



WaterRower "Original" Design vs WaterRower A1 Home Comparison

Machine Features	Original Models	A1 Model
Rail Design	Dual	Mono
Rail Stability	Maximum	Medium
Rail Cleanliness	Maximum	Medium
Seat/ Slide Smoothness	Maximum	Medium
Seat Comfortability	Maximum	Maximum
Feet Separation (boat appx. 14cm/ 5.5")	14cm/ 5.5"	20.5cm/ 8"
Maximum Seat Load	500kg/1100lbs	125kg/275lbs
Single Button Press Foot Adjustment	✓	✗
XL Rail Option Available (suitable up to 42" inseam)	✓	✗
HiRise Adaptor Option Available (raises entry height by 20cm/8")	✓	✗
Monitor Design	S4 Monitor	A1 Monitor
Basic Monitor Functions		
Intensity Units (m/s, mph, /500km, /2km, watts, cal/hr)	✓	✓
Average Intensity Units	✓	✗
Distance Units (m/s, mph, /500km, /2km, watts, cal/hr)	✓	✓
Zone Bar/ Settings (Intensity, Heart Rate, Stroke Rate)	✓	✗
Timed Workouts	✓	✓
Distance Workouts	✓	✓
Interval Workouts	✓	✗
Heart Rate Features	✓	✗
PC & Software Compatibility	✓	✗
Workout Program AutoStore	✓	✗
Workout Program AutoPreview	✓	✗
Advanced Monitor Functions		
Manual Program Storage	✓	✗
Projected Duration (during distance workouts)	✓	✗
Projected Distance (during timed workouts)	✓	✗
Ratio Display	✓	✗
Advanced Heart Rate Prognostics	✓	✗
2km Test Prognostics	✓	✗
Tank Volume Setting	✓	✗
Total Distance Rowed/ Machine Firmware	✓	✗
Firmware Upgradable	✓	✗