

RP3

THE DYNAMIC INDOOR ROWER

FULL BODY. HIGH INTENSITY. LOW IMPACT.

JOIN THE FITNESS REVOLUTION

INDOOR ROWING: THE FUTURE OF PUBLIC FITNESS

Indoor rowing is a sport that has been increasing in popularity over recent years.

Rowing machines are popular on the cardio floor and now feature in boutique rowing studios, in which classes using the rowing machine are held.



BURN CALORIES: Rowing offers high intensity full body workouts burning up to 1000 calories an hour, toning the whole body.



INJURY RESISTANCE: Its low impact, reducing the risk of injury. Rowing actually strengthens the joints by moving them through their full motion to build the muscles around them.



FULL BODY FITNESS: It not only improves cardiovascular fitness but also builds strength across an incredible 84% of muscles in the body.

WHY ROW DYNAMIC?

Rowing dynamic means that the machine body, seat and handle are all free to move separately – exactly as a boat, seat and oar handles are in water rowing. It is the best possible simulation of rowing on the water.

Rowing dynamic not only encourages the development of a more efficient stroke but also it removes the jarring load that static rowing machines place on the lower back. RP3 brings the perfect full body, high intensity, low impact workout without the risk of injury.



INTRODUCING THE RP3T



THE DYNAMIC INDOOR ROWER DESIGNED FOR THE GYM.

ROBUST: Featuring twin central bars to enhance stability, the RP3 model T is designed to run free of maintenance requiring only a wipe of the bars after a workout.

ENHANCED SOFTWARE: High tech rowing software provides the user with detailed information about their stroke through either a built-in display or an additional monitor via Bluetooth which is capable of displaying more information, more vividly. "Spin class" style software to wirelessly connect machines is also available.

BETTER FOR YOUR BACK: Not only offering the benefits of a dynamic workout, the RP3T also features an air sprung rear leg. This minimises impact at the finish of the stroke. Looking for a solution to providing an intense workout without the risk of injury? The RP3T is the answer.

INTERESTED IN BRINGING RP3 TO YOUR GYM?

TO FIND OUT MORE, PLEASE GET IN TOUCH OR VISIT OUR WEBSITE.
DEMO MACHINES ARE AVAILABLE TO TRIAL.

RP3  **ROWING**
DYNAMIC INDOOR ROWER

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