

Rower



- Brushed aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first-time users and experienced rowers alike
- Adjustable, backlit console makes it easy to set your training goal and measure your results
- Clearly defined quick keys provide instant access to sprinting, distance rowing and high-intensity interval training programs
- Compact footprint offers easy placement virtually anywhere in your facility
- Ergonomic contours of the seat makes intense training sessions more comfortable than ever
- Seat lock offers enhanced stability when getting on or off the rower
- Long, reinforced handle includes a comfort-enhancing over-mold that allows both large and small users to comfortably pull stroke after stroke
- Heel cups include quick release buckles that let users quickly get off the rower, ideal for circuit training
- Can be tilted up to minimize footprint, and built-in wheels make it easy to roll the rower into storage or to a new place on your circuit training floor
- High-quality cord is paired with a long aluminum rail reinforced with stainless-steel strips to stand up to a steady stream of users in the busiest exercise environments

Console

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|---------------------|--|
| 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

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|------------------|---|
| Handlebar Design | Extra-long Ergo Grip Handlebar |
| Foot Stretchers | Adjustable Heel Cups with Easy-to-read Settings |
| Monorail | Aluminum |

Technical Data

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|--------------------------------|---|
| 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 |