

Fitness Gear Review:

RowBike "720 Sport"

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July, 2006



The RowBike is a "Total Body Fitness Machine" designed by inventor and CEO Scott Olson. This review focuses on their best selling model, the RowBike 720 Sport. Feature highlights include:

- Seven Speed Shimano "Mega Range" Rear Derailleur (11-34 tooth, 7 speed cassette)
- 20" Alloy Quick Release Wheels (20" x 1.35" 100 PSI high-pressure tires)
- Accommodates Riders between 5'0" and 6'5" and up to 300 lbs
- Price: \$975.00 with 60 Day Money Back Guarantee

Row, Row, Row Your Bike

When I first heard of the RowBike and checked out www.rowbike.com I wasn't sure if this was a prototype concept or a real production scale fitness machine. After touring their site, I realized not only was the RowBike shipping and in production, but they have 5 different models to choose from! Convinced this was the real deal, I spoke to Scott Olson, inventor and President of RowBike to get the details. Scotty explained and reaffirmed just what I had originally thought. The RowBike roots were in the traditional style Row Machine found in gyms across America. This same rowing motion is highly recommend by fitness experts for overall cardiovascular endurance and full body exercising. By the way, Scott Olson also invented the Rollerblades so he is well steeped in perfecting innovative fitness equipment. For the record, Scott told me they have been selling RowBike's since 1996 and he is a Fitness fanatic like me.

Scott coined the word "Rowling," which means a combination of rowing and rolling—it's used to describe a rider when cruising on a RowBike. For example the box reads: "Keep on Rowling"!

RowBike Anatomy 101

Think of the RowBike as a hybrid of a traditional rowing machine found in gyms, but with 20" bicycle wheels attached to it. Technically, the Rowbike's roots are based upon

the highly efficient Concept II indoor rowing machine invented by Dick & Peter Dreissigacker found in countless health clubs. Obviously the big difference is that the RowBike is an outdoor moving fitness machine just begging to be ridden. In addition to the high quality premium bike components including a Shimano 7-Speed Derailleur and Tektro linear hand brakes, the RowBike offers something a traditional bike never can: pumping-up your upper body. This truly is a progressive approach for obtaining a full body workout. Here is how it works.

Just like a gym rowing machine, start by pulling the handlebars towards you. This will cause the main “Power Lever” to move the chain around the cassette which in turn propels you forward. Of course with each stroking motion you will pick up speed and go faster. But wait—there is more to it than just using your arms! With the RowBike you’ll also push with your legs as your body/butt is firmly planted in the super comfy articulating wide seat. You’ll feel very relaxed with your feet in the sturdy footrests as you glide back along the row beam, legs pumping in cadence while pulling the power arm. Keep in mind you can isolate with emphasis on upper body, lower body, or equal upper and lower body (watch the video techniques found at the www.rowbike.com site).

Get Rowling!

The RowBike is truly a revolutionary new fitness machine that blends all the freedom of a bicycle with the ultimate fitness and health benefits of rowing machines. Here are some tips I found useful for beginners embarking upon their first Rowling experience. First, the steering will take a little getting used to and the seat glides back and forth as you stroke. Rowling is a knack which requires some practice. This is a different experience from riding a bike and you’ll need a little practice to master your new machine. But, the total body conditioning benefits will be worth it! It is very important for your first experience to be positive. Go to a large vacant parking area (preferably early in the morning) so you can become acclimated with your new RowBike. Keep one foot on the ground at first and remember the faster you go, the easier your balance will be (don’t be a dummy—wear a bike helmet). The hand brakes are right on the handle bars just like a bike. I had the tendency to use my burly upper body more than my legs at first, but as you get used to it, you’ll start getting the legs into the act as well. I felt very comfortable after 3 weeks. This is so good for your abs, arms, back, legs all without the stress on your knees, hips, joints and back. Not only is the RowBike an awesome workout, but it really is great fun. Trust me, you’ll get lots of attention and looks...did I mention it’s a chick magnet too? “Hey baby, check out this Power Lever!

The RowBike 720 Sport Has It All

Two great things about having a Seven Speed Shimano “Mega Range” Rear Derailleur on the RowBike “720 Sport” is a low gear makes starting easier, and if you’re doing hills you’ll definitely appreciate the ability drop down into a lower gear. I will not kid you, doing hills is challenging, and the Muscleman of Technology loves a physical challenge! I love my RowBike and would recommend it to anyone looking for a great full body workout. This is a well made machine with quality premium parts and has been refined over the years. If you’re not mechanically inclined, let your local bike store do the assembly for you. The 720 Sport is not to be used off-road, although RowBike has other models better suited for this activity. By the way, an optional stationary bike attachment is available. There is only way to get a RowBike...order your own at the official www.rowbike.com web site. Be sure to view their video page to see how it can make you stronger and fitter than you ever thought possible—it’s a blast to go Rowling!