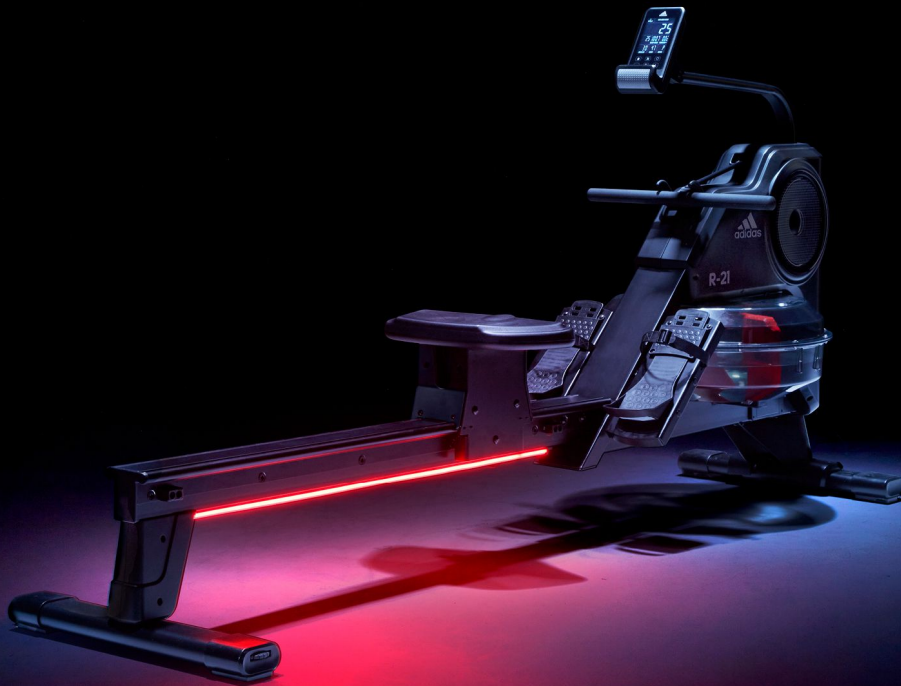




R-21 WATER ROWER

Bringing a more authentic experience to your rowing, the adidas R-21 Water Rower features a water-based resistance system, which gives a more traditional feel and sound when rowing indoors.



REDEFINE YOUR HOME CARDIO EXPERIENCE

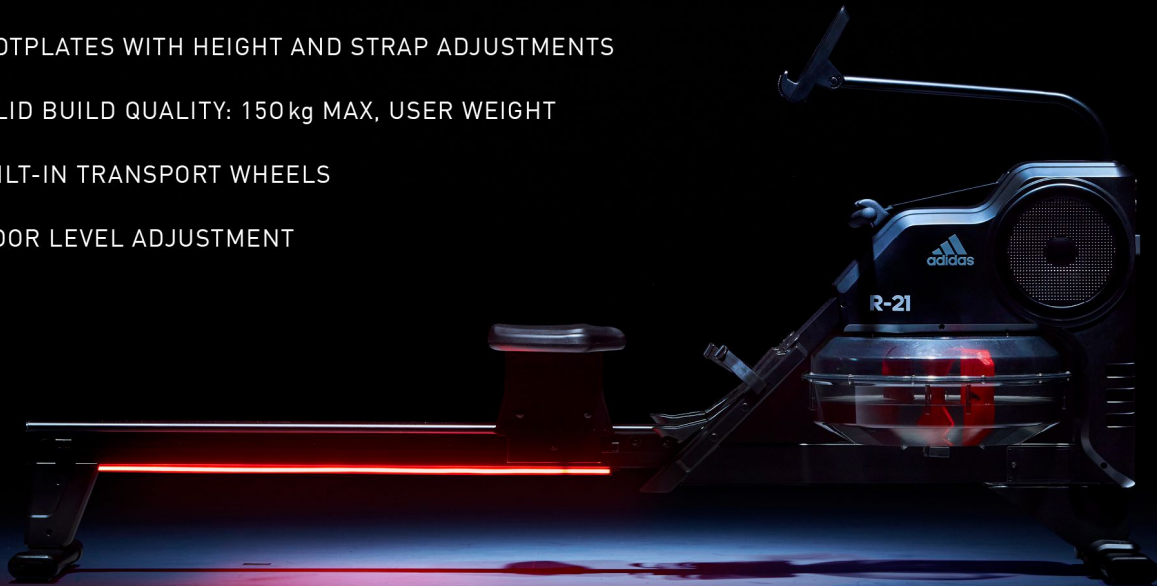


CREATE ENERGY



R-21 WATER ROWER

- > SELF-GENERATING POWER; NO WIRES OR PLUGS NEEDED
- > 7 WATER LEVELS OF RESISTANCE
- > RED LED LIGHTS POWER UP WHEN YOU CREATE ENERGY
- > DENSELY PADDED SEAT FOR COMFORT
- > FOOTPLATES WITH HEIGHT AND STRAP ADJUSTMENTS
- > SOLID BUILD QUALITY: 150 kg MAX, USER WEIGHT
- > BUILT-IN TRANSPORT WHEELS
- > FLOOR LEVEL ADJUSTMENT





R-21 WATER ROWER

> CLEAR LCD SCREEN

> 3 TARGET MODES: TIME, DISTANCE & CALORIES

> TABLET & PHONE HOLDER PROVIDE OPTIMUM VIEWING ANGLE

> CHEST STRAP INCLUDED TO MONITOR HEART RATE

> FEEDBACK: SPEED, TIME, DISTANCE, CALORIES,
HEART RATE, STROKES PER MINUTE, TIME/500m

R-21 WATER ROWER: CONSOLE



CREATE ENERGY



R-21 WATER ROWER: SUSTAINABLE ENERGY



CREATE ENERGY



R-21 WATER ROWER

Designed with a self-generating power unit, you are the one that creates energy and powers the R-21's console, while the water's natural resistance does all the rest. No need for a power adapter, tangled wires or restrictive plug sockets, you have the power and freedom to train anywhere in your home.





R-21 WATER ROWER

> IDEAL FOR CONNECTING WITH FITNESS APPS VIA YOUR PHONE, TABLET OR TV

> TABLET AND PHONE HOLDER PROVIDES OPTIMUM VIEWING ANGLE

R-21 WATER ROWER: HOME FITNESS CLASSES



CREATE ENERGY