



**Folds compactly** into upright position for easy storage.



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



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



**Low Seat Positioning** for easy mount and dismount.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
<b>FLOOR SPACE REQUIRED</b>	12 square feet [1.1 square meters]
<b>UNIT WEIGHT</b>	98 lbs, 44.5 kg
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>RESISTANCE</b>	Two levels of resistance at 17-20% of bodyweight
<b>WARRANTY</b>	Frame: 5 years Rubber & Moving Parts: 1 year

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

The Total Gym Row Trainer 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. Low impact compression on the joints, especially the lower spine.
2. Full leg and shoulder strengthening.
3. Exercises can be progressed or regressed to accommodate all fitness levels.
4. The resistance incline can be raised or lowered to adapt to all needs.
5. Folds compactly into upright position for easy storage.

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