

RowErg Rowing Machine (Standard)

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

Chain or Cord	Nickel-plated steel chain
Chain/Cord Housing	Partially enclosed
Construction	Aluminum front legs, steel rear legs
Storage	Can be separated into two parts for easy storage
Product Weight	26kg / 57lbs
Dimensions	L115 x W 71.4 x H 120.6 cm L115 x W 71.4 x H 120.6 cm
Maximum User Weight	227kg 500lbs
Recommended Space	Assembled: 8 ft x 2 ft (244 cm x 61 cm) With Clearance for Use: 9 ft x 4 ft (274 cm x 122 cm) For Storage: 25 in x 33 in x 54 in (63.5 cm x 83.8 cm x 137.2 cm)
Finish	Powder coat
Assembled Dimensions	L 244 x W 61 x H 36 cm L 96 x W 24 x H 14 inches

Key Features

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

Electrical Specifications

Power	Takes two D cell batteries. During your workout, the monitor draws power from the spinning flywheel to extend battery life.
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Display Specification

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