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Proform 440r rower for sale

The 440R from ProForm is a lightweight magnetic rowing machine that is very inexpensive. It is with plenty in mind as it has both traditional cardio training and the ability to perform some strength training options. For the price, this rower is particularly smooth and quiet, and its foldable frame is handy when the space is limited. But that means the 440R has more than its fair share of flaws. The question is whether it makes sense to seize an opportunity on this affordable rowing machine. Or should you pay extra for a better option instead? There are several things you need to consider to make this decision. Luckily, you're in the right place. In this review, I'll show you everything you need to know about the 440R before you buy. After reading, you should have a better idea of whether this is the right rower for your home or not. The ProForm 440R Rower ProForm is one of the most famous names in home fitness. It has been in the industry for several years, and they never fail to surprise users with their feature-rich machines. But what I love about them is that they don't just care about the bells and whistles. Their machines work as they should (usually), and they are often inexpensive on the market. ProForm treadmills and HIIT trainers are a big hit, but they also offer a competitive selection for other cardio equipment. Rowers make excellent cardio machines as they provide full-body workouts while improving strength. They work effectively for longer, more moderate workouts as well as more intense HIIT style routines. The 440R is ProForm's cheapest rower to date. It is the predecessor of the more sophisticated 550R. Even though the full selling price on this model is about 800 dollars, you should be able to find it for about half that online. And I'm going to be blunt here - this rower isn't worth 800 dollars. Here's a look at what the 440R has to offer: Pros Magnetic Resistance System Versatile with dual training options (cardio and strength training) 8 resistance levels folding frame Large, comfortable pedals with strapreader-friendly monitor display Cons Weight capacity Only 250 lb No heart rate monitoring Limited grip Uncomfortable handle Uncomfortable grip Small training programs Resistance Start with resistance as it is a very important specification, which must be taken into account when searching for a rower. In general, there are rowing machines in 4 variants, which are based on the type of resistance system they use. These include: magnet, air, hydraulic pistons and water. Each type has its own pros and cons - for more information on the differences between take a look at our rowing equipment guide. The 440R is a magnetic rower, which means that it uses a rotating flywheel and magnets to generate the resistance against which you can work. Magnetic resistance is the preferred choice for many home rowers how quiet it is. This type of system also provides consistent resistance, no matter how fast or hard you pull, which some rowers prefer. As a magnetic rower, the 440R is quiet during use - there is no background noise from a fan that rotates or slurs water. This rowing machine has 8 resistance levels, which are set by turning the large button in the center of the console. ProForm advertises that this machine can offer light, medium and high resistance depending on your requirements. However, most users agree that the resistance is more likely to be in the light to medium range. Experienced rowers will probably have problems if the resistance is too light. Eight resistance levels don't give you a ton of control over your intensity, but it's pretty standard for that price range.

(well, the selling price anyway). In total comes the 440R with light resistance, which is better suited for beginners. More experienced rowers or people who are in pretty good shape will probably find this rower too easy. Frame Frame Integrity can help draw the line between good quality rowers and the rest. If it's a bit too flimsy, risk your safety and the quality of your training experience. It goes the same for machines that wobble or move as you train. Look for rowing machines with a stable frame. They should not creak or tremble when used heavily. It's difficult to assess frame integrity without taking it for a ride, but there are a few things you can look for to get a good idea. Check it visually. If it looks durable and robust, it's likely. But as they say, looks can be deceiving, that's why you need to look at its user weight capacity. Higher weight limits directly refer to stronger, heavier frames. They must be to treat heavier users who are working on them. The 440R has a 250 lb weight capacity, which is somewhat disappointing considering that other rowers can hold at least 300 lb. The weight limit of the 440R is a bummer- larger user will not be able to use this model. The shorter rail also makes it difficult for people over 6 to operate comfortably. The 440R is positively foldable, which makes it ideal for apartments and small rooms. It comes with ProForm SpaceSaver® design so you can fold it up and go away in seconds. Its versatile design allows the 440R to be used in two very different exercises. It is obviously used as a typical rower, but can also be used as a stand-up strength trainer. You can stand above the console and perform exercises such as biceps and Make rows with the handle. Honestly, you can do this with pretty much any rower, so this isn't really special. The grip on this rower is also quite weak. It is basically just a straight bar that is not contoured or specially structured, making it uncomfortable to use. Many users have also reported issues the strap that connects to the handle snaps or frays during use - definitely not something you want to see in your rower. The seat is padded but small. Larger people may not find it convenient to sit for longer use. The large, swivel footrests offer space for shoes of all sizes. They are built with adjustable nylon footstraps to give you more stability as you train. You can bend and lengthen your ankles to keep them in comfortable positions while rowing. In total, the 440R is missing from the frame department. It is small and lightweight, making it a bad choice for larger users. There were also many complaints about the quality of the parts involved. Monitor Home rowers in this price range often come with tiny LCD screens for a monitor. They are nothing fancy, but enough to perform their function, and this shows your training metrics. Monitors can show you your distance, time, stroke, calories, etc. The 440R has a budget monitor. It has a large, readable display. The useful scanning mode displays each record for a few seconds before moving to the next one. You can browse all settings, and that's it. It has no advanced feature that can sweep you off your feet. There is nothing wrong with that. But if you're a tech-loving guy, you're better off with the more expensive rowers who come with huge touchscreen displays. Other rowers in this price range already offer advanced perks, such as heart rate monitoring and workout programs. The 440R does not. You wouldn't have a problem reading the outputs while training with the 440R, and I think it's all that matters. You can see your progress on the same screen at the same time. no scrolling required. Overall, the 440R has a simple monitor, but it's reader-friendly and does its job pretty well. I wish I could say that the 440R comes with a simple assembly process. But unfortunately it seems to take a lot of fastening. Many users shared the same feelings regarding the 440R assembly. Even though ProForm has already included illustrations in the manual, the rowing machine is quite a challenge to put together. A few steps are required to make this rower ready for use. The manual is quite easy to follow, but it seems that there are more steps than it should be for such a simple rower. The good news is that this is an easy rower, so there are no heavy pieces to move around. Expect to spend an hour or so putting this rower together. Warranty ProForm supports your 440R rower with the following Frame: 5 years Parts: 90 days work: 90 days Five years on the frame is good enough considering the price. Other more expensive devices come with the same frame warranty. However, it would be nice to see longer guarantees for their parts and work than just 90 days. I always prefer years Warranty offers. Overall, the guarantee could be better. Final Thoughts ProForm's 440R Rower has many problems. The magnetic resistance system is not able to provide much voltage and the frame is light and not suitable for larger users. There were also a lot of complaints about the handle and strap low quality (including many users actually using the strap snap during use). Combine all this with the lacklustre warranty and I can't say the 440R is a good buy. I'm a fan of the ProForm brand, but they can't all be winners. I think it would be madness to spend the full price on this model. And honestly, I wouldn't recommend this rower at the sale price. Even when budget rowers go, there are better options (such as Sunny Health & Fitness SF-RW5854). © 1996-2014, Amazon.com, Inc. or its subsidiaries Foldaway/Compact, Seat Adjustable, LCD Display, Transportation Wheels, TimerTime, Calories, Distance, StrokesThis article does not belong to this page. Thank you, we will deal with it. ©2020 Walmart Stores, Inc.

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