WaterRower Rowing Machine Fitness Craze.

John Waller May 19, 2014

WaterRower Rowing Machine

WaterRower Rowing Machine: The New Fitness Craze. While there are several types of rowing machines in the market, it's the WaterRower, with its patented Waterflywheel, that provides you the enjoyment of a realistic water rowing experience.

(Newswire.net -- May 19, 2014) Farmingdale, ME -- People come from different walks of life, and despite our individual differences, we are all united by the universal need for regular physical workout to keep ourselves healthy and fit. However, in the advent of the era of technology where everything has gone fast-paced, we increasingly find ourselves having less time to devote to an exercise regime, comprehensive enough to address most of our major fitness needs.

This is probably why the WaterRower rowing machine is currently dominating the fitness scene. More people are now migrating from different exercise regimens to rowing because it offers the advantage of having a holistic workout in just one exercise. No wonder it is quickly becoming the latest trend among fitness buffs all over the country!

Water rowing essentially addresses three types of training - aerobic, flexibility and resistance. It is a great aerobic exercise in that it increases your heart rate, helping you develop cardio strength and endurance. With every motion of rowing that you make, your arms, chest, abs, legs, back and buttocks – 84% of your whole muscle mass- get a complete work out. It is also a low-impact exercise which many find advantageous, especially for those who are prone to joint injuries. However, it does not compromise joint movement as it actually works joints and muscles into a full range of motion with every row, improving flexibility.

While there are several types of rowing machines in the market, it's the WaterRower, with its patented Waterflywheel, that provides you the enjoyment of a realistic water rowing experience. The WaterFlywheel is a tank filled with water and has two paddles inside that act like actual oars. This design effectively simulates the natural dynamics of a moving boat, providing a smooth resistance and an even rowing experience. The water level may also be adjusted to increase or decrease the level of resistance according to your preference, making it suitable for any user.

Their award-winning design holds the balance between aesthetics and quality. Its range of wooden models uses durable hardwood harvested from the sustainable Appalachian forests. Wood has been the material of choice for the Natural series because of its brilliant engineering properties, particularly its capability to absorb sound and vibration, minimizing the noise and jarring, which many find very disturbing. They also come in attractive stained honey oak with a Danish oil finish for that warm glossy look.

The Natural series of the WaterRower rowing machine includes the 'natural' and the 'club' model that are both recommended for entry-level rowers**.** Both models in the Natural series are made of solid ash, which is recognized for its durability and resistance to shock. They are also equipped with an S4 performance monitor that's user-friendly and very functional at the same time. It displays the stroke rate, heart rate, workout intensity, duration, and the distance covered throughout the exercise. It also features advanced options for seasoned rowers who want to get more detailed information about their performance.

The Waterrower rowing machine is also very convenient to use as it is quite easy to assemble and does not take up much space. It has wheels which make for easy movement and can be stored upright when not in use. In addition, because it does not run on electricity, it does not entail additional costs to operate, and you can work out anytime, anywhere.

Overall, if you are considering taking home a rowing equipment for your fitness needs, then the WaterRower rowing machine is no doubt a great choice for you. Beautiful, easy to operate, versatile and durable, it is not surprising for it to become the hottest craze in the country's fitness scene.

About Mathieu's Cycle & Fitness

Mathieu's Cycle & Fitness is a fitness and bicycle store with two convenient Central Maine locations. One in Farmingdale just outside the Capitol city of Augusta and one in Oakland.

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