

Smooth，Quiet Performance
The sleek－yet－robust design offers whisper－quiet operation，a smoother stroke，easy adjustment and repeatable resistance levels to create an unmatched rowing experience．


Lasting Durability
A 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 |  |
| :---: | :---: |
| Display Screen | Extra－large backlit LCD display |
| Display Feedback | Time，Distance，SMP（strokes per minute），Stroke，Watts， Heart Rate，Calories， $500 \mathrm{~m} / \mathrm{split}$ |
| Programs | Manual，Interval，Challenge |
| Telemetric Receiver | Yes |
| TECH SPECS |  |
| Resistance Technology | Magnetic resistance |
| Resistance Levels | 10 |
| Drive System | Coil spring poly－V belt |
| Max User Weight | $160 \mathrm{~kg} / 350 \mathrm{lbs}$. |
| Product Weight | $55 \mathrm{~kg} / 121 \mathrm{lbs}$ ． |
| Shipping Weight | $65 \mathrm{~kg} / 144 \mathrm{lbs}$ ． |
| Overall Dimensions（ $\mathrm{L} \times \mathrm{W} \times \mathrm{H}$ ） | $222.9 \times 80.12 \times 57.7 \mathrm{~cm} / 87.8^{\prime \prime} \times 31.5^{\prime \prime} \times 22.7$＂ |
| Power Requirements | Generator powered LCD display w／back－up memory battery |
| SPECIAL FEATURES |  |
| Handlebar Design | Extra－long ergo grip handlebar |
| Foot Stretchers | Adjustable heel cups with easy－to－read settings |
| Monorail | Aluminum |

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Magnetic Resistance
An aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first－time users and experienced rowers alike．


Self－powered Console
An adjustable，backlit console makes it easy to see complete workout data to help users measure their improvement，and the clearly defined quick keys offer instant access to popular training programs at the touch of a button．


Tough，Lightweight Handle
Long，reinforced handle includes a comfort－enhancing over－mold that allows both large and small users to comfortably pull stroke after stroke．


[^0]:    ＊Product specifications are subject to change without notice．

