

## The SKI-ROW by EnergyFit Listed as Top Cutting-Edge Fitness Gear in LA Times



**Tustin, Dec 23, 2019 ([IssueWire.com](http://www.IssueWire.com))** - The SKI-ROW by EnergyFit Listed as Top Cutting-Edge Fitness Gear in LA Times

The Ski-Row, an innovative two-in-one cardio machine developed by EnergyFit, was recently featured in the Los Angeles Times as one of five cutting-edge pieces of fitness gear.

As stated in the article, “Why we like it: Space-saving variety. You can row, work the arms in a cross-country ski motion or do lat pulls and other strength exercises. Includes wheels and a gas-assist cylinder to help lift the machine and lower it to the ground.”

EnergyFit released the Ski-Row Air+Pwr as a first of its kind dual-function High-Intensity Interval Training (HIIT) machine. Its flexibility, space-saving design, and mobility are ideal for all types of fitness facilities.

The machine can be used for rowing-only or skiing-only workouts, but its true value is revealed by enabling mixed-erg workouts and alternative exercise modalities. A simple foot-lever press enables the switch from rower to ski-erg and back in less than five seconds.

The Ski-Row was one of five pieces of equipment. The other items include the EdgeCross-X, Gorilla Bow, Smart Foam Roller, and Power Plate Move. The Ski-Row was the only commercial-grade cardio machine to be listed.

“We’re incredibly excited about our new product,” said EnergyFit owner, Marko Vujicic. “Being featured in the Los Angeles Times is a great opportunity to inform fitness professionals, gym owners, and fitness companies about how our product features two amazing exercise devices in a single machine.”

The Ski-Row Air+Pwr combines two of the most powerful forms of indoor training: indoor rowing and ski-erg exercise. Rowing at a moderate pace for 30 minutes burns 210 calories for a 125lb person and 311 calories for a 185lb person. Using the ski-erg, a motion that mimics the full-body movement used in Nordic skiing burns up to 1,122 calories per hour.

The product is packed with features and capabilities, including 20 levels of smooth air-flywheel and magnetic resistance, Bluetooth and ANT+ Heart Rate connectivity, and commercial-grade components & durability.

By combining two devices, the Ski-Row also reduces the overall footprint that a typical indoor rower and ski-erg would require. With two separate devices in use, over 40 square feet would be necessary; the Ski-Row only requires 25 square feet. Better yet, when transformed into its ski-erg configuration, the device only needs 13 square feet. The Ski-Row also features wheels that allow it to be moved anywhere.

The product can be found at Specialty Fitness locations around the United States and online at <https://energy.fit/>





## Media Contact

EnergyFit / Jeff Meeks

[jmeeks@energy.fit](mailto:jmeeks@energy.fit)

7149001795

Source : EnergyFit

[See on IssueWire](#)