

Range: **Cardio**
 Model No: **AVUS-10550**
 Model: **R-21x Rower**
 Barcode: **885652014496**

Barcode (USA):
 Adidas article **EY4527**
 Shipment Port: **Ningbo, China**

Country of Origin: **China**
 Estimated Shipment Date: **January 01, 2021**

Product Category: **Rowers**



USP 1	<p>Create Energy</p> <p>The adidas R-21x Rower brings all the benefits of rowing into your home for one of the best all-round fitness experiences. Rowing benefits all major muscle groups and requires your upper and lower body to work together to build strength, improve cardio endurance and tone your core. Working from a strong, chain-driven mechanism, the fan-based R-21x comes equipped with 16 levels of electronic and air resistance, which can be easily controlled using the handle's quick resistance keys.</p> <p>With the internal self-generating motor, you are the one that creates energy and powers the R-21x's impressive features. No need for a power adapter, tangled wires or restrictive plug sockets, you have the power and freedom to train anywhere in your home. With built-in transport wheels, it's even easier to move the rower around your home as you wish.</p>
USP 2	<p>The R-21x's console comes with 12 pre-set fitness programmes to help keep the challenge varied and ensure you're fully motivated to keep on rowing. The adjustable LCD screen helps you to track your progress by feeding back real-time workout data including, speed, time, distance, calories, strokes per minute and 500m split. Accurate heart rate data is also available via the supplied wireless chest strap.</p> <p>If you'd prefer to watch the latest movies or boxsets while you row, a convenient tablet and smartphone holder has been built into the console to provide you with an optimum viewing angle when working out on the R-21x. The densely padded saddle and fully adjustable footplates will ensure you're completely comfortable, so you can keep on rowing.</p>
BULLET POINTS	<p>12 pre-set fitness programmes offer a variety of challenges to keep you motivated</p> <p>16 levels of electronic and air resistance allow you to tailor the intensity of your row</p> <p>Built-in transport wheels make it easier to move the rower around your home</p> <p>Console feedback speed, time, distance, calories, heart rate, strokes per minute, time/500m</p> <p>Densely padded seat for comfort and free range of movement</p> <p>Floor level adjustment ensures the rower is stable for a better rowing experience</p> <p>Footplates with height and strap adjustments to ensure correct form for powerful strokes</p> <p>Intuitive console with clear LCD screen gives you complete control over your workout</p> <p>Quick resistance keys located on the handlebars for easy adjustment while rowing</p> <p>Self-generating power – no power adapter, no wires, no sockets, just you and the rower</p> <p>Setup dimensions: (L) 236 x (W) 56 x (H) 123 cm / (L) 92.9" x (W) 22" x (H) 48.4"</p> <p>Signature adidas Ultra Series red LED lighting powers up when you create energy</p> <p>Solid, dependable build quality results in a high maximum user weight of 150 kg / 330 lb</p> <p>Supplied chest strap provides accurate heart rate data to the rower</p> <p>Tablet and phone holder built into the console provides optimum viewing angle</p>
SETUP DIM. (cm)	238 (L) x 55.8 (W) x 125 (H)
TRANSPORT WHEELS	Yes
FOLDING ACTION	N/A
USER WEIGHT LIMIT (Kg)	150 Kg
MAX LOAD (Kg)	N/A
MOQ	16
20ft CONTAINER QTY.	40
40ft CONTAINER QTY.	84
QTY. IN 40ft HQ	102
ASSEMBLY REQUIRED	Yes
% ASSEMBLED WHEN SHIPPED	50%
MINIMUM AGE	14



GENERAL SPECIFICATION

MASTER CARTON PACKAGING INFORMATION

FRAME MODEL NAME	R21x Rower
BRAKE SYSTEM	Electronic computer control
LEVELS OF RESISTANCE	16
FLYWHEEL WEIGHT (Kg)	
FLYWHEEL INERTIA (Kg)	
FOOTPLATE	330*112
HANDLEBAR SPEC.	φ25.4*1.5T
SPEAKER SPEC.	NA

COMPUTER & PROGRAMMES	
COMPUTER SPEC.	YM6937
LCD BACKLIGHT	NA
PROGRAMMES (6)	Manual Target Time Target Distance Target Calories Heart Rate Control 10 Preset Programmes
FEATURES (9)	Wireless Pulse Receiver Chest Strap Included Transport Wheels Floor Level Adjustment Self-Generating Power Quick Resistance Keys console angle adjustment Footplate Adjustment Adjustable Foot Straps
FUNCTIONS (8)	Speed Time Distance Calories Heart Rate Strokes per Minute (SPM) Time/500m Stroke display

COLOURS	
FRAME	adidas Constant - 095A - Black (BLACK C)
CONSOLE HOUSING	adidas Constant - 095A - Black (BLACK C)
CHAIN COVER	adidas Constant - 095A - Black (BLACK C)
RAIL	adidas Constant - 095A - Black (BLACK C)
HIGHLIGHT COLOUR	Red
SEAT	Black

WARRANTY	
LABOUR	2 years
GENERAL	2 years

PAPER/CARD WASTE	5144g
PLASTIC WASTE	196g
WOOD WASTE	9g
POLYSTYRENE WASTE	2950g
PALLET TI (Cartons per layer)	
PALLET HI (No. layers)	
PALLET SPEC.	
COMMODITY CODE	9506911000
HTS CODE	9506.91.0020

MASTER CARTON 1 OF 1	
QTY. RETAIL CARTONS	1
DIMENSIONS (cm)	126 (L) x 50 (W) x 105 (H)
VOLUME (CUBIC M)	0.6615
VOLUME (CUBIC FT)	23.360525479394
NET WEIGHT (Kg)	52 Kg
GROSS WEIGHT (Kg)	60.3 Kg

POWER SUPPLY	
BATTERIES REQUIRED	Yes
MAINS POWER REQUIRED	No
WEIGHT OF ELECTRONICS (g)	1960g

BATTERY 1	
QUANTITY REQUIRED	7
BATTERY TYPE	Cylinder
BATTERY SIZE	AA
BATTERY MATERIAL	Nickel Metal Hydride
BATTERY WEIGHT (g)	27g
TOTAL BATTERY WEIGHT (g)	189g
BATTERY MANUFACTURER	
BATTERY CAPACITY (mAh)	2200
BATTERY LIFE EXPECTANCY (Months)	