

# ROW HX

TRAINER



*Life Fitness*



## BEAUTIFULLY DESIGNED

The natural wood aesthetic and tempered steel frame of the Row HX Trainer™ strikes a balance between elegance and durability.



*LifeFitness*





### **NATURAL FEEL**

Unique Fluid Technology resistance system employs water to deliver a smooth and natural feel.



### **EASY RESISTANCE ADJUSTMENT**

Resistance can be easily adjusted on-the-fly without the hassle of adding or siphoning water. Four resistance levels accommodate several different exercisers.

*LifeFitness*



## EASY TO MOVE

The Row HX Trainer is lightweight and easy enough for anyone to move.



It stores upright in homes and basements and has a small footprint to fit in any space.

---

### ROW HX TRAINER SIZE (L x W x H):

83.85 x 20.47 x 22.04 in.  
(213 x 52 x 56 cm)

### HEIGHT WHEN STORED VERTICALLY

83.85 in.  
(213 cm)

*LifeFitness*





### **WORKOUT VARIETY**

Accommodates exercises ranging from high-intensity interval training (HIIT) to low-impact cardio workouts. Console display includes time, distance, strokes per minute, 500-meter split time and more.

*LifeFitness*

*LifeFitness*

**LifeFitness.com/Rowers**