



Smooth, Quiet Performance

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



Easy Storage

Our rower tilts up to minimize its footprint, and built-in wheels make it easy to roll the rower into storage or to a new place on your circuit training floor.



Lasting Durability

A high-quality cord is paired with a long aluminum rail reinforced with stainless-steel strips to stand up to a steady stream of users in the busiest exercise environments.



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

TECH SPECS

Resistance Technology	Magnetic resistance
Resistance Levels	10
Drive System	Coil spring poly-V belt
Max User Weight	160 kg / 350 lbs.
Product Weight	55 kg / 121 lbs.
Shipping Weight	65 kg / 144 lbs.
Overall Dimensions (L x W x H)	222.9 x 80.12 x 57.7 cm / 87.8" x 31.5" x 22.7"
Power Requirements	Generator powered LCD display w/ back-up memory battery

SPECIAL FEATURES

Handlebar Design	Extra-long ergo grip handlebar
Foot Stretchers	Adjustable heel cups with easy-to-read settings
Monorail	Aluminum

*Product specifications are subject to change without notice.



Magnetic Resistance

An aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first-time users and experienced rowers alike.



Self-powered Console

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



Tough, Lightweight Handle

Long, reinforced handle includes a comfort-enhancing over-mold that allows both large and small users to comfortably pull stroke after stroke.