

DeerRun R3 Rowing Machine (Black)



Model: R3

Manufacturer: DEERRUN

EAN: 6980051300622

Product Code: 1290963

R8,619

DeerRun R3 Rowing Machine (Black)

The DeerRun R3 rowing machine is a full-body home workout machine featuring 32 levels of magnetic resistance and a 113.3 cm-long rail. The design is suitable for users weighing up to 136 kg, and the machine measures 158.2 × 43.9 × 61.3 cm. The model also features an LED display, vertical storage capability, and compatibility with the PitPat app, combining the functionality needed for regular workouts with features useful in a home setting.

32 levels of magnetic resistance

The DeerRun R3 offers 32 levels of magnetic resistance, so you can adjust the intensity of your workouts to suit both your fitness level and the type of workout you're doing. The machine is equipped with a flywheel that, combined with the magnetic resistance system, ensures smooth and stable operation during each movement. Lower levels are ideal for a more relaxed cardio workout, while higher settings allow you to increase the intensity of your workout and gradually raise its

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difficulty.

113.3 cm slide rail—more space for a full range of motion

The slide rail used in the R3 model is 113.3 cm long, providing plenty of space to perform a full rowing stroke. The longer seat travel range is particularly useful for taller users, as it allows them to straighten their legs more freely and perform a natural pull. Adequate space for movement enhances exercise comfort and makes it easier to maintain a smooth rhythm throughout repetitions.

Full-body workout without excessive strain on the joints

The motion performed on a rowing machine engages multiple muscle groups simultaneously, which is why the DeerRun R3 can be used for both cardio workouts and exercises that improve overall physical fitness. Rowing engages the legs, back, arms, and core muscles, among others, and the 32 resistance levels allow you to gradually adjust the difficulty of your workouts. It is also a low-impact workout, making it well-suited as a form of regular physical activity at home.

Maximum user weight: 136 kg

The DeerRun R3 is designed for users weighing up to 136 kg, making it suitable for people of various body types. The rowing machine itself weighs 18.2 kg, making it easier to move and position within a home workout space despite its sturdy construction. When assembled, the machine is 158.2 cm long, 43.9 cm wide, and 61.3 cm tall.

Integration with the PitPat App

The DeerRun R3 integrates with the PitPat app, which allows you to enhance your classic rowing workout with more interactive experiences. The app features virtual environments and workouts inspired by various routes, so your sessions don't have to be limited to just watching the metrics on the display.

Manufacturer

DeerRun

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Model	R3
Color	black
Resistance type	magnetic
Number of resistance levels	32
Rail length	113.3 cm
Maximum user weight	136 kg
Device dimensions	158.2 × 43.9 × 61.3 cm
Weight	18.2 kg
Display	LED
App	PitPat
Storage	can be stored upright

Information about data generation: <https://dataact.innpro.pl/DeerRun/6980051300622>, PPWR: <https://ppwr.innpro.pl/deerrun>, Gross weight: 21290, Net weight: 220, Box length: 101,00, Box width: 46,50, Box height: 20,00