



**Folds compactly** into upright position for easy storage.



**Monitor** displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



**Exercise Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



**Low Seat Positioning** for easy mount and dismount.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
<b>FLOOR SPACE REQUIRED</b>	12 square feet [1.1 square meters]
<b>UNIT WEIGHT</b>	98 lbs, 44.5 kg
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>WARRANTY</b>	Frame: 5 years Rubber & Moving Parts: 1 year

The Heritage Collection Row Trainer's versatility makes it ideal for circuit training – delivering the same row workout you'd get at the gym in the comfort of your home. The Total Gym Row Trainer emulates a rowing movement pattern using your bodyweight, which produces a full body workout that integrates a strength component into a traditional cardio machine.

1. Variable resistance incline can be raised or lowered to adapt to all workout needs.
2. Smooth consistent muscle load through concentric (shorten) and eccentric (lengthen) movements.
3. Built-in exercise placard for quick reference.
4. Built for multi-planar movement with exercises such as the biceps curl.
5. Low impact compression on the joints and ergonomically-designed.
6. Folds for easy storage. Stores upright against a wall or in a closet.  
Folded size: 2' 25" L x 4" W x 98" H.