

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	
PROGRAMS	Manual, Interval, Challenge
DISPLAY READOUT	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories, 500 mtr/split
TELEMETRIC RECEIVER	Yes
DISPLAY SCREEN	3.5" x 2.5" Screen

SPECIAL FEATURES	
MONORAIL	Aluminum
HANDLEBAR DESIGN	Extra-long Ergo Grip Handlebar
FOOT STRETCHERS	Adjustable Heel Cups with Easy-to-read Settings

TECHNICAL DATA	
OVERALL DIMENSIONS (L X W X H)	223 x 55 x 58 cm / 87.6" x 21.5" x 22.8"
DRIVE SYSTEM	Coil Spring Poly-V Belt
RESISTANCE LEVELS	10
RESISTANCE TECHNOLOGY	Magnetic Resistance
MAX USER WEIGHT	158.76 kg / 350 lbs.
SHIPPING WEIGHT	69 kg / 152 lbs.
POWER REQUIREMENTS	Generator Powered LCD Display w/ Back-up Memory Battery
PRODUCT WEIGHT	59 kg / 130 lbs.