

# AQUAROWER 500

RO1032-100  
Rowing Machine Level Premium



3D & AR

# KETTLER



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- Robust frame construction, extremely durable
- No dead point: triple-blade impeller provides direct and consistent resistance during the entire rowing stroke
- 4 different resistance levels at the turn of a button, adaptable according to the desired intensity
- Smooth and low-friction rails, perfectly suited for ambitious home training
- Adjustable foot rests with separate foot straps for perfect position and optimal support while rowing
- Comfortable, ergonomic seat with textured anti-slip seat
- Ergonomic handle with perfect grip for powerful rowing strokes
- Large, easy-to-use console continuously displays information on training route, training time, stroke rate, total distance, calorie consumption, Watts and heart rate (optional)
- Training computer takes into account resistance (amount of water) for more accurate data such as calorie consumption

AQUAROWER 500		
Identifiers	Trisport model name from 2020	AQUAROWER 500
	Official name	Kettler AQUAROWER 500
	Category	Rowing machines
	Range	
	Old model name until 2020	No predecessor model
	Trisport item number	RO1032-100
	EAN number	7640119481517
Mass	Dimensions (LxWxH)	207 × 52 × 54 cm
	Product weight	39 kg
	Maximum load	150 kg
Performance	Rowing Machine Level	Premium
	Resistance system	Water resistance
	Flywheel mass	-
	Volume	17 litres
Training	Resistance levels	4
	Apps	None
Training computer	Performance measurements (displayed)	500 m time, braking (level), calories, pulse, stroke rate, distance, training time and Watts
	Bluetooth	No
	Display	LCD
	Languages	EN
Practicality	Rower handle	Ergonomic handle with perfect grip for powerful rowing strokes
	Rowing seat	Ergonomic seat with textured anti-slip seat
	Space-saving, adjustable tread	Yes
	Rollers for easy transport	Yes
Features	Stability	Two rails
	Foot rests	Adjustable foot rests with separate foot straps for perfect position and optimal support while rowing
	Pulse monitoring	Chest strap optional
	Power supply	Batteries
	Main colour	Black