

# ROW HX TRAINER



1



## ATTENTION TO DESIGN

The natural wood and tempered steel frame strike a balance between elegance and durability. The Row HX fits any decor and is a piece of exercise equipment that you can be proud to display.

2



## EASY RESISTANCE ADJUSTMENT

Four resistance levels are available at the turn of a dial, without the hassle of adding or siphoning water. Easy adjustments accommodate several users and allow users to challenge themselves with a variety of intensity.

3



## NATURAL FEEL

The unique Fluid Technology resistance system delivers a smooth and natural feel, and provides consistent resistance throughout each rowing stroke.

4



## COMPACT AND EASY TO MOVE

Easy to move and has a small footprint to fit in any space. The rower is less than 7-feet (213 cm) tall when stored upright.

The Row HX™ Trainer is perfect for a low-impact, total-body workout at home. Its beautiful design makes it a great addition to any room. Fluid Technology resistance delivers a smooth and natural feel. The Row HX accommodates the whole family and delivers premium performance from the convenience of your home.



CONSOLE DISPLAY



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM

# ROW HX TRAINER

## SPECIFICATIONS

BASE SPECIFICATIONS	
Product size	83.85 x 20.47 x 22.04 in. (213 x 52 x 56 cm)
Product weight (assembled)	<b>Without water:</b> 70.99 lbs. (32.2 kg) <b>With water:</b> 108.03 lbs. (49.0 kg)
Max user weight	<b>330 lbs.</b> (150 kg)
Box dimensions: main box (1 of 2)	<b>39.76 x 22.04 x 23.0 in.</b> (101 x 56 x 58.5 cm)
Box dimensions: rail box (2 of 2)	<b>87.79 x 6.37 x 3.14 in.</b> (223 x 16.2 x 8 cm)
Fluid Technology resistance	Yes
Resistance Levels	4
Store vertically	Yes
Stored vertically height	<b>83.85 in.</b> (213 cm)
Distance: seat to floor	<b>11.5 in.</b> (29 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
Storage Stand	Optional

WARRANTY	
Frame	5 Years
Tank and seals	3 Years
Mechanical	2 Years
All other parts, including the console	1 year
Labor	1 Year

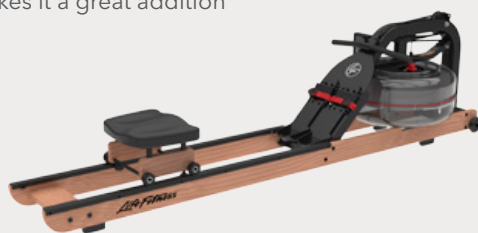


## LIFE FITNESS ROWERS

### Row HX Trainer

Beautifully design makes it a great addition to any room.

- Wood frame
- Two piece rail
- Adjustable resistances
- 4 adjustments
- Console display
- Optional heart rate kit



<b>LENGTH:</b> 84 IN. (213 cm)	<b>STORE VERTICALLY HEIGHT:</b> 83.85 in. (213 cm)	<b>SEAT HEIGHT:</b> 11 inches (28 cm)	<b>MAX USER WEIGHT:</b> 330 lbs (149.7 kg)
--------------------------------------	---	---	--

### Row GX Trainer

Provides an effective low-impact, total-body home workout for exercisers of all fitness levels.

- Aluminum frame
- One piece rail
- Adjustable resistances
- 1-16 adjustments
- Console display
- Optional heart rate kit
- Commercial grade



<b>LENGTH:</b> 77 IN. (195 cm)	<b>STORE VERTICALLY HEIGHT:</b> 71 in. (181 cm)	<b>SEAT HEIGHT:</b> 20 inches (51 cm)	<b>MAX USER WEIGHT:</b> 330 lbs (149.7 kg)
--------------------------------------	--	---	--



561-712-0381



COASTALFITNESS@AOL.COM



WWW.COASTALFITNESS.COM