

GX SERIES

ROW GX TRAINER

1



COMPACT AND EASY TO MOVE

Easy to move, store upright in homes and basements, and has a small footprint to fit in any space.

2



NATURAL FEEL

The unique Fluid Technology resistance system delivers a smooth and natural feel, and allows for easy resistance adjustments. Offers 16 resistance levels, the widest adjustable resistance range of any rower, without the hassle of adding or siphoning water.

The Row GX™ Trainer is perfect for a low-impact, total-body workout at home. It uses Fluid Technology resistance to deliver a smooth and natural feel. The Row GX accommodates the whole family and delivers premium club quality performance from the convenience of your home.

3



EASY-TO-USE

Offers a higher seat to easily get on and off, an adjustable footboard with foot straps, and an ergonomic handle that minimizes strain on hands, wrists and arms.

4



CONSOLE DISPLAY

Workout detail includes time, distance, strokes per minute, 500-meter split time and more.



ROW GX TRAINER

SPECIFICATIONS

BASE SPECIFICATIONS	
Product size	76.8 x 31.5 x 39.4 in 195 x 80 x 100 cm
Product weight	With water: 135 lbs (61.2 kg) Without water: 120 lbs (54.4 kg)
Max user weight	330 lbs 150 kg
Box dimensions: main box (1 of 2)	43 x 23 x 16.5 in 109 x 58 x 42 cm
Box dimensions: rail box (2 of 2)	59 x 5.9 x 5.2 in 150 x 15 x 13.2 cm
Fluid Technology resistance	Yes
Resistance Levels	16
Store vertically	Yes
Stored vertically height	71 in (181 cm)
Distance: seat to rail	6.75 in (17.1 cm)
Distance: seat to floor	20.5 in (52.1 cm)

TECHNICAL SPECIFICATIONS	
Heart rate tracking package (receiver and chest strap)	Optional
Readouts	Time, distance, strokes per minute, 500-meter split time, calories/hour and watts. Heart rate monitoring available with optional receiver and chest strap
Adjustable footboard with foot straps	Yes
Transport wheels	Yes
Power requirements	2 x AA Batteries
Ergonomic handle	Angled handle minimizes strain on hands, wrists and arms; and wide grip to suit all users
WARRANTY	
Frame	5 Years
Tank and seals	3 Years
All other parts, including the console	2 Years
Labor	1 Year

CLUB EXPERIENCE FROM THE COMFORT OF HOME

Design your complete home gym by pairing the Row GX with:



Lifestyle GX Bike

Pairs with other GX and home gym products to bring you a total-body workout from the convenience of your home. The ergonomic seat, handlebars and micro-adjustments ensure a comfortable, effective workout. Quality construction provides long-lasting durability ride after ride.



G7 Home Gym with Bench

Inspired by our popular health club model, the G7 dual adjustable pulley home gym creates limitless workout possibilities. Pair the G7 with the Row GX to create unique workouts for any level of user.

LifeFitness.com/Row



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