



BIOROWER

S1CLUB



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*“True rowing is a low impact, highly effective full body workout.
Everybody can do it.
The Biorower just feels natural to me.”*

Welcome to your new rowing boat... on land.





***Gerlinde is 74 years old,
And goes for a row every day...***







The rowing motion









Instead of inventing another erg, we studied the rowing shell, and the interaction between the boat and the athlete.

What makes the original rowing motion so healthy
Is the fact that we never pull in a straight line.

Precisely as the boat does, the Biorower allows the original motion of the hands following opposite semicircles.

This has a strengthening effect on all involved muscle groups without overloading the spine.

Catch



Middle Drive



Final Drive



Finish



Hands are wide apart, and forward. Legs start to apply force, and instead of moving backwards with the hands, they rather go inwards.

Hands move together, the forces run crosswise through the entire body – left hand to right foot, and vice versa. This strengthens nearly all muscle chains in the body.

The legs are almost fully extended, the trunk finally is used along with the legs, and the arms are preparing for the outward pulling motion.

The hands away from each other, strengthening the torso once more, and improving the mobility in the shoulders and lat.

*„Although I have never rowed before.
the Biorower is very easy to handle.*

*I can challenge myself hard
and it still feels healthy.”*



The realistic rowing motion is intuitive to learn and to perform. True rowing is a healthy, low impact, highly effective full body workout. Tests, we have conducted, give evidence that the natural rowing motion is more intuitive to understand than it is on linear drive ergs.

According to medical doctors we cooperate with, the reason is *„...that the real rowing motion is something that usually does not excessively wear on the spine, and the surrounding muscle groups, but strengthens and coordinates the muscle chains of the entire body.“*

Features



Adjustable foot plates



The foot stretchers (foot plates) are adjustable in height and length. This feature is found in every good rowing shell, and certainly is a must on the Biorower S1club.

Body sizes differ from person to person. Therefore, your Biorower S1club comes with adjustable foot plates. People with longer legs put their foot plates farther away from the rail than those who have a bit shorter legs. It is not your height that makes the difference, but the joy you get from rowing.

Variable handle height



The Biorower S1club adjusts naturally to your individual upper body height.

The handle height is continuously variable. If you have a tall upper body, you will naturally pull a bit higher, while people with shorter upper bodies will naturally pull a bit lower.

Rotating oar handles

The S1club features rotating handles to replicate the realistic rowing motion in every possible detail.

Although rotating your handles at the catch and at the finish position is not mandatory, for many of our customers it is an essential part of the real Biorower experience.



Angle sensors and straining gauges on both oar handles precisely measure how much force is applied at which position of the stroke

The data is forwarded to your tablet, which functions as a screen, by Bluetooth®.

The Biorower S1club provides elaborate data such as the stroke length and the applied force, left and right separately.

Current stroke length left and right hand in total degrees.



Current power in Watts, left and right hand measured separately

The only way to calculate Watts correctly and accurately is by measuring applied force and exact stroke length.

The Biorower does both – and therefore as a 99% accuracy rate. This is scientific level.

If you can improve and synchronize athletes' influence on the boat off the water, because they can react and adapt in realtime – every stroke –

you get a time advantage of 6 months over everybody else – every season.

The Biorower is designed to be the ultimate preparation for the water.

Nothing less.

Aram Lemmerer, Biorower Founder

Current stroke length left and right in total degrees.

Elapsed time

Stroke rate

Stroke count



Combined Watts for this stroke

500m/split

Distance travelled

Current power in Watts, left and right hand measured separately



Force curve of the **left** / **right** hand over the course of a single stroke

Motion of the **left** / **right** hand over the course of a single stroke

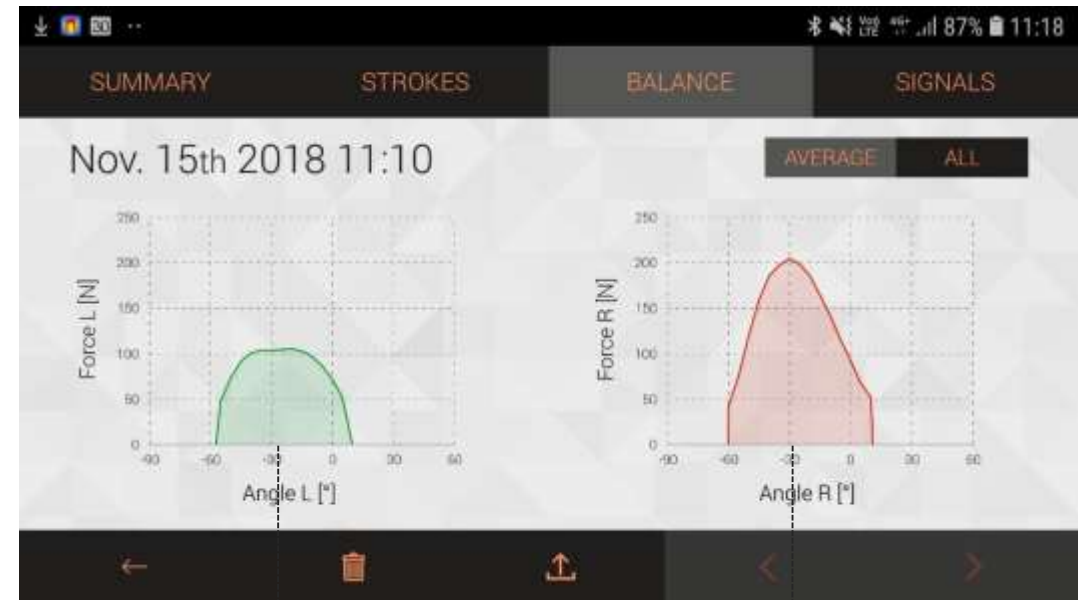


Force curve of the left / right hand over the course of 3 strokes

Motion of the left / right hand over the course 3 strokes



Overview over the training session.



Power graph of the **left** and **right** hand on a force by angle curve.

The slide frame

With the optional slide frame system, the S1club gently moves back and forth throughout the rowing motion.

The result is a

- more realistic rowing feeling, and in
- very little impact on your entire body.

Rubber cords on both sides to help to return the S1club into the neutral position.

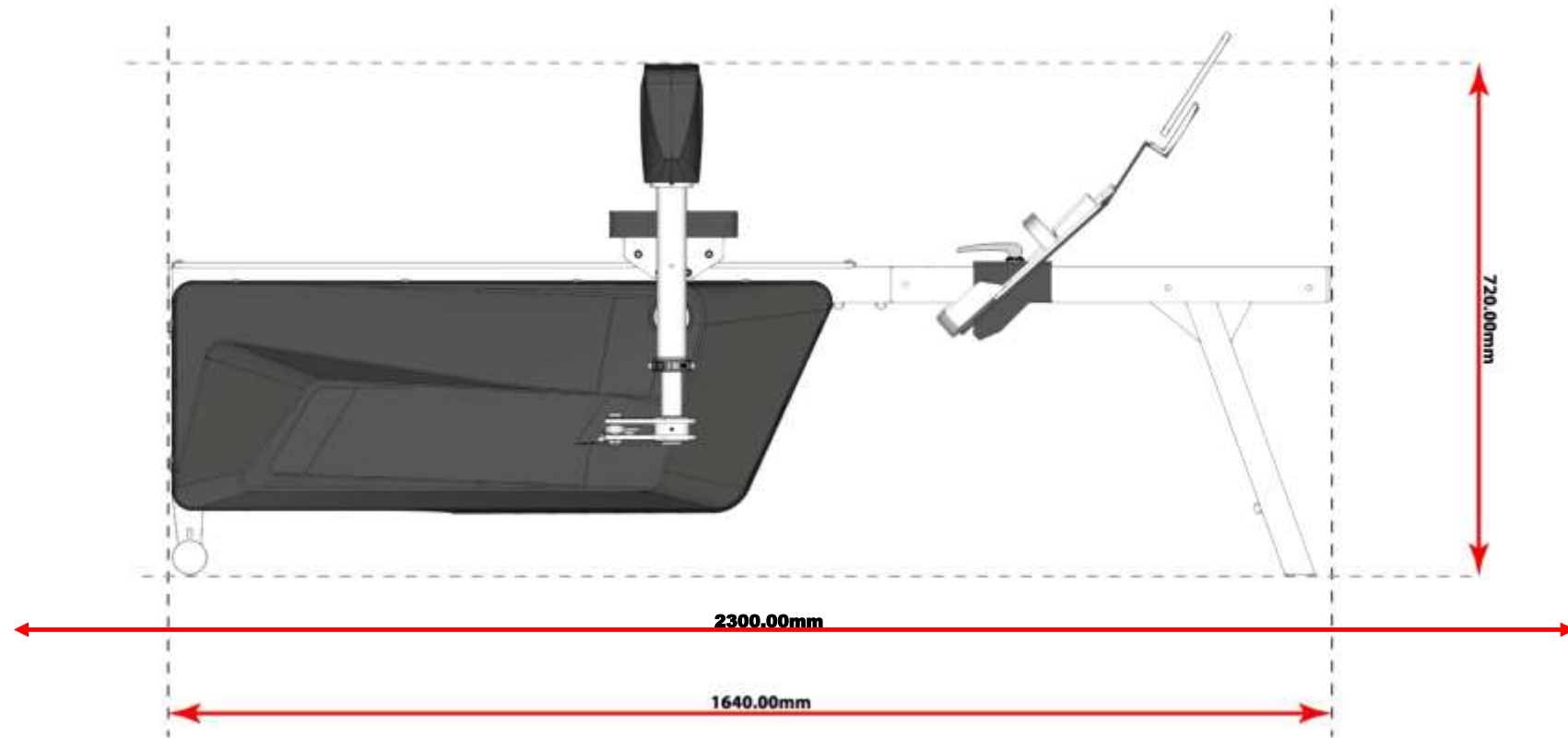


Rear wheels

Rear slide frame

Front slide frame,
and front wheel





Length with slide frame

230cm / 90,6 in

Height with | without slide frame

74cm / 29,1 in | 72cm / 28,4 in

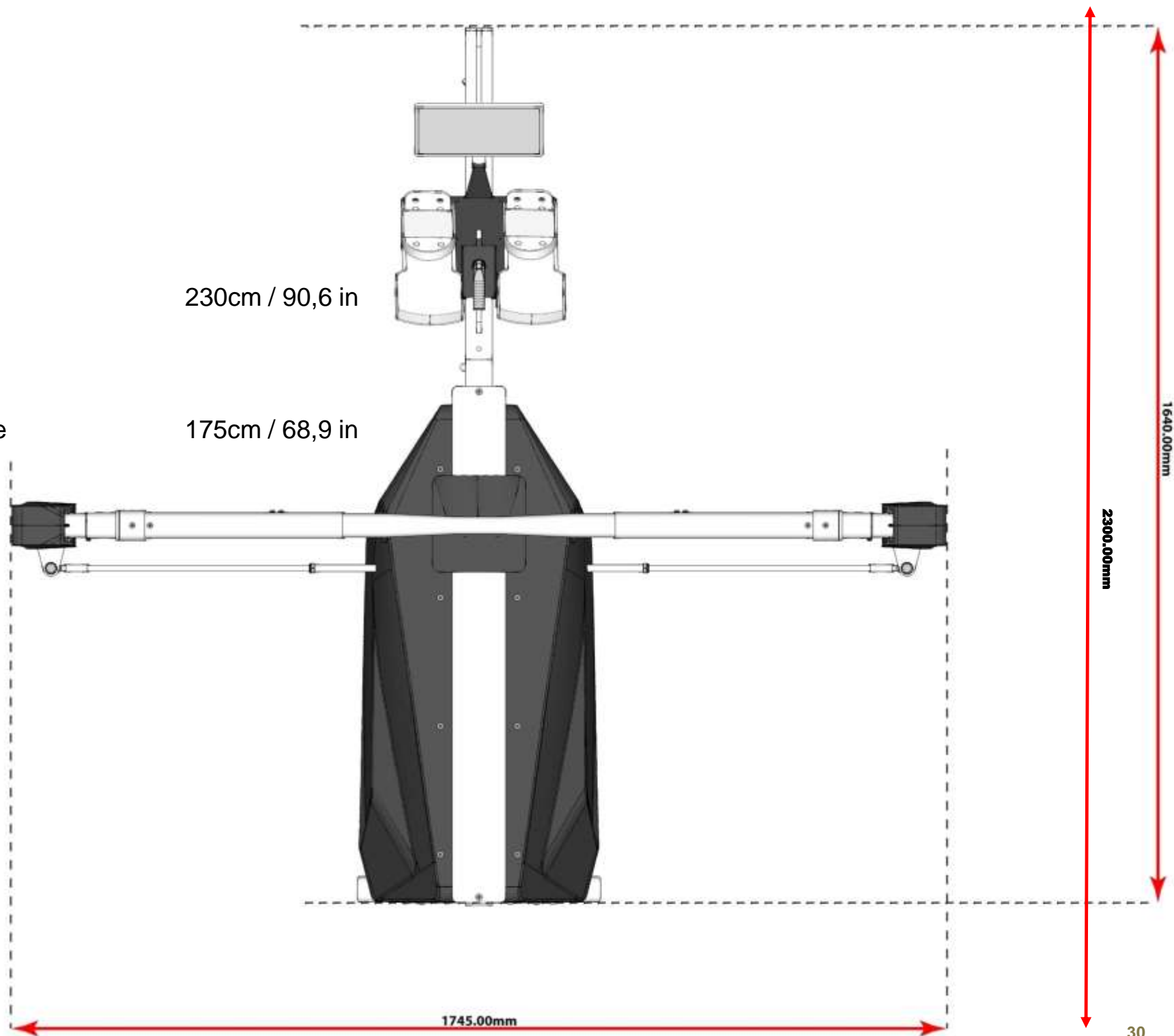
Dimensions

Length with slide frame

230cm / 90,6 in

Width without slide frame

175cm / 68,9 in







Amongst experts, the natural rowing movement is considered to be one the healthiest full body workouts known.

Rehabilitation clinics are turning towards the realistic rowing motion of the Biorower.

Dr. Ramin Ilbeygui, founder of the Orthopaedic Health Center Frauenkirchen / Austria (Orthopädisches Gesundheitszentrum Frauenkirchen), uses Biorower to eliminate dysbalances and rehabilitate injured patients.

Together with the experienced Physiotherapist Adam Szalma, the OGZ Frauenkirchen has a lot of experience with rehabilitating professional athletes.



Scan the QR code or click on the Video icon to see the video





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