

Discover the Finest Rowing Experience out of the Water

Try our low-impact rower for an intense cardio workout that strengthens your entire body. An intuitive design makes it easy for anyone to get started, while a wide range of advanced features challenge even the most seasoned rowers. Consistent resistance and accurate feedback help you get more out of every stroke, and ergonomics that embrace make even intense sessions comfortable. As a true commercial training tool found in health clubs, our rower is designed to withstand busy environments day after day for years.

- Brushed aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first-time users and experienced rowers alike
- Compact footprint offers easy placement virtually anywhere in your home
- Ergonomic contours of the seat make intense training sessions more comfortable than ever
- Seat lock offers enhanced stability when getting on or off the rower
- Long, reinforced handle includes a comfort-enhancing over-mold that allows both large and small users to comfortably pull stroke after stroke
- Heel cups include quick release buckles that let you get off the rower quickly



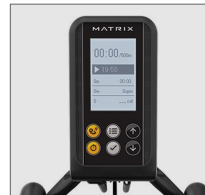
TECH SPECS	
RESISTANCE TECHNOLOGY	Magnetic
RESISTANCE LEVELS	10
DRIVE SYSTEM	Coil spring poly-V belt
HANDLEBAR DESIGN	Extra-long ergo grip handlebar
FOOT STRETCHERS	Adjustable heel cups with easy-to-read settings
MONORAIL	Aluminum
MAX USER WEIGHT	160 kg / 350 lbs.
PRODUCT WEIGHT	55 kg / 121 lbs.
SHIPPING WEIGHT	65 kg / 144 lbs.
DIMENSIONS (L x W x H)	223 x 80 x 58 cm / 87.8" x 31.5" x 22.7"
POWER REQUIREMENTS	Generator powered LCD display with back-up memory battery
HOME WARRANTY	7 years frame, 3 years parts, 3 years labor, 1 year wear items *
CONSOLE	
DISPLAY SCREEN	Extra-large backlit LCD display
DISPLAY FEEDBACK	Time, Distance, SMP (strokes per minute), Stroke, Watts, Heart Rate, Calories, 500 m/split
PROGRAMS	Manual, Interval, Challenge
TELEMETRIC RECEIVER	Yes

* Wear items included: pulley belt, generator belt, rope, console rechargeable batteries, seat, adjustable foot support, foot strap



Smooth, Quiet Performance

Sleek-yet-robust design offers whisper-quiet operation, a smoother stroke, easy adjustment and repeatable resistance levels to create an unmatched rowing experience.



Self-powered Console

An adjustable, backlit console makes it easy to see complete workout data to you measure your improvement, and the clearly defined quick keys offer instant access to popular training programs at the touch of a button.



Lasting Durability

A high-quality cord is paired with a long aluminum rail reinforced with stainless-steel strips to stand up to heavy use.



Easy Storage

Our rower tilts up to minimize its footprint, and built-in wheels make it easy to roll the rower into storage.