

HEAT ROW

TURN UP THE INTENSITY OF YOUR HOME GYM

A powerful, modern design combines with the smooth feeling of a premium commercial-grade rower to up the intensity of your home workouts.

The intuitive LCD console offers an easy-to-use digital experience with accurate feedback.



LifeFitness

HEAT ROW

TRAIN FOR EVERY INTENSITY LEVEL

Performance rowing challenges your home workouts. The powerfully designed rower provides accurate power readings and 100 resistance levels that allow you to fine tune your workouts to any level of intensity.

SMART DESIGN TOUCHES

The Heat Row has features that enhance the rowing experience like easy-access ratchet foot straps and smooth air/magnetic resistance. They contribute to a performance workout that's challenging and rewarding.

SIMPLIFY YOUR ROWING EXPERIENCE

The LCD console automatically boots up into Quick Start mode, giving you the ability to start your workout quickly. The intuitive LCD console includes a variety of programs like target workouts, distance, time, calories, and intervals.

HEAT ROW

SMART DESIGN TOUCHES

Crafted with the home exerciser in mind.



HEAT ROW



SPECIFICATIONS

CONSOLE	LCD Console
CONNECTIVITY	Polar/Analog
WORKOUT PROGRAMS	Quick Start Interval 30-30 Interval 60-60 Interval Custom Target Time, Calories, Distance, Heart Rate
WORKOUT METRICS	Time, Distance, SPM, 500 Meter Split Time, Resistance Level, Calories, Watts, Heart Rate
POWER MEASUREMENT (WATT)	WattRate® Power Meter
RESISTANCE TECHNOLOGY	Static Air & Magnetic via 300° dial
RESISTANCE LEVELS	100
DRIVETRAIN	Poly-V belt
PULLING MECHANISM	Chain
HANDLEBAR	Ergonomic handle
FOOTSTRAP	Ratchet adjustment mechanism
CONSOLE POWER SUPPLY	2D Batteries
FRAME/RAIL COLOR	Charcoal black
FRAME MATERIAL	Steel
RAIL MATERIAL	Aluminium
PHONE HOLDER	Yes
TRANSPORT HANDLE	Yes
TRANSPORT WHEELS	2
MAX USER WEIGHT	330 lbs (150 kg)
ASSEMBLED WEIGHT	134 lbs (61 kg)
ASSEMBLED DIMENSIONS	85" x 28" x 47" (216cm x 71cm x 120cm)
DISTANCE - SEAT TO RAIL	2.4" (6 cm)
DISTANCE - SEAT TO FLOOR	17.7" (45 cm)

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HEAT PERFORMANCE ROW



TURN UP THE INTENSITY OF YOUR HOME GYM

A powerful, modern design combines with the smooth feeling of a premium commercial-grade rower to up the intensity of your home workouts.

The advanced TFT console offers high-tech digital feedback and motivational programs to enhance the rowing experience.

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HEAT PERFORMANCE ROW

SMART DESIGN TOUCHES

The Heat Performance Row has features that enhance the rowing experience like control buttons on the handle, easy-access ratchet foot straps, and smooth air/magnetic resistance. They all contribute to a performance workout that's challenging and rewarding.



300 degree resistance adjustment
(Levels 1-100)

Left handle button allows you to change the screens, right button allows you to start a manual split or interval

Cell phone holder

WattRate® TFT Console including Coach by Color® front LED

Air + Magnetic resistance

Direct WattRate® Power Sensor

Embedded roller guide system

17 in (43 cm) seat height

Quick-release ratcheting foot strap

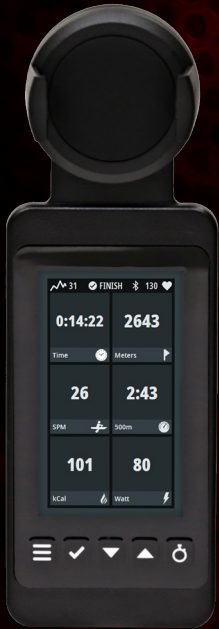
Transport handle and two front wheels make the rower easy to move when not in use

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HEAT PERFORMANCE ROW

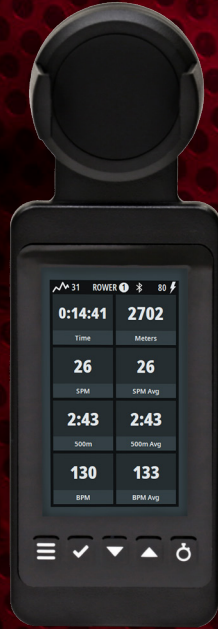
ENHANCED ROWING EXPERIENCE

The Heat Performance Row provides a wide variety of ways to get your cardio in, which keeps your home workouts fresh and fun.



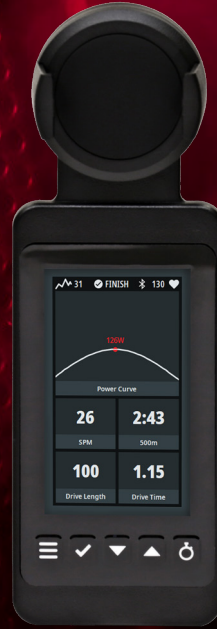
TRAINING

For the exerciser who wants to get on and go.



COMPARATIVE

For the exerciser who wants to row while understanding average/maximum output.



TECHNIQUE

For the exerciser who wants to understand their performance at every stroke by seeing Power Curve front and center.

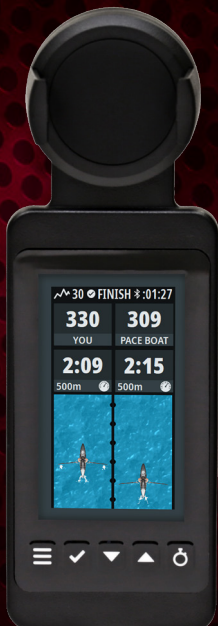


SPLIT SCREEN

For the exerciser who wants to have their current and last split always displayed through manual training. Access by pressing right remote button on handle.

GAMIFICATION

Competition provides added motivation.



RACE A DISTANCE

Race a Distance is for the exerciser who wants to challenge a simulated rower. See side-by-side metrics of you versus the pacer on the console.

myzone®

MYZONE

Exercisers can connect their Myzone heart rate monitor via Bluetooth® and input their maximum heart rate to see their Myzone color zone in real time throughout their workout.

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HEAT PERFORMANCE ROW

SPECIFICATIONS

CONSOLE	TFT 2.0 Console
CONNECTIVITY	Bluetooth & ANT+
WORKOUT PROGRAMS	Quick Start Power Training Heart Rate Training Interval Training Race a Distance
WORKOUT METRICS	Time, Distance, SPM, 500 meter split time, Resistance Level, Calories, Watts, Heart Rate
Coach By Color® TECHNOLOGY	Yes
POWER MEASUREMENT (WATT)	WattRate® Direct Power Meter (+/-1%)
RESISTANCE TECHNOLOGY	Static Air & Magnetic via 300° dial
RESISTANCE LEVELS	100
DRIVETRAIN	Poly-V belt
PULLING MECHANISM	Chain
HANDLEBAR	Ergonomic handle with buttons to remote control console
FOOTSTRAP	Ratchet adjustment mechanism
CONSOLE POWER SUPPLY	Self-powered generator with LiPo battery
FRAME/RAIL COLOR	Charcoal black
myzone COMPATIBLE	Yes
FRAME MATERIAL	Steel
RAIL MATERIAL	Aluminium
PHONE HOLDER	Yes
TRANSPORT HANDLE	Yes
TRANSPORT WHEELS	2
MAX USER WEIGHT	330 lbs (150 kg)
ASSEMBLED WEIGHT	134 lbs (61 kg)
ASSEMBLED DIMENSIONS	85" x 28" x 47" (216cm x 71cm x 120cm)
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