

ROW GX

TRAINER



Life Fitness



ULTIMATE VERSATILITY

A smooth and natural feeling rower that's easy to use and designed to accommodate all fitness levels. It's ideal for facilities that want to provide their members with a motivating total-body workout with the versatility to stand alone or add into small group training.

LifeFitness

SMOOTH AND NATURAL FEEL

Fluid Technology resistance employs a self-contained system with water that simulates real rowing resistance and allows for easy adjustments.

- Adjust resistance with just the turn of a dial
- 16 adjustable resistance levels allows for a wide range of users
- Perfect for exercisers of all fitness levels

A smooth and natural feel is provided by the Fluid Technology resistance system



Life Fitness



DESIGNED TO FIT

The Row GX Trainer fits your facility.

Whether you want to maximize space with its sleek design, quickly move it in and out of group training, or store it upright when it's not being used, the rower offers simple versatility.

ROWER SIZE (L, W, H):

76.8 X 31.5 X 39.4 in (195 X 80 X 100 cm)

HEIGHT WHEN STORED VERTICALLY

71 in (181 cm)

Life Fitness



SMALL GROUP TRAINING WITH A SPLASH OF ROW GX

The Row GX is the perfect addition to the Life Fitness group training portfolio. It adds excitement and variation to SYNRGY360 workouts and can be used on its own as a group training tool.

WORKOUT VARIETY

Create dynamic, high-intensity interval training (HIIT) or longer endurance workouts.

Console display includes time, distance, strokes per minute, 500-meter split time and more.

LifeFitness

LifeFitness