

AIR ROWER 3.0

AR-3GL



Optional
Bluetooth/ANT+



The overall pull of the Xebex Rower 3.0 runs smoother with every pull, eliminating the aggressive startup pulls that force athletes out of their range of motion. As the athlete builds momentum, each pull becomes smoother.

CONSOLE

- Self-generated backlight
- Tracks and displays performance metrics, including distance, speed, calories, heart rate, and more
- Programmable interval functions
- Set distance time tracking

ROWER SPECIFICATIONS

- Net Weight: 46kg (101 lbs)
- Ship Weight: 50.8kg (112 lbs)
- Ship Dimensions: 146x70x33 cm (58x28x13 in)
- Assembled Dims: 245x61x107 cm (97x24x42 in)
- Max user weight: 227kg (500 lbs)



USER-FRIENDLY CONSOLE

Backlit, tracks heart rate when connected to a HR monitor, includes customizable and preset functions

DAMPER

Universal resistance setting that mimics rowing in water; suitable for athletes of all skill levels

55" MONORAIL

Angled for consistently smooth movement

ERGONOMIC SEAT

Padded and contoured for maximum comfort

21" HIGH BASE

Swift entry and exit

PADDED HANDLEBAR

Lightly padded bamboo handle ensures a firm and comfortable grip

FOOTING ADJUSTMENT

Adjustable length and width

EASY STORAGE AND TRANSPORT

Tilt up and wheel away for storage



XEBEX

FITNESS