OARTEC

INNOVATIVE ROWING SOLUTIONS

OARTEC SLIDER

DYNAMIC ROWING MACHINE

THE OARTEC SLIDER DYNAMIC ROWING MACHINE

The Oartec Slider is the most advanced dynamic rowing machine available. The smooth gliding motion allows the rower to generate a rhythm and feel just like being in a rowing boat and now makes training on a rowing machine a whole new experience.

The Oartec Slider is easy to use for rowers of all levels of competition and has many advantages that benefit everyone.

Most important is the reduced loading on the body from the dynamic rowing action of the Oartec Slider, which is safer for the body and minimizes the stress and strain on the lower back and joints.

ADVANTAGES

The Oartec Slider has the same stroke dynamics as a rowing boat, helping to improve rowing technique, motor skills and consistency from stroke to stroke. The responsiveness of the dynamic system encourages good drive coordination and leg speed, while promoting natural rhythm and slide control.

It is also an excellent rowing machine to use for athlete testing because of the ability to rate higher and better replicate the physiological conditions of racing on the water.

The Oartec Slider is fitted with the Oartec Training Monitor (OTM) which uses the industry standard speed calibration so that scores are reliable and comparable from machine to machine. External PC based software is also available, which provides detailed analysis of the rowing stroke such as force curves.

DESIGN FEATURES

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The sliding frame is easily locked for transportation and storing in the upright position

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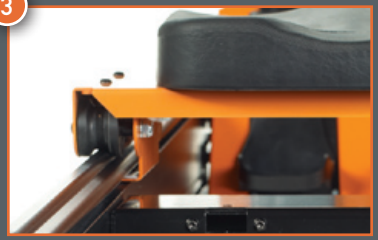

The padded seat sits on a dual rail frame, mimicking the set up in a boat, running on frictionless wheels

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The unique dual rail design enables the feet to be mounted closely together as in a rowing boat

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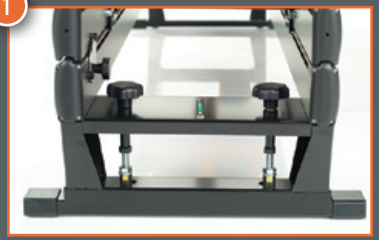

Dual adjustable rear leg enables the machine to be levelled on uneven surfaces

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The air braked flywheel has adjustable resistance settings within easy reach of the rower

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The Oartec Training Monitor (OTM) is simple and intuitive. It provides multiple user functions such as programmable workouts and technical feedback information

7

The Oartec Slider has wheels mounted on the base of the front leg so that it can be easily moved. The machine is also designed to be stored in the upright position when not in use

CREW SIMULATOR

The Oartec Slider has a simple connecting rod that attaches to the front of one machine and to the rear of another to link machines together for crew simulation. Crew simulation enables athletes to focus on crew based timing and rhythm just as they would in a boat.

OTHER PRODUCTS

The Oartec Simulator is used as a training and technical tool to improve boat specific rowing and sculling technique. It has been utilised as a versatile and portable solution to traditional rowing tanks, and can also be used for tempo work at high stroke rates and for testing.

The Oartec Simulator is used by school, varsity and club programs around the world, as well as by national federations. The Great Britain Rowing Team uses the Oartec Simulator with national team athletes at their Bisham Abbey training HQ to help with technical training and athlete rehabilitation after injury prior to returning to the water.

OARTEC TRAINING MONITOR (OTM)

The Oartec Training Monitor (OTM) is a workout computer that calculates and displays speed, time, distance and stroke rate when training.

The OTM has a number of other functions such as workout memory recall, programmable workouts, averages, heart rate and technical data such as stroke length and drive time ratio and a selection of units of speed display.

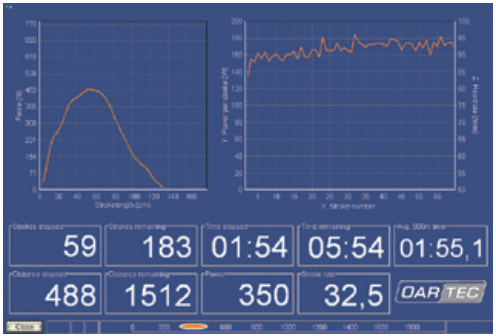
The OTM has been calibrated to produce industry standard scores and has a drag factor setting allowing resistance values to be accurately set from machine to machine.

OARTEC TRAINING INFORMATION SYSTEM (OTIS)

OTIS is a PC based software programme which provides the rower with real time detailed stroke analysis such as force curves and power output data.

In addition to the standard features, customisable screen displays allow for individualised settings which can be stored along with historic workouts and stroke profile templates.

The large screen display provides a detailed and accurate stroke profile of the entire stroke length.



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Please contact us to arrange a demonstration or for any additional information