

Innovative fitness machine offers a low-impact total body workout — outdoors!

From the founder of Rollerblades

By Melissa Winter

Q: Did you ever imagine that an enjoyable, recreational activity could also be your most effective, total body fitness workout?

A: Now it's possible with Rowbike — the outdoor total body fitness machine that's turning heads.

Having been disappointed time and time again by boring exercise machines that confine me to the indoors, I've at last struck fitness gold with the groundbreaking Rowbike. The exhilarating Rowbike embraces the outdoors and provides me with the total

body workout I have long desired.

Rowbike's health benefits:

- Total body workout in 1/2 the time
- Full body stretch
- Low impact, cardio exercise
- Abdominal workout

Total-body fitness — in half of the time.

The number one benefit of the Rowbike is that it works your entire body in the least amount of time. It would take twice the time on other machines to get the complete upper- and lower-body aerobic workout of the

Rowbike. And this workout is outdoors. A University of Stockholm study confirms that those who exercise outdoors exercise harder without feeling like they are actually working harder. And the higher the exercise intensity, the sooner you'll notice results.

Boost your cardio fitness; burn calories and lose weight. In tests conducted at the University of Wisconsin, the Rowbike was proven to provide nearly twice the cardiovascular benefits than ordinary biking. Twice the benefits! That means you do less, but gain more ... more benefits, that is. It was also proven to burn approximately 50% more calories than ordinary biking and burn the same number of calories per hour as jogging — without the jarring stress to joints. So you'll potentially lose weight faster, and keep it off.

Works your Abs.

Stroke your way to awesome abs! The Rowbike strengthens the abdominals, without forgetting the rest of the major muscle groups. An easy-to-perform rowing motion tones and stretches your entire body. The Rowbike works just like a rowing machine, yet steers and brakes like a bike. Its efficient, easy-to-use design offers an energetic, total-body workout — just about anywhere you want! And, after 20 minutes on your Rowbike, you'll know you've had an effective workout.



720 Sport Multispeed



Testimonials:

"Finally someone has figured a way to roll a gym machine down the street - you have to try it."

San Francisco Chronicle

"You can pump down the road, while getting an awesome upper and lower body workout...Cool idea!"

Shape Magazine

Precision-engineered by the founder of Rollerblades. Seeing that there was no outdoor fitness machine designed to achieve a total body workout, Scott Olson, founder of the original Rollerblades, set out to combine a rowing machine with a bicycle. The results and feedback have been enthusiastic from users all over the globe! Each Rowbike is designed with top quality parts, a solid, lightweight aluminum frame and a comfortable padded seat. The 7-speed design of the 720 Sport Multispeed offers adjustable resistance for an optimal workout.

Easy to use. You'll be amazed at how easy total-body conditioning can be. Rowbike is lightweight and fits on most bike carriers — take it anywhere!

Low impact. Running and other forms of high-impact exercise can cause wear on joints. Great for rehabilitation and excellent as a cross training machine for all athletes, the Rowbike offers an effective aerobic workout with less stress to joints.

Try it, risk-free. If you're not satisfied for any reason, simply return the Rowbike within 60 days for a complete refund.

Optional indoor stand available; ask your Rowbike representative for details.

ONE SIZE FITS MOST ADULTS

720 Sport Multispeed ... \$799⁰⁰

Includes S&H when you mention promotional code
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call toll-free 24 hours a day

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To order by mail with check or money order, or by credit card, please call for total amount plus S&H. To charge it to your credit card, enclose your account number and expiration date.

ROWBIKE 
BY SCOTT OLSON

www.rowbike.com

Ordinary exercisers only work half of your body

While treadmills, bikes and steppers give you a lower body workout, they miss out on the upper body muscle groups. The Rowbike features Variable Total Body Motion™ that adjusts to concentrate on the upper body, lower body or both. However you ride, you work every major muscle group.

