

CASCADE

HEALTH & FITNESS®



CASCADE ROWER

Smooth Quiet Magnetic Resistance

Introducing a high quality indoor rower from Cascade that delivers exceptional performance, motivating training feedback and long life durability. A great value and oh so smooth to use, the Cascade Rower has 8 levels of quiet magnetic resistance with a simple turn of the dial. Motivating workout programs include custom interval training, with a Quick Start option. Sleek with a smart design, the Cascade Rower includes HR Monitor/Strap and 5" riser block and rolls easily with a standup option for storage.

CASCADE ROWER – KEY PRODUCT FEATURES



Quiet Smooth Magnetic Resistance

Precision flywheel and smooth magnetic resistance system delivers a smooth quiet high performance workout.



Motivating User Feedback

The Cascade Rower has 8 levels of resistance and motivating workout programs including Quick Start and custom interval training.



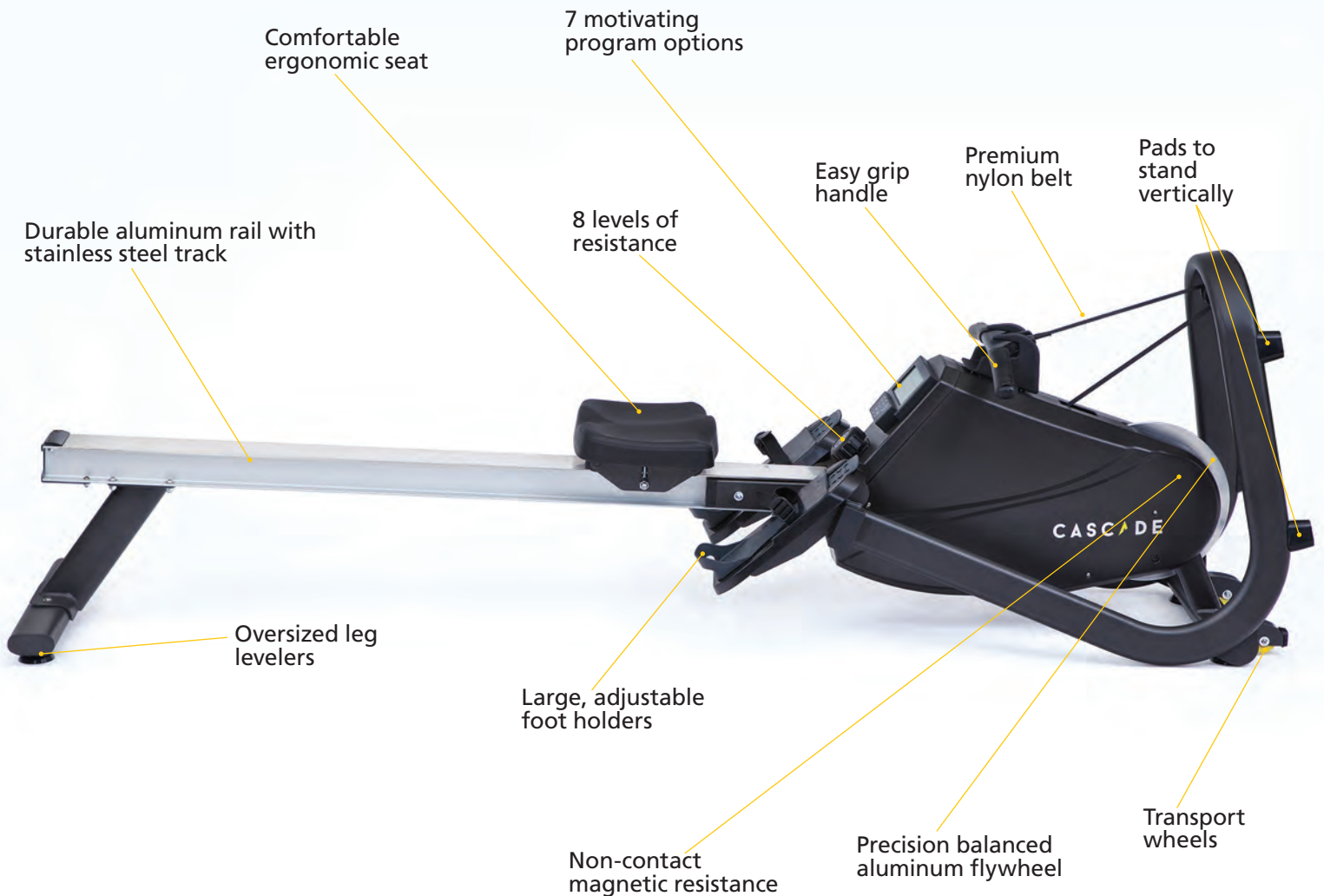
Comfortable Ergonomic Seat

The contoured ergonomic seat is comfortable to sit on during short or long workouts and glides smoothly.



Stand Up Option For Storage

The Cascade Rower stands up easily on end for convenient storage.



KEY BENEFITS

- Commercial quality
- Sleek quiet whisper drive
- 8 levels of magnetic resistance
- Includes HR Monitor/Strap and 5" riser block
- Great value

SPECIFICATIONS

Length	90 in (229 cm)
Height	28 in (71 cm)
Width	20.6 in (52 cm)
Weight	154 lbs (70 kg)
Max User Weight	350 lbs (159 kg)