



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.



Anchor Feet with Bolt Holes for safety and stability.



Incline Release Lever to move between seven levels of resistance.

PRODUCT SPECIFICATIONS

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|-----------------------------|---|
| IN USE | 98" x 33" x 42" (L/W/H) [2.5 m x .83 m x 1.06 m] |
| FLOOR SPACE REQUIRED | 12 square feet [1.1 square meters] |
| UNIT WEIGHT | 106 lbs, 48 kg |
| CONSTRUCTION | Steel with steel reinforced extruded aluminum rails |
| CAPACITY | Maximum user weight capacity of 400 lbs [181 kg] |
| RESISTANCE | Seven levels of resistance at 16-33% of bodyweight |
| WARRANTY | Frame: 5 years Rubber & Moving Parts: 1 year |

The Recovery Series Row ADJ is the only rower on an incline that improves muscular fitness and satisfies both cardiovascular aerobic and strength training requirements simultaneously.

Targeting all muscle groups at the same time, the Row ADJ uses bodyweight resistance and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

1. User can choose between seven levels of resistance which uses 16-33% of bodyweight. Note that this version *does not fold for storage*.
2. Adjustable incline body resistance integrates strength with cardio.
3. Smooth consistent load through concentric and eccentric phases.
4. Built for multi-planar movement.
5. Low impact compression on the joints.
6. Ergonomically designed seat designed for comfort and to encourage proper form.
7. Easy mount and dismount.