

# ROWER 150RM

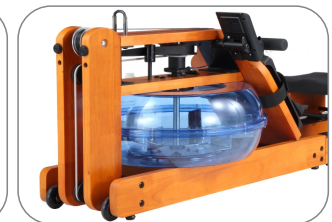
**Athletic**  
VISION

The 150RM Remo is a complete equipment, works 85% of muscle groups, combining cardio and strength, in smooth movements. You determine the endurance of the exercise, which is why it is recommended for people of all ages, amateurs or athletes. With water-based resistance, it allows users to increase or decrease the exercise load, adapting training for better comfort and need.

- Adjusted cables and straps system, allowing for smooth and jerk-free workouts.
- Rails, tongs and benches designed for better ergonomics and results for the user.
- Non-slip pedals: large, non-slip pedals with strap to ensure more safety during training.
- Monitor that shows the progress of your training in real time, shows the data of time, number of movements and calories burned.



**Monitor**



**20 liter tank  
in Polycarbonate**

Dimensions	1940x560x490mm
Functions	Time, Scan, Calories, Number and Total number
Warranty	Home use
Max user's weight	110kg

Your best fitness solution



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