

How Do I Choose?: How do I choose the best rower for me?

Normal
0

MicrosoftInternetExplorer4

```
<!--  
/* Style Definitions */  
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text-underline:single;}  
@page Section1  
{size:8.5in 11.0in;  
margin:1.0in 1.25in 1.0in 1.25in;  
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mso-footer-margin:.5in;  
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div.Section1  
{page:Section1;}  
-->
```

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```

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mso-style-parent:"";
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Rowing is one of the most natural and beneficial cardiovascular exercises that can be done in the home. In addition, this type of exercise offers unmatched strength training for your entire body. While these benefits make rowers one of the most desired pieces of exercise equipment, it is sometimes overwhelming to choose one for your needs. To assist with this, we have created the following suggestions. This will assist you in determining the specifications that you need as well as give suggestions of which units to review.

If you would prefer a Bayou Fitness agent assist you personally, please answer the numbered questions and paste those numbered answers into an email. Simply send this to sales@total-trainer.com with the subject line "Choosing a Rower" and a trained Sales agent will provide you with detailed advice via email within two business days.

1) What is the weight capacity of the users that will most often use the rower?

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a) up to
250 lbs.

-any rower Bayou Fitness carries
with suffice

b) up to 280-285
lbs.

-Kettler
7978-900

-Kettler 7977-900

-Kettler 7985-679

-Kettler
7985-889

c) up to
300 lbs.

-LifeSpan
RW1000

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-Wave
Fitness WR-N

d) up to
330 lbs.

-Kettler
7982-090

2) Will the unit be used in a residential or commercial setting?

a)
residential

-any
rower Bayou Fitness carries with suffice

b) commercial or
light commercial (please make a note of the warranty details on the ad)

-Kettler 7985-889

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-First Degree E-216

-First Degree E-316

-First Degree E-520

-Kettler 7982-090

3) What type of resistance is important? Water is the most natural and provides the smoothest resistance but the other types are less time consuming in terms of upkeep.

a) piston/hydraulic

35-1050 -Stamina

35-1205 -Stamina

35-1215 -Stamina

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7978-900
-Kettler

7977-900
-Kettler

b) water

Fitness WR-N
-Wave

-First Degree E-216

-First Degree E-316

-First Degree E-520

c) air and
magnetic

-BodyCraft

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VR100

d) magnetic

7985-679 -Kettler

7985-889 -Kettler

7982-090 -Kettler

4) How many levels of resistance are important?

a) tension
or water adjustment without level delineations

40-0045C -Stamina

35-1205 -Stamina

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7978-900 -Kettler

Fitness WR-N -Wave

b) less
than 20 levels

-Stamina 35-1050 (12)

35-1215 (5) -Stamina

RW1000 (5) -LifeSpan

7977-900 (12) -Kettler

-BodyCraft
VR100 (1 air and 5 magnetic)

How Do I Choose?: How do I choose the best rower for me?

-Kettler
7985-679 (10)

-First
Degree E-216 (16)

c) 20
levels or higher

-Kettler
7985-889 (75)

-First
Degree E316 (20)

-First
Degree E520 (20)

-Kettler 7982-090
(95)

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This data is subject to change without notice. Some items may be altered or not currently available but all efforts are made to keep this document up to date.

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Author: Nikki

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