Fun versus Practical: Physiological Responses and Preference of Exercise Equipment

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**Fun versus Practical: Physiological Responses and Preference of Exercise Equipment**

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**Abstract**

Until the invention of the rowing machine, rowing was only attainable on water. The Champiot Ultra Rowing Bike allows athletes to row on land and remains mobile.

**PURPOSE:** The purpose of this study is to determine whether the Rowing Bike is more efficient and enjoyable than a traditional rowing machine.

**METHODS:** Energy expenditure, heart rate, and rate perceived exertion (Borg Scale) were evaluated on 20 males (aged 23.75 ± 2.613) and 20 females’ (23.05 ± 3.605) while riding the rowing bike and the traditional rowing machine for 20 minutes at 75 percent of their age-predicted maximal heart rates. Post-testing, subjects completed a preference survey. A mixed-design ANOVA in SPSS version 18.00 analyzed and compared all physiological responses and gender differences.

**RESULTS:** Significant differences ($p<0.01$) were found for energy expenditure, VE and RPE ($p<0.05$) on the different machines. Significant differences were also found when comparing the physiological responses of genders. The questionnaire showed significantly that people prefer the Rowing Bike.

**CONCLUSION:** The data collected indicated that the subjects prefer the row bike; however the rowing machine provides a more quality workout.