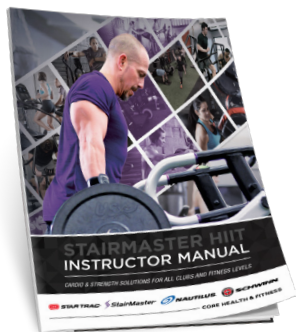# HIIT ROWER 9-4690

Recognized as one of the top fitness activities, rowing has exploded into HIIT Training as a true total body exercise, and no one knows HIIT better than StairMaster. The StairMaster HIIT Rower uses fan based resistance ideal for rowing as it accommodates the user's fitness level. Isokinetic resistance ramps up harder the harder you pull as the fan spins against air resistance. Making this a true HIIT workout.

STAIRMASTER HIIT PROGRAMMING

Have your trainers and coaches HIIT certified by our Master Instructors, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.

TRACK YOUR INTENSITY

Track your workout with detailed metrics, follow one of the built in workout programs, and connect to your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays.

StairMaster®

HIIT ROWER 9-4690

LENGTH	96 in (244 cm)
WIDTH	26.5 in (68 cm)
SEAT HEIGHT	14 in (35 cm)
MONORAIL LENGTH	53.7 in (137 cm)
DRIVE SYSTEM	Nickel plated steel chain
RESISTANCE TECHNOLOGY	Isokinetic fan resistance offers unlimited workout options, while fan dampening system allows for increased or decreased workloads at a given stroke rate
CHAIN OR CORD	Nickel-Plated Steel Chain
CHAIN/CORD HOUSING	Partially Enclosed
CONSOLE	StairMaster HIIT
MAX USER WEIGHT	350 lbs (159kg)
WATER BOTTLE HOLDER	Yes
FRAME CONSTRUCTION	Heavy-gauge welded steel and aluminum construction
COLOR SCHEME	Wrinkle Black
FINISH	Electrostatic Powder Coating for long lasting durability
STORAGE	Disconnecting at center point
MACHINE WEIGHT	82 lbs (37 kg)
SHIPPING DIMENSIONS	22 in x 57 in x17 in (56 cm x 145 cm x 43 cm)
SHIPPING WEIGHT	90 lbs (41 kg)

HIIT CONSOLE

DISPLAY TYPE	Fixed Segment LCD
DISPLAY AREA	13.8in^2
BACKLIGHT	Yes
# METRICS DISPLAYED	5
# PROGRAMS	5
CUSTOM PROGRAMS	5 (Time, Distance, Calories, Time Interval, Calorie Interval)
POWER REQUIREMENT	Power two C cell batteries or an optional external power supply can be ordered
5 GHZ HEART RATE	Yes
ANT+ HEART RATE	Yes
ANT+ L. BOARD SIGNAL	Yes
BLE CONNECTIVITY	Yes
MULTI-LANGUAGE OPTIONS	No
QUICK START OPTIONS	Yes
BLUETOOTH DATA TRACKING	Yes
USB SOFTWARE UPLOAD	Yes