

APOLLO HYBRID AR ROWING ERGOMETER

THE SYNERGY OF A STEEL FRAME
WRAPPED IN FIRST GRADE AMERICAN
ASH

Perfect Platform

The moment you use the Apollo Hybrid AR it becomes obvious why this is the perfect machine for you. The strength and integrity of a steel frame, seamlessly integrated with the highest quality, hand-laquered American Ash creates a synthesis of two complimentary materials. Attention to detail abounds in both form and function. This is the result of passion and commitment, designed and built to out perform the competition in every respect.

Unparalleled Rowing Quality

Industry best on-water rowing emulation with natural catch and feel. **Adjustable resistance** at the turn of a dial, from feather light to Olympic challenge. The amazing Apollo Hybrid AR represents the ideal synergy of aesthetic appeal and outstanding performance. Whatever your exercise goals, the Apollo will deliver and continually challenge its owner to exceed their objectives with patented Variable Fluid Resistance.



Perfectly packaged and quick and easy to assemble, the Apollo is unbeatable value for money. Our patented twin tank design provides outstanding exercise function. **Instantly adaptable** to each user, allowing progression as fitness level and abilities improve. Connect the fun, passion and workout experience with this 'best in class' product in your home.



FIRST DEGREE FITNESS
Fluid INNOVATION

APOLLO HYBRID AR ROWING ERGOMETER

FEATURES AND BENEFITS

- Adjustable Resistance, from feather light to Olympic challenge at the turn of a dial. Instantly adapts for progressive training, interval training or multiple users.
- No dead spots! Patented twin tank design with triple-blade, stainless steel impeller delivers instant catch and consistent resistance through the entire stroke.
- Ergonomic handle minimizes strain on hands, wrists and forearms.
- Smooth and silent seat action and seat that shapes to the user, with textured finish to prevent slip. Exceptional comfort assured.
- Easily adjusted footplates with secure heel capture and angled surface under ball of foot to assist leg drive.
- Durable belt drive – smooth, clean, quiet and maintenance free.
- Simplified assembly and virtually maintenance free.
- Transport wheels at front allow for easy movement.
- Low impact, non-jarring, total body cardio respiratory workout.
- *Active recoil system* to facilitate rapid stroke rate utilises extended bungee length and 2 x precision one-way bearings.
- Best emulation of actual rowing with the sensory stimulation of the sight, sound and feel of being on the water. Smooth, progressive and satisfying exercise action.
- Multi-level exercise monitor (with USB port for extended functionality): time, distance, 500M split time, strokes per minute, calories per hour, watts, interval training and (optional) heart rate.
- The strength of a steel frame wrapped in ethically produced, first grade American Ash from sustainable plantations.
- Stores in upright position 550x540mm (22x21") and assembled length 2135mm (84"), width 550mm (22"), height 540mm (21"). Maximum user weight 150kg (330lbs).
- Warranty. Home use: frame – 5 years, non-wearing mechanical parts – 3 years, all other – 1 year (see website for full details).

