



# **BIOROWER** **S1 PRO**

*Scull / Sweep / Tilt*



***“The Biorower S1pro can do***

***sculling,  
sweep rowing,  
it can tilt and  
it can become a team boat.***

***This thing is like a modular rowing tank but better***

***and easy to afford.”***



## Sculling and Sweep rowing

Your choice



A professional coach  
tests the new  
BIOROWER S1pro



*Testing the world's best rowing machine*

*„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 semicircles.*

*This has a strengthening effect on all involved muscle groups without overloading the spine in a linear way, as old style ergs do.“*

**Aram Lemmerer, Biorower founder**

## 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.

## Instable or stable?

Your S1pro can be set to be instable – or stable. It is your choice.

At your choice, your S1pro can become a perfectly stable or a hard to balance indoor rower, and everything inbetween.



## Any color you want

Your S1pro comes in any color you want.

As an extra option, your S1pro gets its main body painted in any color you come up with the RAL code for.



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.“*



## 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 S1pro.

Body sizes differ from person to person. Therefore, your Biorower S1pro 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 S1pro 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 S1pro features rotating handles to replicate the realistic rowing motion in every possible detail.

The hands perform a  $71^\circ$  rotation at the catch and at the finish – not a  $90^\circ$  rotation. Therefore the S1pro features a lock mechanism at precisely  $71^\circ$  to provide tactile feedback to the rowing athlete.

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 S1pro 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*

# The App



Current stroke length left and right in total degrees.

Elapsed time

Stroke rate

Stroke count

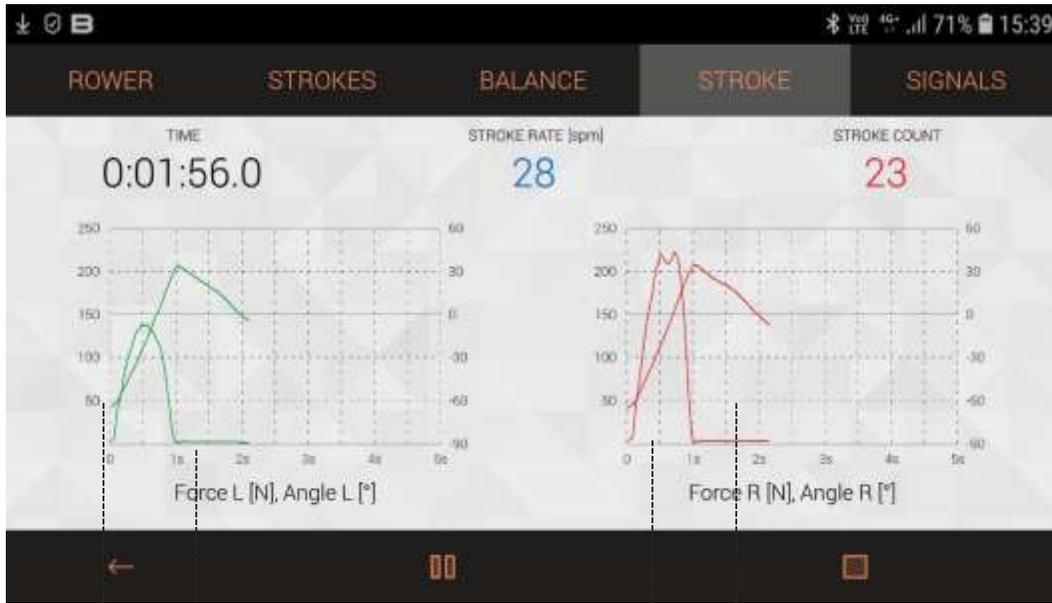


Combined Watts for this stroke

500m/split

Distance travelled

Current power in Watts, left and right hand measured separately



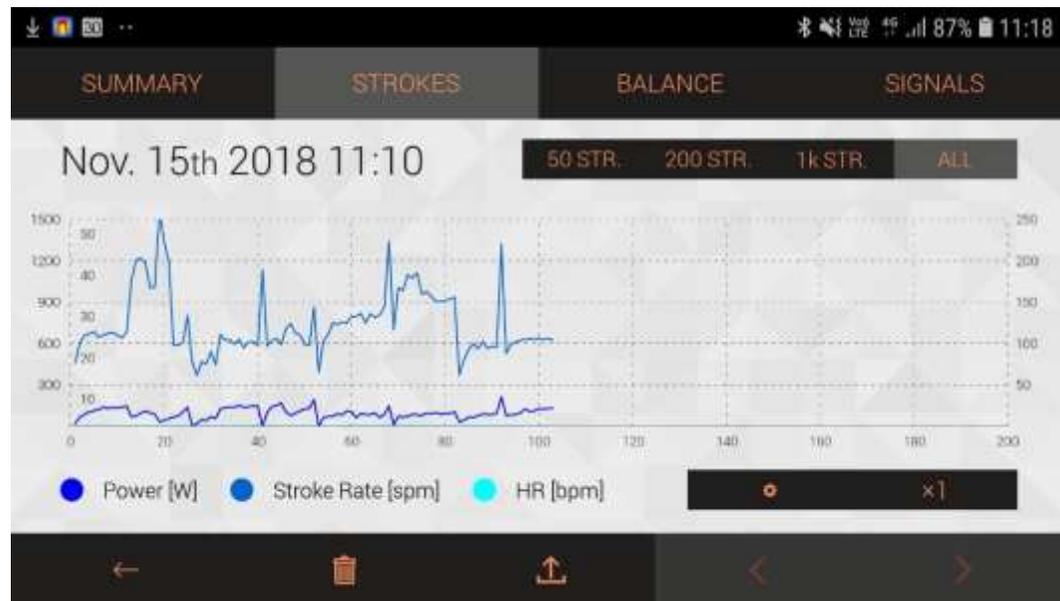
Force curve of the **left** / **right** hand over the course of a single stroke

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

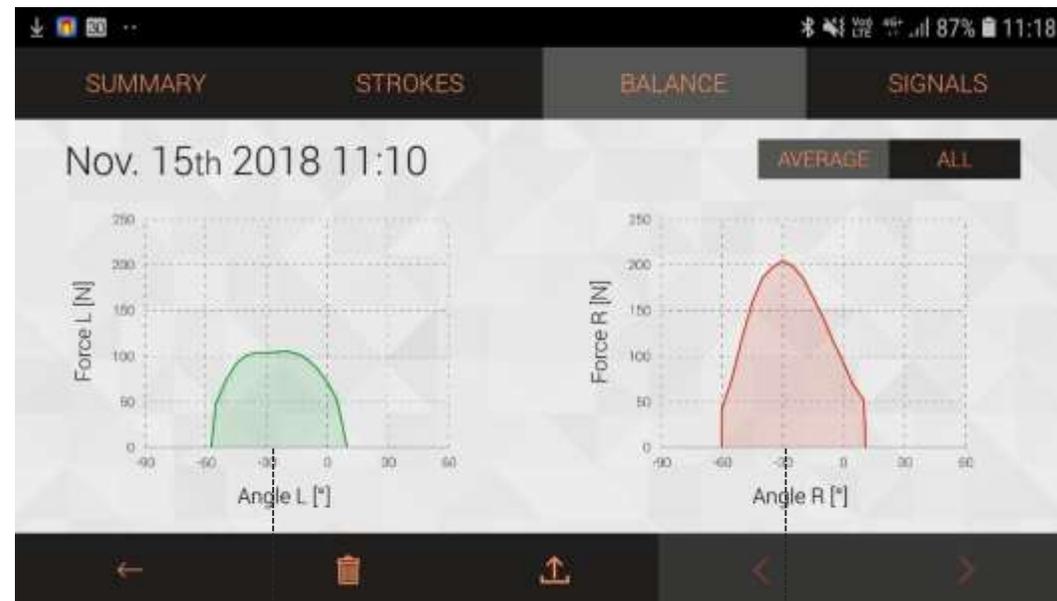


Force curve of the left / right hand over the course of 3 strokes

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 slide frame system, the S1pro gently moves back and forth throughout the rowing motion.

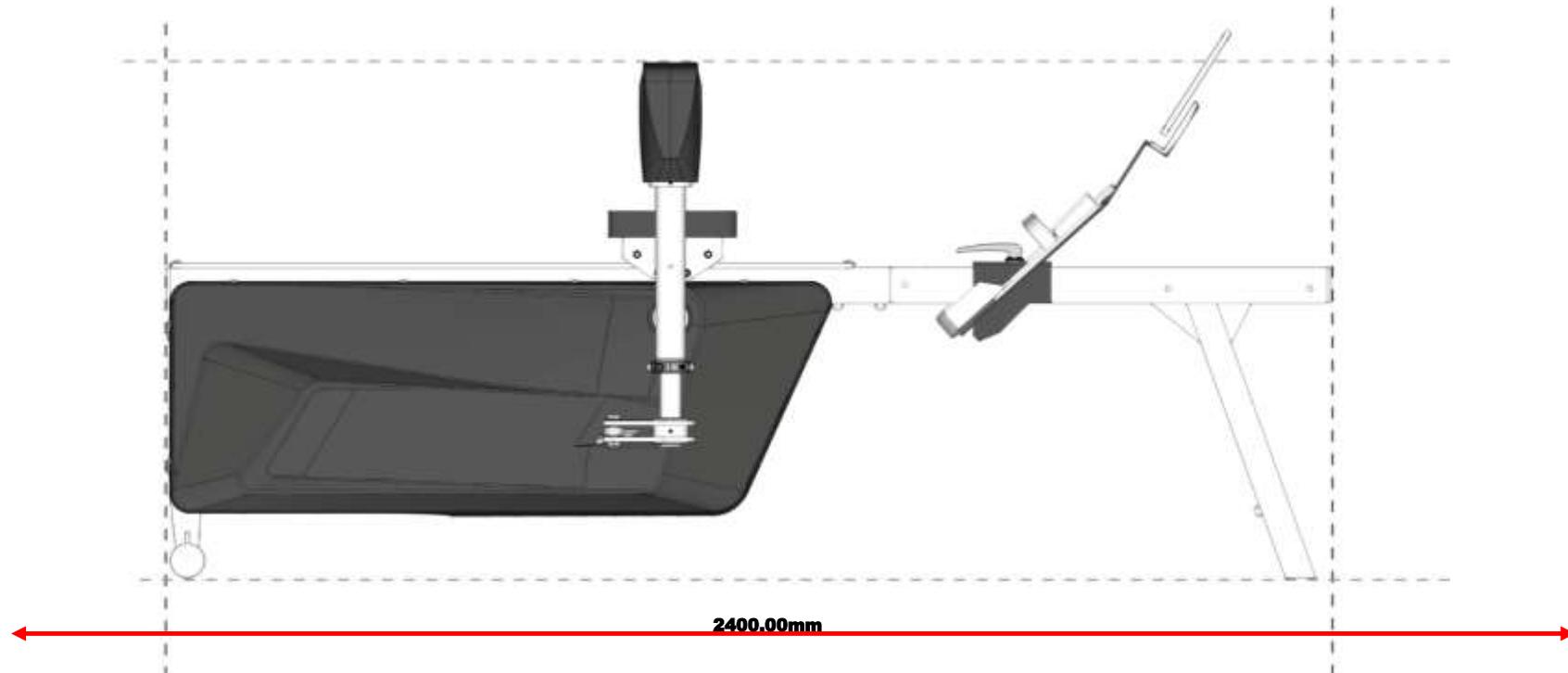
The result is a

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

Rubber cords help to return the S1pro into its neutral position.







Length with slide frame

240cm / 94,5 inches

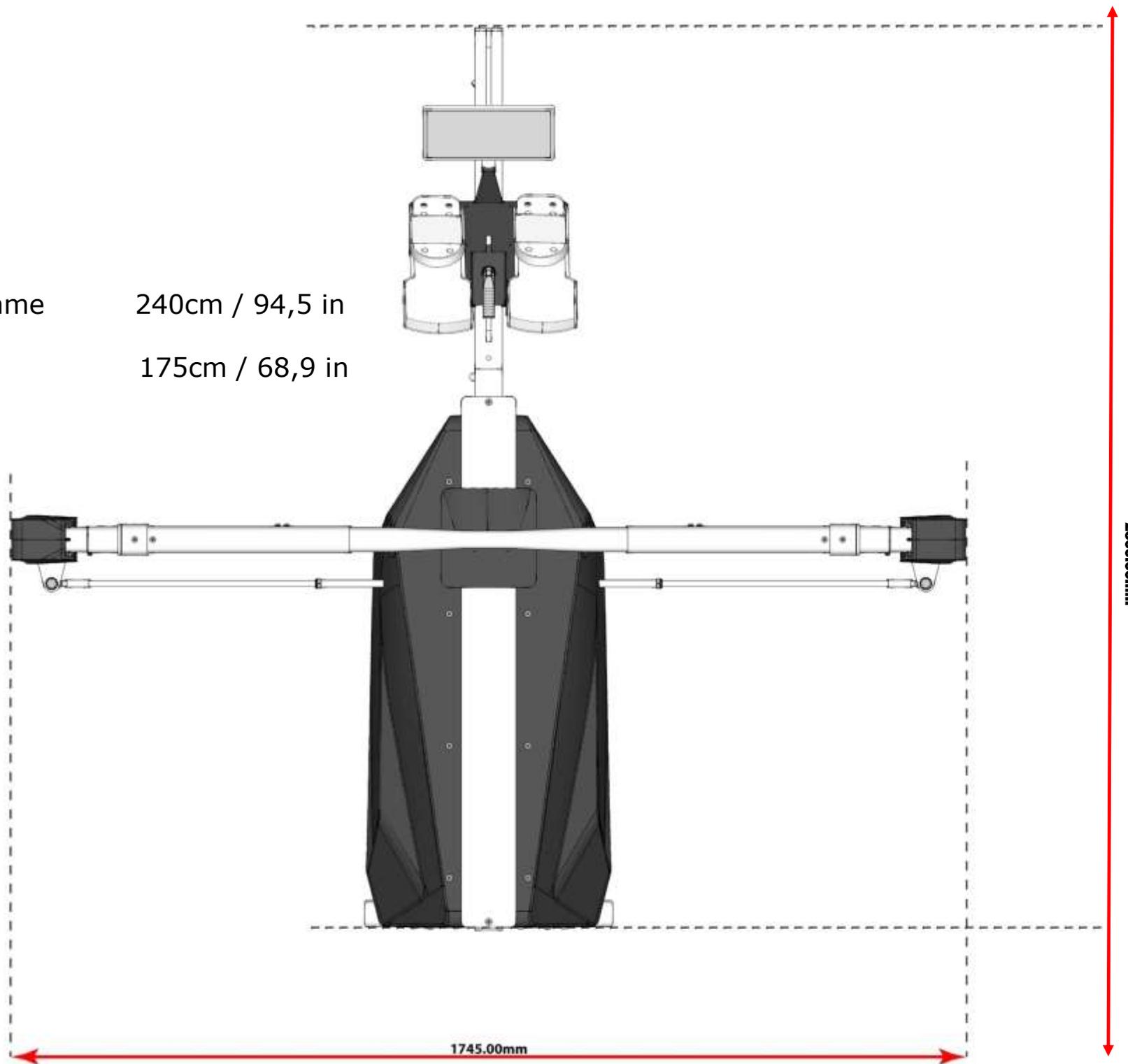
Height

80cm / 31,5 inches

# Dimensions

Length with slide frame 240cm / 94,5 in

Width 175cm / 68,9 in



# Physio therapy & Rehabilitation





Amongst experts, the natural rowing movement is considered to be one of 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







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







# The rowing motion





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# Videos to watch

A professional coach tests the new BIOROWER S1pro



We tried to bring the Prototype BIOROWER S1PRO 2019 to its limits



REHAB



Rowing at the age of 74

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