

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.



Easy Storage

Our rower tilts up to minimize its footprint, and built-in wheels make it easy to roll the rower into storage or to a new place on your circuit training floor.



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 m/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 kg / 350 lbs.
Product Weight	55 kg / 121 lbs.
Shipping Weight	65 kg / 144 lbs.
Overall Dimensions (L x W x H)	222.9 x 80.12 x 57.7 cm / 87.8" x 31.5" x 22.7"
Power Requirements	Generator powered LCD display w/ back-up memory battery
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

^{*}Product specifications are subject to change without notice.



Magnetic Resistance

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



Self-powered Console

complete workout data to help users measure their improvement, and the clearly defined quick keys offe 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 null stroke after stroke