

## RowErg Rowing Machine (Tall)

The dependable performance of our RowErg Rower has made it the best selling indoor rower in the world. Recognised by competitive rowers as the standard for indoor training. The RowErg delivers an effective cardiovascular workout that will increase your fitness level and tone your physique. Practical design and efficient engineering ensure that the RowErg will last a lifetime. The dependable performance of the RowErg Indoor Rower will take the abuse of heavy training day after day and is used for the intense training of Olympic and elite-level athletes.



Folding Design



Display



Fly Wheel & Damper



Transport Wheels

### Technical Specifications

|                             |   |
|-----------------------------|---|
| <b>Chain or Cord</b>        | Nickel-plated steel chain   |
| <b>Chain/Cord Housing</b>   | Partially enclosed  |
| <b>Construction</b>         | Aluminum front legs, steel rear legs  |
| <b>Storage</b>              | Can be separated into two parts for easy storage  |
| <b>Product Weight</b>       | 31kg / 68lbs  |
| <b>Dimensions</b>           | L115 x W 71.4 x H 120.6 cm<br>L115 x W 71.4 x H 120.6 cm  |
| <b>Maximum User Weight</b>  | 227kg<br>500lbs   |
| <b>Recommended Space</b>    | Assembled: 8 ft x 2 ft (244 cm x 61 cm)<br>With Clearance for Use: 9 ft x 4 ft (274 cm x 122 cm)<br>For Storage: 25 in x 33 in x 54 in (63.5 cm x 83.8 cm x 137.2 cm) |
| <b>Finish</b>               | Powder coat   |
| <b>Assembled Dimensions</b> | L 244 x W 61 x H 51 cm<br>L 96 x W 24 x H 20 inches   |

### Key Features

|   |   |
|---|---|
| <b>Adjustable Footrests and Ergonomic Handle</b>    | • |
| <b>Easy Assembly</b>                                | • |
| <b>Durable Construction That's Easy to Maintain</b> | • |
| <b>Quick release for storage and mobility</b>       | • |
| <b>Flywheel and Damper</b>                          | • |
| <b>Low Profile</b>                                  | • |

### Electrical Specifications

|              |   |
|--------------|---|
| <b>Power</b> | Takes two D cell batteries. During your workout, the monitor draws power from the spinning flywheel to extend battery life. |
|--------------|---|

### Display Specification

|                         |   |
|-------------------------|---|
| <b>Display</b>          | PM5 Monitor   |
| <b>Display Arm</b>      | ABS plastic. Pivots for storage and to adjust monitor height. Monitor angle can also be adjusted.   |
| <b>Display Feedback</b> | Pace, watts, stroke rate (spm) and Calories   |
| <b>Connectivity</b>     | The PM5 monitor has both Bluetooth and ANT+ wireless connectivity, allowing it to connect to many heart rate belts, fitness devices and apps. |