HAMMER WATEREFFECT 3D ROWING MACHINE

SKU: HMR-RW501



PRODUCT
DESCRIPTION



Rowing like never before!

Unlike conventional rowing machines, you can use 6 different rowing styles in different grip positions when training with this rowing machine.

The 3D outrigger arms provide a realistic water resistance and a flexible use of the cardio weights for a movement feeling like on water. You train strength, endurance and coordination at the same time with only one piece of equipment.



1. Classic extension arms

When rowing with outrigger arms, you row with a comparable rowing technique as in a 1-man boat. Experience the maximum freedom in your arm



2. Outrigger arms one-sided

For rowing with one outrigger arm alternately, you grip the same outrigger arm with both hands and row on one side as in a multi-man boat. In this



3. Classic rowing handle

In classic rowing you use the rowing handle. The straight pull movement allows you to focus on increasing the number of strokes and intensifying your training.

movement of almost 180 degrees.

way you train the diagonal torso muscles intensively and then switch to the other side.



4. Rowing handle + cardio weights

Classic rowing with the Cardio Weights intensifies your training with the normal rowing handle. With the 2 additional weights of 1 kg each, you create an even more intensive muscle stimulus with every movement and focus the training of strength endurance.



5. SZ-bar classic

By using the SZ rowing bar, you move your elbows further outwards and complete an intensive back workout



6. Kayaking - SZ bar

Training with a special fun factor: kayaking with the SZ rod! Use alternating movements for spear-like dipping on one side and stabilise the movement with the opposite side. This new type of training improves your shoulder muscles and coordination.



As free as on the water

Thanks to the extra-long aluminium rail of 105 cm, even people taller than 2m can effectively use the full range of motion. With the combination of different handles and 6 possible rowing styles, you constantly set new training stimuli and prevent one-sided training.







Just the right size!

The WaterEffect 3D was designed with a 17-litre tank to provide the optimum balance between compactness and resistance. For your ultimate rowing experience, the emphasis was placed on the best possible volume and the optimum training stimulus!

With the power of water

You can regulate the intensity of your workout by adjusting the fill level of the tank in 6 steps as well as the stroke force, so you always row in the optimal range. The high-quality water tank made of robust polycarbonate provides the soothing sound of the water.





Your perfect entertainment

For unlimited rowing pleasure, the device can be used with apps such as Kinomap. Use the camera function of your smartphone or tablet and row with your avatar along the most beautiful routes with the original route sound. This creates a live track experience with realistic driving speed in real time. For a real competition feeling, you can compete against the computer in race mode and choose your favourite from 15 race modes.



Ergonomic design and accessories

The ergonomically designed rowing handle and SZ rowing bar accessories ensure that your workout is always particularly easy on your joints and effective. With the Cardio Weights you achieve an even more intensive training stimulus.

ADDITIONAL INFORMATION

More Information



Product Weight	51kg
Program	20 Training programs
Product Dimension	203 x 85 x 103 cm
Panel	LCD-Display with Tablet support
Max Load	150kg
Level Of Resistance	Water level dependent
Warranty	2 years parts, 1 year labour