

Product Comparison

Cardio Kids Child Size Rowers vs. Concept II Adult size Rowers



2130 Cainhoy Rd
Huger Sc 29450
843-336-5090
www.kidsfit.com

Cardio Kids Elementary Rower

- Specifically designed with its highest purpose as a teaching device and an aid for Elementary and Middle School Physical Education Professionals to safely teach proper rowing form and function.
- Characterized by features that include: Padded back Support Pad - designed to correct children when they are putting undue stress on the lower back region
- Support materials are age specific for elementary age users to help educate and motivate on the value of an active healthy lifestyle which can be gained through physical exercise.(Childrens Muscle chart and Childrens Perceived Exertion Chart, Childrens Target Heart Rate Chart)
- Curiosity Creator - The Cardio Kids Rower is not designed to “fit in” - its color and shape screams “TRY ME” The outrageous color scheme draws interest to the exercise device and encourages young children to participate in a “fun” activity.
- Once children have been drawn to the idea of exercising and in this case rowing we want their 1st experience with exercise to be positive and engaging. This is accomplished through super low level tension settings and the ability to do back supported “starter” exercises that included “quad pushes” without the use of the oar handle.
- Designed to be FUN! The Cardio Kids rower can be used in conjunction with gaming activities such as the “Race to Space” fitness curriculum which can utilize multiple units or other childrens exercise equipment to create fitness circuits.

Concept II Rower Model D and E

- Specifically designed to duplicate the feel of competitive rowing - its design is best suited for adult size users who want to duplicate the benefits of “on water rowing”.
- No padded back support.
- No Child specific charts included
- Neutral Colors designed to fit in to the decor of Adult Health Clubs
- Resistance is created through a fan which requires higher speeds to effectively create resistance.
- A stand alone product - not available as part of a Kids exercise circuit

Cardio Kids Rower

- When used in conjunction with our new **Kinesthetic Learning** CD children can practice their multiplication tables as well as many other learning activities while doing an activity that they enjoy!
- With the ability to train at slow low level resistance levels teachers can maintain control of the classroom.
- Resistance is controlled from the seat of the rower and does not require the user to leave the rower to adjust the tension. (tension is metered by a simple 1-10 numbering system that can be pre -set by the teacher to keep classroom teaching more organized.
- The Cardio Kids rower utilizes a smaller bio mechanically correct rowing handle designed to fit a younger less mature exerciser - padded 1" handle.
- The Cardio Kids Rower has heart rate monitoring that comes standard
- "Kids will be Kids!" For this reason the Cardio Kids Rower comes standard with a reinforced Lexan shield to protect the computer monitor from misuse.
- The Cardio Kids Rower has a slightly inclined seat roller design that allows children to row without having to use the foot straps - the benefit for teachers is the ability to quickly move children through a circuit of exercises without having to have children fuss with foot strap adjustment.
- The rower seat is designed smaller and has more padding for younger child size bodies.

Concept II Rower

- No Kinesthetic Learning Programs available
- Since resistance is dependent upon the speed at which the user pulls the handle - Hi speed training can lead to "out of control" classroom settings
- Children are required to get on and off the rower to find the correct resistance setting
- Rower handle is 2x as large - provides for dangerous scenarios where a child can easily lose grip of the handle causing them to suddenly fall back toward the rail (no padded back)
- Available as an option
- Without protection to the computer - misuse may cause damage to the computer system
- Due to its design as a on the water rowing tool - the seat slides parallel to the floor and therefore requires the use of foot straps at all times
- adult size seat

Cardio Kids Rower

- Velcro foot straps are fully adjustable to allow for foot sizes up to 50% smaller than adult size shoes.
- The Cardio Kids rower utilizes a smooth magnetic brake resistance that gives the rower the ability to be used safely for strength exercises at slower speeds.

Concept II Rower

- Plastic Foot straps are designed for adult sized feet and do not fit children well -cross too high up on the foot allowing the heel to rise up when rowing
- Not designed to be used as a strength training device

Rowers include Heart Rate Charts and Muscle Charts specifically for youth! →

