

StairMaster® HIIT ROWER™



COMPLETE YOUR CIRCUIT WITH THE NEW HIIT ROWER

The NEW StairMaster HIIT Rower by Core Health & Fitness is the newest member of the StairMaster HIIT family of products featuring the HIITMill X, HIITMill, HIIT Bike, HIIT UBE and BoxMaster. This family of HIIT products builds the foundation for HIIT training in any facility and is powered by the StairMaster HIIT Training Staff Certification which empowers your staff to deliver revenue generating, exciting high intensity interval training programs to your clients.

corehealthandfitness.com

FEATURES



ISOKINETIC FAN RESISTANCE OFFERS UNLIMITED WORKOUT OPTIONS, WHILE FAN DAMPENING SYSTEM ALLOWS FOR INCREASED OR DECREASED WORKLOADS AT A GIVEN STROKE RATE



ADJUSTABLE STAIRMASTER HIIT CONSOLE FEATURES TRADITIONAL ROWING METRICS AND QUICK SET PROGRAMMING FOR HIIT ROUTINES WHEN BUNDLED WITH OTHER STAIRMASTER HIIT PRODUCTS FEATURING THIS CONSOLE



WATER BOTTLE AND ACCESSORY HOLDER LOCATED UNDER FOOT PLATES FOR SAFE STORAGE



EASY STORAGE WHILE NOT IN USE BY DISCONNECTING AT CENTER POINT



NEW FEATURE RICH HIIT CONSOLE

The new StairMaster® HIIT console makes great HIIT workouts even more effective. Track your workout with detailed metrics, follow one of the built in workout programs, and connect 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. The HIIT Console now comes standard on StairMaster HIIT products.

SPECS



HIIT Rower	Weight	Width	Length	Height
Boxed	89.1 lbs (40.4 kg)	21.9" (55.5 cm)	56.7" (144 cm)	8.7" (22 cm)
Assembled	66 lbs (29.9 kg)	26.5" (68 cm)	96" (244 cm)	43" (109 cm)

- User weight 500lbs as tested by CORE / 350lbs as tested per EN 20957-7
- Power two D cell batteries or an optional external power supply can be ordered
- User Console StairMaster HIIT console
- Drive Train Nickel plated steel chain
- Construction Aluminum and Steel
- Electrostatic Powder Coating for long lasting durability
- Warranty: 10 year structural frame / 2 years parts / 1 year labor

STAIRMASTER HIIT PROGRAMMING

From the makers of the toughest workouts in the gym, comes a fierce High Intensity Interval Training program that will leave your members hurting for more. HIIT has seen a massive growth in popularity and many fitness experts believe it is here to stay, due largely in part to its numerous scientifically-backed health benefits, shorter time investment, ability to motivate participants through an engaging group environment and option to incorporate group competition. Have your trainers and coaches HIIT certified by our Master Trainers, 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.



BUILD ON GREATNESS

At **Core Health & Fitness** we aim to provide our partners a foundation backed by the strongest brands in the industry. Four iconic brands that pioneered entire categories, and whose machines are still the ones **members ask for by name**. Today, we're committed to building on that legacy by providing the best products and programs in every category – and that's greatness you can feel good about building on.



CORE HEALTH & FITNESS