

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.



Incline Release Lever to move between seven levels of resistance.



Anchor Feet with Bolt Holes for safety and stability.

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

PRODUCT SPECIFICATIONS

IN USE	98" x 33" x 42" (L/W/H) [2.5 m x .83 m x 1.06 m]
FLOOR SPACE REQUIRED	12 square feet [1.1 square meters]
UNIT WEIGHT	106 lbs, 48 kg
CONSTRUCTION	Steel with steel reinforced extruded aluminum rails
CAPACITY	Maximum user weight capacity of 400 lbs [181 kg]
WARRANTY	Frame: 5 years Rubber & Moving Parts: 1 year

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Adjustable Row™ produces a full body workout, integrating a strength component into a fully adjustable cardio machine.

The ELEVATE Adjustable 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. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight. Note that this version *does not fold*.
- 2.** Adjustable incline body resistance integrates strength with cardio.
- 3.** Smooth consistent load through concentric and eccentric phases.
- 4.** Built for multi-planar movement.
- 5.** Low impact compression on the joints.