



WaterRower Monitor Comparison

Monitor Design	S4 Monitor	GX Monitor	A1 Monitor
Basic Monitor Functions			
Basic Intensity Units (mph, /500m)	✓	✓	✓
Other Intensity Units (m/s, mph, /500m, /2km, watts, cal/hr)	✓	✗	✓
Average Intensity Units	✓	✗	✗
Basic Distance Units (meters)	✓	✓	✓
Other Distance Units (meters, kilometers, miles, stroke count)	✓	✗	✗
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	✓	✗	✗