

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 | 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 |

| 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 |