

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.

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.

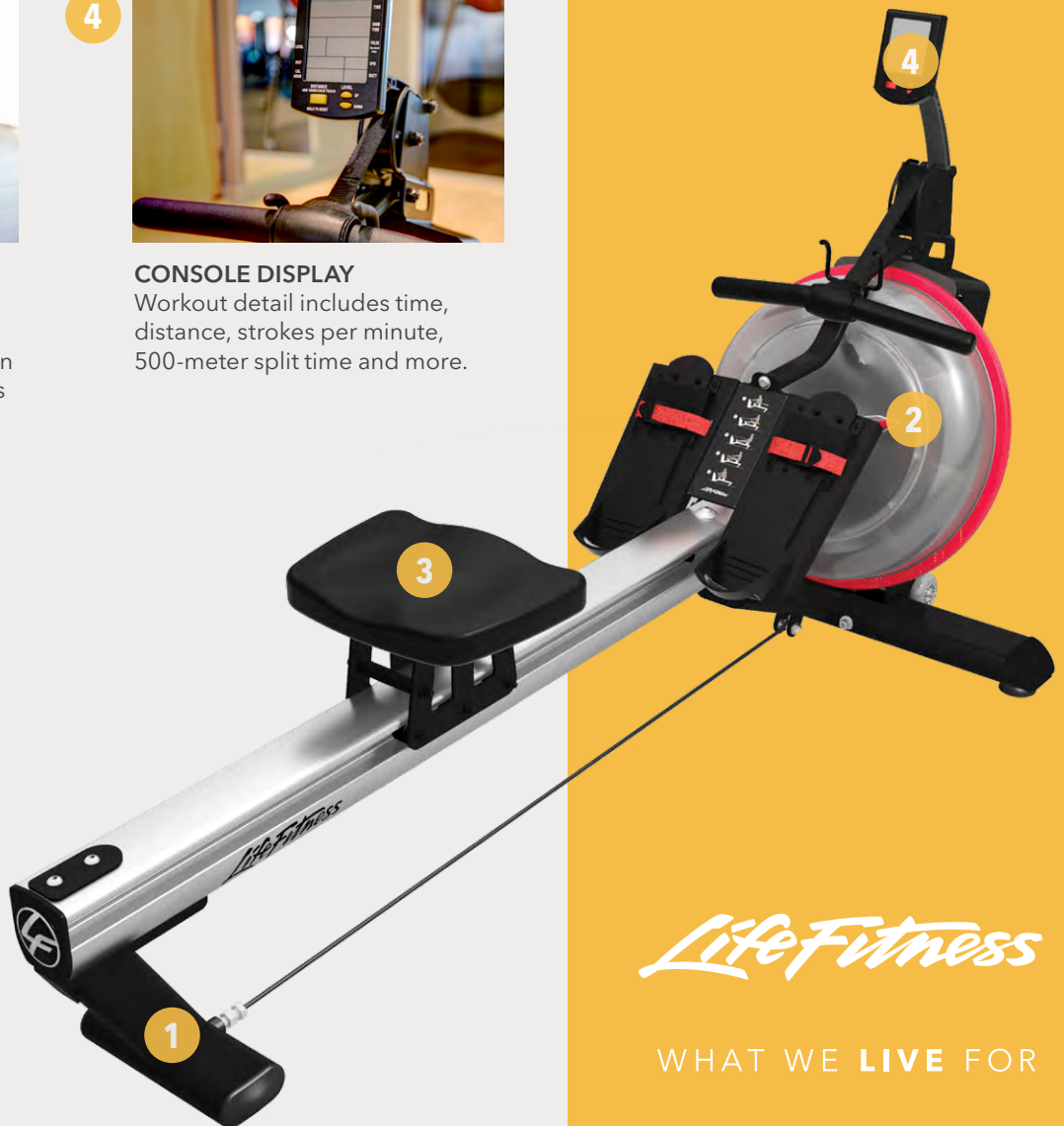
4



CONSOLE DISPLAY

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

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.



LifeFitness

WHAT WE LIVE FOR

ROW GX TRAINER

SPECIFICATIONS

BASE SPECIFICATIONS		TECHNICAL SPECIFICATIONS	
Product size	76.8 x 31.5 x 39.4 in 195 x 80 x 100 cm	Heart rate tracking package (receiver and chest strap)	Optional
Product weight	With water: 135 lbs (61.2 kg) Without water: 120 lbs (54.4 kg)	Readouts	Time, distance, strokes per minute, 500-meter split time, calories/hour and watts. Heart rate monitoring available with optional receiver and chest strap
Max user weight	330 lbs 150 kg	Adjustable footboard with foot straps	Yes
Box dimensions: main box (1 of 2)	43 x 23 x 16.5 in 109 x 58 x 42 cm	Transport wheels	Yes
Box dimensions: rail box (2 of 2)	59 x 5.9 x 5.2 in 150 x 15 x 13.2 cm	Power requirements	2 x AA Batteries
Fluid Technology resistance	Yes	Ergonomic handle	Angled handle minimizes strain on hands, wrists and arms; and wide grip to suit all users
Resistance Levels	16	WARRANTY	
Store vertically	Yes	Frame	5 Years
Stored vertically height	71 in (181 cm)	Tank and seals	3 Years
Distance: seat to rail	6.75 in (17.1 cm)	All other parts, including the console	2 Years
Distance: seat to floor	20.5 in (52.1 cm)	Labor	1 Year

CLUB EXPERIENCE FROM THE COMFORT OF HOME

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



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.