

MINI PADDLE TRAINER

New for 2015



A Full Feature Miniature Ergometer

Features:

1. Use either Standing or Sitting
2. Performance Meter with Large Display
3. Uses Little Space When Not in Use
4. Fully adjustable pulling force

Benefits:

1. Full upper body workout
2. Develop proper stroke technique
3. Increase upper body strength
4. Increase paddling endurance
5. Develop efficient forward stroke

Specifications:

1. Dimensions - 20"H x 7"W x 10"D; paddle - 61"
2. Weight - 12 pounds
3. Performance Meter: Pulling Force, Time Paddled; Speed (MPH), Distance (Miles); Power(Watts), Energy (Calories), Cadence (SPM), Stroke Count.
4. Batteries included

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A great way to paddle when you can't be on the water !