



XRW600

ROWER



The XRW600 Rower provides an unparalleled full-body workout with a convenient fold up frame design. The large blue backlit console with height and angle adjustment includes motivating programs to keep you involved, inspired, and reaching your goals. Performance is top-of-the-class with a smooth action aluminum monorail, industrial strength handle strap, flex pedals with easy adjustment, and the combination of both air and magnetic resistance (16 levels) for an exercise experience second to none.

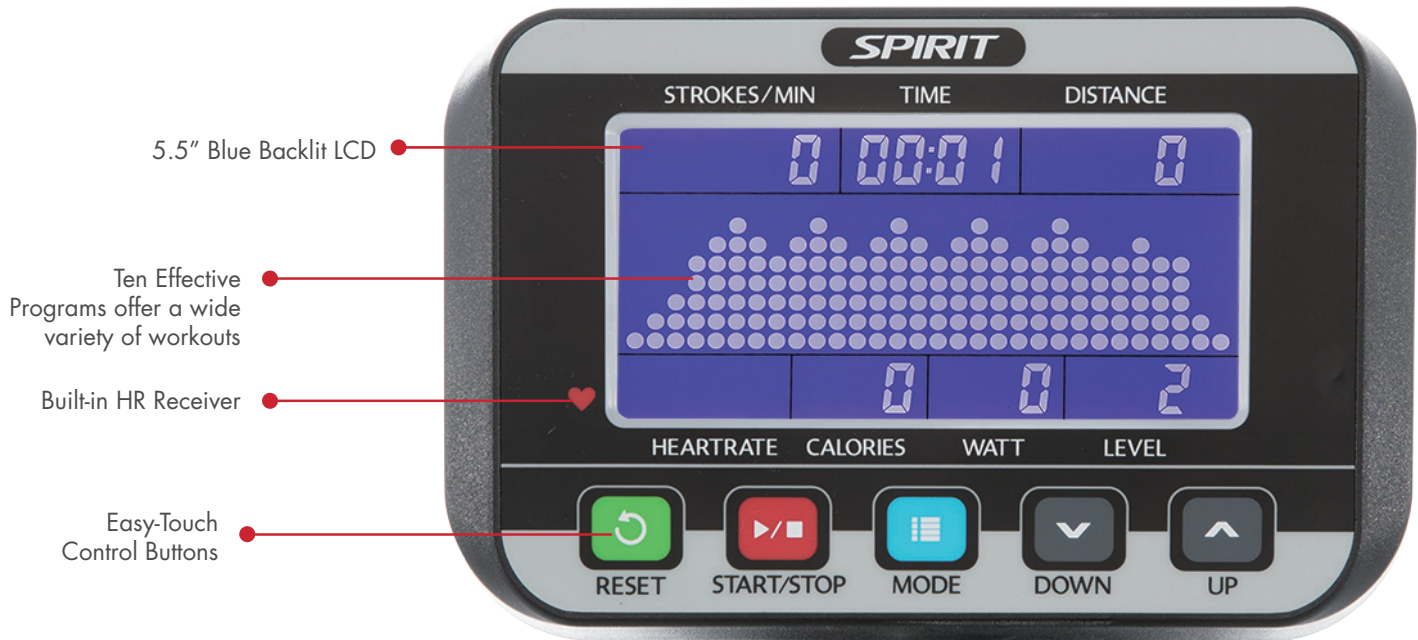
XRW600 ROWER

- Ergonomic rowing handle is contoured and padded for superior feel and comfort
- 20" frame height gets you on and off the rower with ease
- Fold up frame design for easy storage
- Large 5.5" blue backlit display with easy touch console buttons
- Air and magnetic resistance (16 levels) for smooth and consistent operation
- Ten effective programs offer a wide variety of workouts
- Built-in HR receiver (chest strap sold separately)
- Solid steel frame with smooth aluminum monorail
- Flex pedals with easy adjust numbered settings
- Adjustable console angle and height for the perfect viewing angle

CONSOLE



The advanced monitor is sophisticated yet easy-to-use. Utilizing the large 5.5" blue backlit display, all of the workout data is highly visible and well organized for easy reference. In addition to the clearly defined display segments, the center display scans between program profile and 500m time.



XRW600 EQUIPMENT SPECIFICATIONS

Console	5.5" backlit LCD, Heart Rate % Profile
Programs	Manual, Distance, Time, Calories, 20/10 interval, 10/20 interval, Custom Interval, Fat Burn, Cardio, Strength, Game
Rail	Aluminum
Resistance Levels	16 Levels
Receiver	Yes
Hand Pulse Grip	No
Flywheel Weight	7.61lbs
Pedals	Regular
Speakers and Audio Jack	N/A
Remote Buttons	N/A
Dimensions	2458x460x965mm(97"x18"x38")
NW/GW	36.7kg/44.3kg(80.9lbs/97.6lbs)
Max User Weight	159kg(350lbs)