



Folds compactly into upright position for easy storage.



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



Ergonomically Designed Seat designed for comfort and to encourage proper form.

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



PRODUCT SPECIFICATIONS

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

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Row™ produces a full body workout, integrating a strength component into a traditional cardio machine.

The Row targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

1. Adjustable incline body resistance integrates strength with cardio.
2. Smooth consistent load through concentric and eccentric phases.
3. Built for multi-planar movement.
4. Low impact compression on the joints.
5. Folds compactly into upright position for easy storage.

Distributed by



For additional information on this product, the Recovery Series and other Total Gym products, visit totalgym.com
© 2017 Total Gym Global Corp // v.101017

