



ERG500 ROWER



There are few exercises available that work as many muscle groups through as wide a range of motion as rowing. Simply put, it is the best low-impact, full-body workout available! The advanced design of the XTERRA ERG500 air turbine converts wind power into resistance to closely simulate the action of rowing. The conveniently located lever adjustment features 8 resistance levels which regulate the airflow out of the air turbine. This allows you to quickly and easily control your resistance during your workout.

Performance features include a sturdy steel frame design to limit frame flex, dual aluminum slide rails for smooth action, large contoured seat, padded row handle with convenient holder, and flexing foot pedals that allow you to maintain proper form by pivoting with your every movement. Console feedback provides time, distance, strokes/min, count, calories, pulse, and a visual stroke display graphic. When you are not using your ERG500 rower, simply fold it up and wheel it out of the way.



No Plug-In Required
2 AAA Included

Adjustable console angle

Easy to use buttons

EQUIPMENT SPECIFICATIONS

CONSOLE	Multi window LCD
PERFORMANCE MONITOR	Elapsed Time, Stroke/Min, Distance, Calories, Total Count, Pulse, Visual Stroke Display
HR MONITORING	Built-In Receiver, Chest Strap Transmitter Not Included
RESISTANCE	8 Manual Levels
FLYWHEEL SYSTEM	Air Turbine Fan
SEAT	Comfort Molded High Density Foam
HANDLE	Padded
FOOT PEDALS	Flexing, Easy Adjust
POWER	2 AAA Batteries
RAIL	Dual Aluminum Slide Rails
FRAME	Folding, Heavy-Duty Steel
DIMENSIONS	72" x 19" x 33"
PRODUCT WEIGHT	79.4 lbs.
MAX USER WEIGHT	300 lbs.
WARRANTY	5 Years: Frame 2 Years: Parts 90 Days: Labor



Fold up position