

SKI-ROW™ AIR

TWO HITS FOR THE PRICE OF ONE

The SKI-ROW AIR by ENERGYFIT is a first of its kind dual-function High Intensity Interval Training machine. Its flexibility, space-saving design, and mobility are ideal for HIIT boxes, training studios, home gyms, and vertical markets.

The SKI-ROW can be used for rowing-only or skiing-only workouts, but its true value is revealed by enabling mixed-erg workouts and alternative exercise modalities. A simple foot-lever press enables the switch from rower to ski-erg and back in less than 5 seconds.

FEATURES

- Heart-Pounding air-flywheel resistance will match your effort stroke for stroke
- Gas-assist cylinder helps lift the beam and lowers it slowly to the ground
- Rust-proof extruded-aluminum seat-slider beam
- Convenient front-mounted transport wheels
- Bluetooth & ANT+ Heart Rate Connectivity
- Bluetooth data connection to fitness Apps

SPECIFICATIONS

Resistance System	Flywheel (Air) w/ Spiral Damper
Resistance Levels	Damper Settings 0-10
Drive System	Dynacord Nylon Rope
Console Type	Monochrome LCD (2.2"W x 3.7"H)
Console Readouts	Time, Pace, Stroke Rate, Distance, Calories, Watts, Heart Rate
Programs	Time Goal, Distance Goal, Calorie Goal, Time Interval, Distance Interval
Heart Rate Connectivity	Bluetooth & ANT+
Maximum User Weight	350 lb (158.8 kg)
Seat Height	14.5" (36.8 cm)
Dimensions (Rower)	103"L x 35"W x 41"H (262x89x105 cm)
Dimensions (Ski-Erg)	54"L x 35"W x 84"H (137x84x213 cm)
Weight	145 lb (66 kg)
Shipping Weight	193 lb (88 kg)
Units per Container	48 (20ft), 96 (40ft), 106 (40ft HQ)

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SKI-ERG

