

# Rower



- Seat lock offers enhanced stability when getting on or off the rower
- Compact footprint offers easy placement virtually anywhere in your facility
- Ergonomic contours of the seat makes intense training sessions more comfortable than ever
- Clearly defined quick keys provide instant access to sprinting, distance rowing and high-intensity interval training programs
- Adjustable, backlit console makes it easy to set your training goal and measure your results
- Brushed aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first-time users and experienced rowers alike
- 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
- Can be tilted up to minimize footprint, and built-in wheels make it easy to roll the rower into storage or to a new place on your circuit training floor
- Heel cups include quick release buckles that let users quickly get off the rower, ideal for circuit training
- Long, reinforced handle includes a comfort-enhancing over-mold that allows both large and small users to comfortably pull stroke after stroke

## CONSOLE

Display Screen	Extra-large Backlit LCD Display, 3.5" x 2.5" Screen
Display Readout	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories, 500 mtr/split
Programs	Manual, Interval, Challenge
Telemetric Receiver	Yes

## RESIDENTIAL WARRANTY

## SPECIAL FEATURES

Handlebar Design	Extra-long Ergo Grip Handlebar
Foot Stretchers	Adjustable Heel Cups with Easy-to-read Settings
Monorail	Aluminum

## TECHNICAL DATA

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.
Overall Dimensions (L x W x H)	222.6 x 54.5 x 57.7 cm / 87.6" x 21.5" x 22.7"
Power Requirements	Generator Powered LCD Display w/ Back-up Memory Battery