



ERGONOMIC HANDLE DESIGN



10 LEVELS OF RESISTANCE



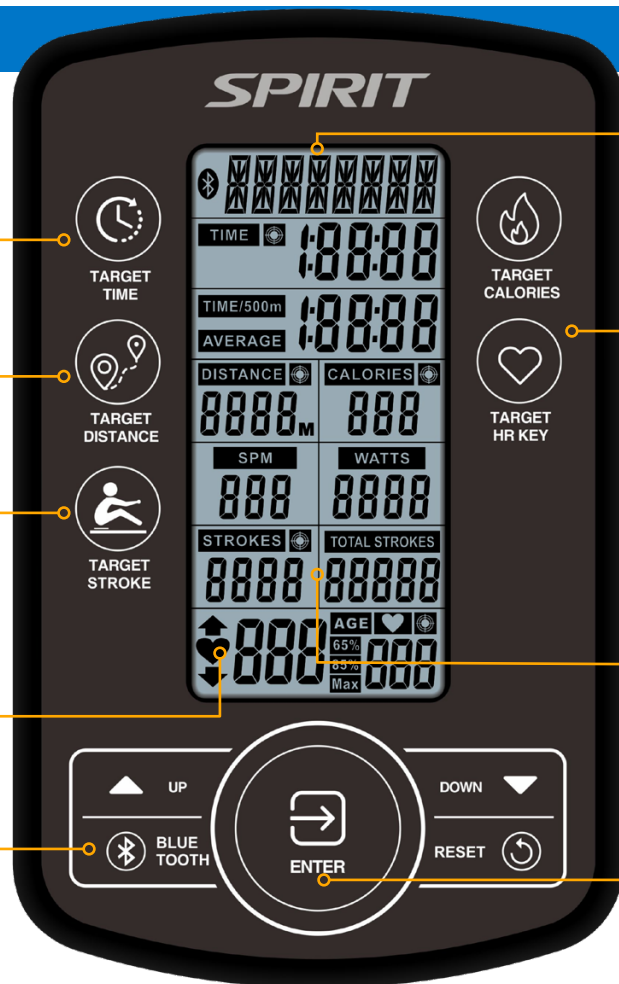
ADJUSTABLE PEDALS

The SPIRIT Fitness **CRW900** Rower brings the timeless tradition of rowing into the gym. The highlight of this machine is its distinctive water tank which provides up to 10 challenging levels of resistance with a simple turn of a knob. A large 5.5" easy-to-read console has 5 pre-programmed workouts to keep athletes engaged. The wooden and steel frame features smooth slide rails, an ergonomically molded seat, and commercial-grade contoured and padded handlebar that deliver the ultimate combination of quiet, smooth, and reliable performance.

CRW900 WATER ROWER

- 10 levels of water resistance with easy-adjust knob to challenge all fitness levels
- Timeless wooden and steel frame for lasting performance
- Console is adjustable to ensure the perfect viewing angle
- Commercial grade contoured and padded handlebar for comfort and durability
- Smooth and quiet performance
- XL twin tank design with durable multi-bladed impeller for greatly improved resistance range
- Adjustable footboards with straps
- Ergonomically molded seat

CRW900 WATER ROWER



Easy-touch target program buttons

Heart rate display panel

Bluetooth (Connect to SpiritFit App)

Large, easy-to-read display

5 engaging programs

Time, distance, calories, watts, speed, RPM

Oversized selection button for ease of use.

CRW900 CONSOLE FEATURES

The new CRW900 console features a large, easy-to-read 5.5" LCD and integrated Bluetooth, ensuring athletes have access to vital workout data when and where it matters most. Clearly marked sections display data including Time, Distance, Calories, Pulse, SPM, Total Strokes, Watt, 500 Time / Avg Time 500, and Level. With 5 pre-programmed workouts and optional manual settings, users of all levels stay engaged and at the peak of their training. The CRW900 console also automatically detects strokes, so getting started is as easy as sitting down and pulling on the handlebar.

EQUIPMENT SPECIFICATIONS

CONSOLE	5.5" LCD, adjustable console angle
PROGRAMS	Manual, Target time, Target distance, Target stroke, Target calories, Target HR
HEART RATE	Telemetric compatible (chest strap sold separately)
RESISTANCE	Water (10 levels), Easy-adjust knob, XL twin tank design
POWER	Console requires 4 AA batteries
SEAT	Ergonomically molded seat
FOOTRESTS	Footrests with adjustable straps and padded
FRAME	Heavy-duty wooden frame with durable aluminum slide rails
SEAT TRAVEL	28.5"
RAIL LENGTH	44.5"
DIMENSIONS	84" x 21" x 22"; Stands for upright storage
PRODUCT WEIGHT	90.4 lbs
MAX USER WEIGHT	330 lbs

WARRANTY INFORMATION

Commercial – 10 years frame, 3 years tank/seals, 2 years parts, and 1 year wearable parts and labor

For more information or to purchase the Spirit Fitness CRW900 Commercial Water Rower visit www.ironcompany.com