



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

**Ergonomically Designed Seat** designed for comfort and to encourage proper form.

**Improved Handle Design** features ergonomic grips at both ends providing control and comfort throughout movements.



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



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

## 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>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 ELEVATE Row™ produces a full body workout, integrating a strength component into a traditional cardio machine.

The Row 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. Adjustable incline body resistance integrates strength with cardio.
2. Smooth consistent load through concentric and eccentric phases.
3. Built for multi-planar movement.
4. Low impact compression on the joints.
5. Folds compactly into upright position for easy storage.