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**Body-Solid**  
Built for Life

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## R300

### Endurance Rower

#### DISPLAY CONSOLE

The interactive console reports on time, heart rate, calories, paddle width, stroke rate, distance cycle and watts and is Polar compatible.

8 different exercise programs - Quick Start, Distance, Time, Calories, Game, Intervals (20/10, 10/20, 10/10) are also built into the console.



The Endurance by Body-Solid R300 Indoor Rower delivers an effective low-impact cardio and total body workout. Not only does the rowing movement provide users with high-intensity calorie-burning cardio but works quadriceps, hamstrings, abdominals, obliques, lats, biceps, triceps, hip flexors and more.

#### Special Features

- Movement works quadriceps, hamstrings, abdominals, obliques, lats, biceps, triceps, hip flexors and more
- User-controlled air resistance wheel responds to your level of intensity
- Self-generating machine eliminates power requirements
- Flywheel design minimizes noise
- Easily separates into multiple pieces for easy storage
- Convenient cell phone holder for entertainment and tracking
- Ergonomic handle and adjustable footrests for safe and comfortable workouts
- Nickel plated chain offers unmatched durability

User-controlled air resistance puts users in full control for a balanced and coordinated workout. The R300 is a self-generating machine eliminating power requirements for peak energy efficiency in home or commercial settings. A precision-engineered flywheel design minimizes noise. Nickel-plated chain offers unmatched durability in even the most intense environments.

#### Light Commercial Warranty

- 3 Yrs Parts
- 2 Yrs Electronics
- 6 mos Wear Items
- 1 Yr Labor



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