

# STIL-FIT<sup>INT.</sup>

FLOW ONE

ROWING MACHINE



Powered by  WaterRower

# STIL-FIT ROWING MACHINE FLOW ONE

The beautiful feeling of powerfully rowing the slender and elegant body of a rowing boat over a quiet lake or along a calm river. Every powerful stroke of the oar lets the slim boat glide elegantly through the water. The STIL-FIT rowing machine FLOW ONE combines an elegant design, which is reminiscent of a slim rowing boat, with the sound of oars diving into the water and thus conveys precisely this sensual experience.







01

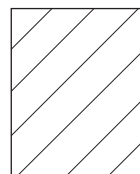
## SPACE-SAVING AND ELEGANT

FLOW ONE is the rowing machine that fits into any living environment, during the workout and afterwards. It can be easily stored vertically, takes up only half a square meter of space and decorates every room.

*"Being a designer, I always have a vision. With the FLOW ONE, I was able to transform the first indoor rowing machine into an elegant boat design combined with the best technology. The result is an emotional and sensual piece of sports equipment, ideally suited for every living area."*

**Anton Maria Rief, Designer**

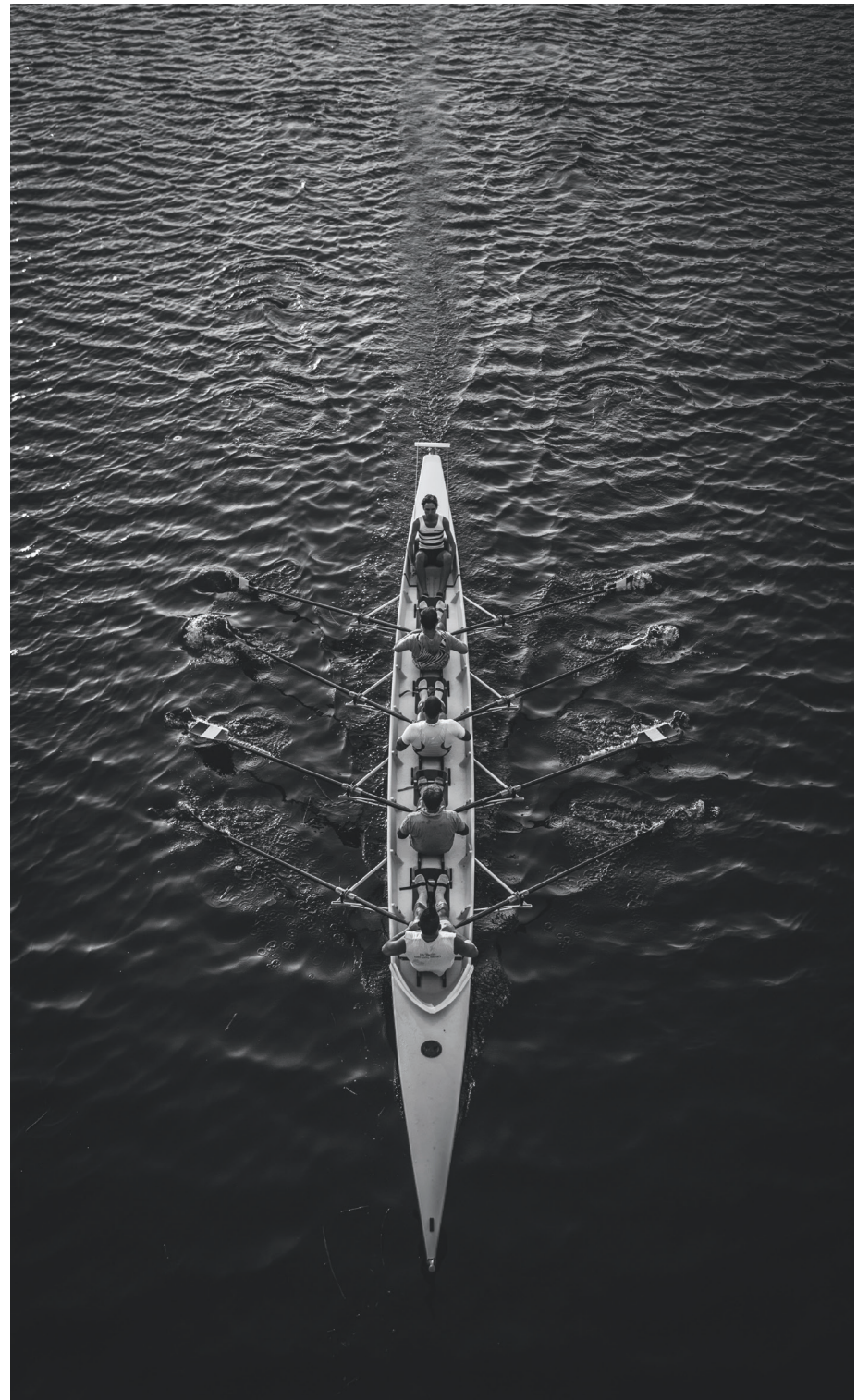
56 cm x 43 cm



## 02

### THE PERFECT FITNESS EQUIPMENT

- Trains strength and endurance equally.
- Uses 85% of the muscles and trains both the upper and lower body.
- Strengthens the heart muscle and the cardiovascular system.
- Highly intensive rowing workouts can be completed in a relatively short time.
- High in calorie consumption and is effective at breaking down body fat.
- Easy on the joints - suitable for all performance classes.





## 03

### POWERED BY WATERROWER

The resistance is generated by the well-known and popular water tank technology from WaterRower. The advantages of water-resistance are obvious - water offers a dynamic resistance that adapts to your strength with every pull and works efficiently and quietly at every intensity.



## 04

### POWERFUL TRAINING COMPUTER

The rowing machine FLOW ONE is operated via a 4.3" TFT color display with touchscreen. The training computer is self-explanatory and easy to read at all lighting conditions. It stores data for 6 users and shows all relevant training data:

- Time
- Distance
- 500-meter time
- Stroke rate
- Watt
- Pulse
- Calories

You can set the time and distance or race against a virtual opponent.

# 05

## MODELLE

The FLOW ONE is available in oak wood, walnut wood or with a matt black coating.



Oak



Walnut



Matt black

**Walnut wood and oak wood:** The high-quality housing is made out of molded wood and is finished with natural oil.

**Matt black:** The top layer of the molded wood housing is made of HPL furniture decor laminate.

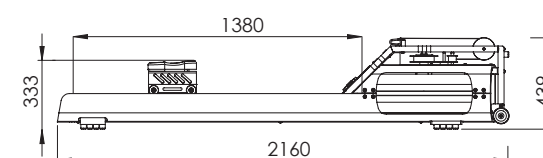
## TECHNICAL SPECIFICATIONS // ACCESSORIES – ROWING MACHINE FLOW ONE

<b>Type</b>	Rowing machine with water-resistance
<b>Water tank</b>	Original WaterRower (13 – 19 liters)
<b>Training computer</b>	4,3" TFT Touchscreen Monitor
<b>Programs</b>	<ul style="list-style-type: none"> <li>- Quick start</li> <li>- Manual Mode</li> <li>- Pace Race program</li> <li>-Preset time or distance</li> </ul>
<b>Data storage</b>	Yes - stores data for up to 6 persons
<b>Language</b>	German, english
<b>Power supply</b>	Battery-powered (approx. 6h without charging)
<b>Dimensions L/W/H</b>	216 x 56 x 43 cm - Seat height 38 cm
<b>Weight</b>	ca. 50kg
<b>Maximum user weight</b>	120 kg
<b>Material casing</b>	Molded wood Walnut / Molded wood Oak / Molded wood with matt black coating
<b>Pulse measuring</b>	Chest belt - Polar receiver 5 kHz
<b>Seat</b>	Ergonomic and comfortable (Original WaterRower)
<b>Foot plates</b>	Easily adjustable (Original WaterRower)
<b>Handle bar</b>	Ergonomic and non-slip Design (Original WaterRower)
<b>Frame</b>	Made from beech wood
<b>Feet</b>	Made from rubber. Gentle to the floor and non-slippery
<b>Transportation rollers</b>	Included – easy to move
<b>Space saving</b>	Yes. Can be stored in an upright position

## PRODUCTION

The FLOW ONE was designed and developed by Anton Maria Rief in Germany. Assembly, quality control and shipping are carried out in our own factory in Munich. The electronics are developed and supplied by a local partner. The complete rowing technology is provided by WaterRower, USA. The wooden frame and the housing are supplied by a family carpentry from Italy.

We carefully select our partners and always pay special attention to the highest quality materials and components. Our goal is to achieve an optimal result in terms of functionality and design.





STIL-FIT<sup>INT.</sup>

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