



Rower

Our low-impact rower offers an intense cardio workout that strengthens the entire body. It includes: aluminum flywheel; 10 magnetic resistance settings; adjustable, backlit console; program quick keys; ergonomic seat with lock; comfortable, reinforced handle; reinforced aluminum rail; low-maintenance cord; and compact footprint that stands vertically and rolls for storage convenience.

CONSOLE	
DISPLAY SCREEN	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

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	158.76 kg / 350 lbs.
PRODUCT WEIGHT	59 kg / 130 lbs.
SHIPPING WEIGHT	69 kg / 152 lbs.
OVERALL DIMENSIONS (L X W X H)	223 x 55 x 58 cm / 87.6" x 21.5" x 22.8"
POWER REQUIREMENTS	Generator Powered LCD Display w/ Back-up Memory Battery