

LifeCORE Fitness

"We Fit Your Life"



The R100 is an Industry
Leading Rower,
Combining Air and
Magnetic Resistance.
Featuring an Easily
Foldable Frame

R100





"We Fit Your Life"

Features:

- Combines Air and Magnetic Resistance
- 16 Levels of Magnetic Resistance
- Large LCD Display with "Dual Colored Backlight"
- **Featuring Challenging Preset Programs:**
(Manual, White Water, Ramp, Pacer, Interval Distance, Interval Time, User Profile, & Watts Control)
Heart Rate Control Programs: (55% HR, 75% HR, 90% HR, & HR)
- Heart Rate Chest Strap Included
- 4 User Profiles
- Adjustable Cooling Air Vent
- Solid Steel Fan/Flywheel
- Extruded Aluminum Frame with Solid Steel Support
- Large Ergonomically Designed Seat for Added Comfort
- Angled Oversized Foot Rests with Pivoting Heel Supports
- Ergonomic Handle
- Easily Folds for Storage
- User Weight Capacity: 600lbs



Warranty:

- Residential: 5 Yr Parts, 1 Yr Labor
- Light-Commercial: 2 Yr Parts, 90 Days Labor
- Life-Time Warranty on Frame

Dimensions:

- Unfolded: Length: 92in, Width: 21in, Height: 36in
- Folded: Length: 41in, Width: 21in, Height: 66in / Weight: 96lbs



*Compact Design
Folds Away When
Not in Use*



R100