

# ROW HX TRAINER



## ATTENTION TO DESIGN

The natural wood and tempered steel frame strike a balance between elegance and durability. The Row HX fits any decor and is a piece of exercise equipment that you can be proud to display.



## EASY RESISTANCE ADJUSTMENT

Five resistance levels with auto-adjust: level changes are automatically displayed on the monitor. Easy adjustments accommodate several users and allow users to challenge themselves with a variety of intensities.



## NATURAL FEEL

The unique Fluid Technology resistance system delivers a smooth and natural feel, and provides consistent resistance throughout each rowing stroke.



## TECH INTEGRATION

Connect to your Row HX Trainer console via Bluetooth® and track your progress with your favorite fitness apps. Also compatible with Polar® H7 and H10 heart rate monitors.

The Row HX™ Trainer is perfect for a low-impact, total-body workout at home. Its beautiful design makes it a great addition to any room. Fluid Technology resistance delivers a smooth and natural feel. The Row HX accommodates the whole family and offers premium performance from the convenience of your home.



CONSOLE  
DISPLAY

# ROW HX TRAINER

## SPECIFICATIONS

BASE SPECIFICATIONS	
Product size	83.85 x 20.47 x 22.04" (213 x 52 x 56 cm)
Product weight (assembled)	Without water: 70.99 lbs. (32.2 kg) With water: 108.03 lbs. (49.0 kg)
Max user weight	330 lbs. (150 kg)
Box dimensions: main box (1 of 2)	39.76 x 22.04 x 23.0" (101 x 56 x 58.5 cm)
Box dimensions: rail box (2 of 2)	87.79 x 6.37 x 3.14" (223 x 16.2 x 8 cm)
Fluid Technology resistance	Yes
Resistance levels	5
Store vertically on flat surface	Yes
Stored vertically height	83.85" (213 cm)
Distance: seat to floor	11.5" (29 cm)

TECHNICAL SPECIFICATIONS	
Bluetooth® heart rate compatible	Yes
Readouts	Time, level, distance, strokes per minute, 500-meter split time, calories/hour and watts. Heart rate monitoring available with chest strap
Adjustable footboard with foot straps	Yes
Transport wheels	Yes
Power requirements	2 x D Batteries
Ergonomic handle	Angled handle minimizes strain on hands, wrists and arms; and wide grip to suit all users

WARRANTY	
Frame	5 Years
Tank and seals	3 Years
Mechanical	2 Years
All other parts, including the console	1 Year
Labor	1 Year

## DETAILS AT A GLANCE

**Row HX Trainer**  
Beautiful design makes it a great addition to any room.

- Wood frame
- Two-piece rail
- Adjustable resistance
- 5 adjustments
- Intuitive console display
- Optional heart rate kit

LENGTH: 84" (213 cm)	VERTICAL STORAGE HEIGHT: 83.85" (213 cm)	SEAT HEIGHT: 11.5" (29 cm)	MAX USER WEIGHT: 330 lbs (149.7 kg)
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