MATRIX



Rower

Our low-impact rower offers an intense cardio workout that strengthens the entire body. It includes: aluminum flywheel; 10 magnetic resistance settings; adjustable, backlit console; program quick keys; ergonomic seat with lock; comfortable, reinforced handle; reinforced aluminum rail; low-maintenance cord; and compact footprint that stands vertically and rolls for storage convenience.

- Brushed aluminum flywheel with 10 precise magnetic resistance settings offers challenge to first-time users and experienced rowers alike
- Adjustable, backlit console makes it easy to set your training goal and measure your results
- Clearly defined quick keys provide instant access to sprinting, distance rowing and high-intensity interval training programs
- Compact footprint offers easy placement virtually anywhere in your facility
- Ergonomic contours of the seat makes intense training sessions more comfortable than ever
- Long, reinforced handle includes a comfort-enhancing over-mold that allows both large and small users to comfortably pull stroke after stroke
- Seat lock offers enhanced stability when getting on or off the rower
- Heel cups include quick release buckles that let users quickly get off the rower, ideal for circuit training
- 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
- Can be tilted up to minimize footprint, and built-in wheels make it easy to roll the rower into storage or to a new place on your circuit training floor

CONSOLE	
DISPLAY SCREEN	3.5” x 2.5” Screen
DISPLAY READOUT	Time, Distance, SPM (strokes per minute), Stroke, Watts, Heart Rate, Calories, 500 mtr/split
PROGRAMS	Manual, Interval, Challenge
TELEMETRIC RECEIVER	Yes

TECHNICAL DATA	
RESISTANCE TECHNOLOGY	Magnetic Resistance
RESISTANCE LEVELS	10
DRIVE SYSTEM	Coil Spring Poly-V Belt
MAX USER WEIGHT	158.76 kg / 350 lbs.
PRODUCT WEIGHT	59 kg / 130 lbs.
SHIPPING WEIGHT	69 kg / 152 lbs.
OVERALL DIMENSIONS (L X W X H)	223 x 55 x 97 cm / 87.6” x 21.5” x 38”
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