

CARDIO EQUIPMENT

Wind-resistance rowing

Model R01

Technical Specifications & Product Selection

**2310 x 610 x 850 mm**

Overall dimensions

Product code: CAR25PJX008

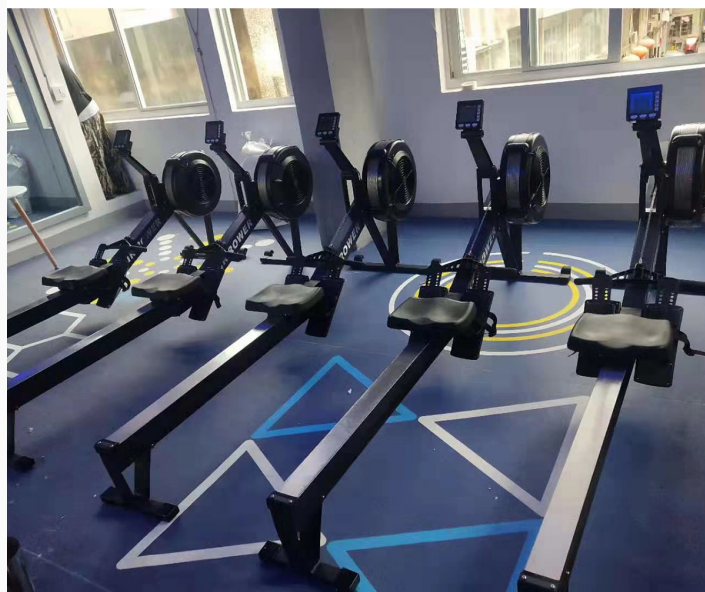
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Training type and capacity quantities

Powered treadmills, unpowered treadmills, ellipticals, rowers, steppers and ski trainers have different mechanisms. User load, speed, resistance, incline and running/pedal dimensions are separate quantities; motor power does not describe an unpowered version.

Start with the complete specifications on page 3. Review the actual configuration and supported options, then compare the product with the intended application.



CORE PRODUCT DATA

Technical specifications

Wind-resistance rowing / Model R01

Specification	Product data
Model	R01
Control screen	LED
Console fields	LED, time,dist.,Cal,speed,Trokes,Pulse,target time etc.
Color	+Black/white
Rail	Stainless steel
Resistance	wind
Maximum user mass	150 kg
Overall dimensions	2310 x 610 x 850 mm
Frame color	Black/white
Custom color	No
Net machine mass	29 kg



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Structure & configuration

Component / configuration	Function / scope
Console Display	Digital monitor provides workout data, training modes, and user feedback for convenient exercise control and performance tracking.
Main Support Column	Vertical frame connects the console and rowing structure, providing stable support and organized component installation.
Flywheel Housing	Protective flywheel cover encloses the resistance mechanism, ensuring smooth operation and reducing noise during training.
Front Stabilizer	Front support base improves machine balance and stability while providing a solid foundation during rowing exercises.
Main Frame Structure	Heavy-duty aluminum frame supports all major components, ensuring durability and reliable performance during workouts.
Seat Assembly	Ergonomic padded seat moves smoothly along the rail, providing comfortable support during continuous rowing movements.
Component groups	Sliding Rail.



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Application & product selection



Rhythmic rowing within a structured circuit; Technique-focused rowing with clear access; Dedicated rowing in a practical indoor space; Endurance sessions on an open gym floor.

Selection input	Review together
Training task	Exact exercise form and the stated user capacity.
Mechanism and display	Actual drive/resistance, console and adjustment version.
Space and supply	Product envelope, training clearance and stated power/connection needs.

Ordered configuration

Retain the exact model, specification option and included accessory scope in the written order.
Application photographs illustrate context, not inclusion of adjacent items.



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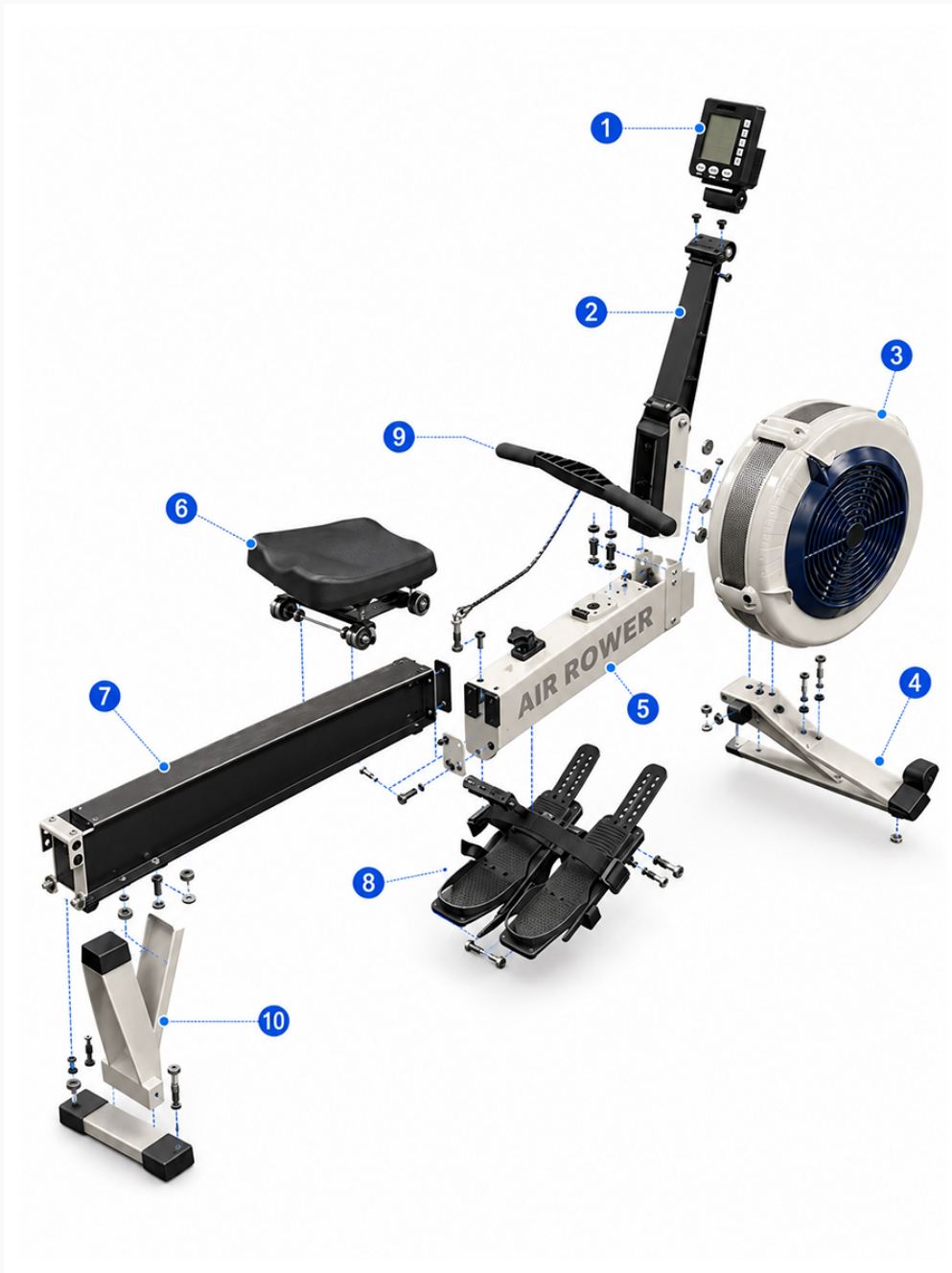
Application context

Application settings show the product relationship to its surroundings.



CARDIO EQUIPMENT

Structural decomposition



Assembly relationships

The separated view identifies the product groups and their arrangement. Match the illustrated groups to the exact model and ordered configuration. This is a structural overview, not a dismantling or repair procedure.