

# HEART ZONES



## MEET ROW

### Group Technology for Group Erg Workouts

**Heart Zones ROW** is the first and only group indoor and outdoor rowing workout using wearables, apps, and companion club programs. This turnkey solution connects your erg equipment and your rowers together for group connected training.

**Reasons to Get Started:** Educate members and trainers, manage training intensities, motivate rowers, validate members' results, enhance both retention and loyalty, and launch a new premium data-driven rowing program.

**The Group Experience:** Rowing provides participants with engagement and fun. It is social and makes connections between people. With Heart Zones Row, not only does the rower have their data, they see the group data as well. And, they get post workout summaries.

**The Rowers' Experience:** Rowing is a low-impact, total-body, top calorie burning activity. With this program the rower gets validation of fitness gains. They are motivated by seeing objective data that shows improvements in power, pace, stroke rate, and can monitor their heart rate zones using personalized and individual data.

**The Club Experience:** This is the first and only software tailored for indoor group rowing. Now there is a way to monetize your equipment and launch a new ready-to-go, full package solution which is easily deployed or implemented. Fast to start a class. Easy to use - and different from what your competition is doing.

Whether you are managing a club or you are a trainer coach, try **Heart Zones ROW** to help you be a better rower, a better coach, and a more fit human. Call or email for a free 15-minute demo and learn more. Heart Zones offers workshops, courses

#### More Information Contact:

Heart Zones  
2636 Fulton Avenue Suite 100  
Sacramento, California 95821 USA  
[www.heartzones.com](http://www.heartzones.com)  
[staff@heartzones.com](mailto:staff@heartzones.com)  
+1 (916) 481-7283

