITY

The Force USA® R3 Air Rower is built with only the highest quality components to handle frequent high-intensity usage. Suitable for commercial gyms, high-performance training centres, sporting clubs, fitness centres or for the ultimate home gym setup.



## COMPLETE WORKOUT CONTROL

The Force USA® R3 Air Rower gives you full control over your workout intensity with 10 adjustable resistance levels. Resistance response is directly calculated by how hard you row. Row harder to go faster, row softer to go slower. The air damper allows you to quickly adjust the airflow to the flywheel from minimal drag at level 1 to max drag at level 10, so you are in control of your output and resistance at all times.



## BUILT FOR COMFORT AND DURABILITY

The Force USA® Air Rower is designed for maximum comfort while rowing. The environmentally-friendly grip coating on the R3 handles protects from slippage whilst also being soft and comfortable on your palms. The seat of the R3 is fitted with moulded, foam padding and commercial vinyl to help prevent rips and tears. The Force USA® R3 Air Rower contains added front and rear support tubes to the frame for enhanced stability.



## ADJUSTABLE FOOTRESTS

Footrests on the R3 Air Rower can be adjusted to your foot size in seconds. The adjusted size, along with the secure strap, will hold your feet in place in a comfortable position that will optimise your exercise movements so you can work your lower body more effectively.



## BLUETOOTH CONNECTIVITY

The R3 is equipped with Bluetooth connectivity, allowing it to connect to many heart rate belts, fitness devices and apps. Accurately keep track of your strokes per minute, time, distance, cycle, calories and watts with the easy-to-use performance monitor.



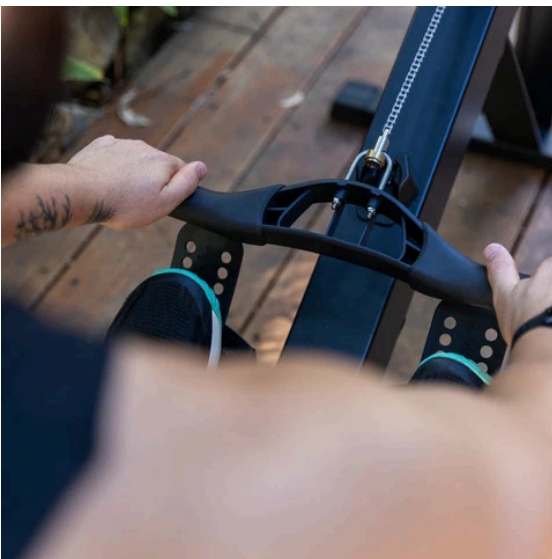
## EASY-TO-MOVE

Transporting and storing the R3 is both quick and easy. The front transport wheels and low weight frame make it easy for almost anyone to move around your home or gym. To store away between workouts simply lift the back of the rower into an upright position and place it against a wall/corner of your gym or alternatively.



## MINIMAL MAINTENANCE

Whether it's being used in a home or commercial gym environment, the Force USA® R3 Air Rower requires minimal maintenance. The chain provides a fluid, smooth motion while offering unmatched durability for long-lasting, low-maintenance use.





#### More Information

**Warranty**

**Product Dimension**

**Max Load**

**Product Weight**

Frame: 5 years, other parts: 2 years

240 (W) x 105 (L) x 65 (H) cm

200kg

45kg