

PRODUCT PREVIEW

ROW GX TRAINER



LifeFitness

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The versatile Life Fitness Row GX™ Trainer is for facilities that want to add a challenging full-body cardio option for exercisers, enhance small group training around SYNRGY360™ and HD Elite™ systems or create dynamic, high-intensity interval training (HIIT) spaces.

Max User Weight: 330 lbs (150 kg)
Length: 76.8" (195 cm)
Width: 31.5" (80 cm)
Height: 39.4" (100 cm)



- A** The Fluid Technology resistance system provides the instinctively smooth motions that Life Fitness products are known for.
- B** The Row GX Trainer features adjustable resistance and is built to accommodate all users, which makes it easy to incorporate any fitness program or facility.
- C** Compact and easy to move in and out of group training areas, and it can be easily stored standing up to save space.

Row GX Trainer joins the Lifecycle GX™ Bike in a growing family of cardio products for both individuals and dynamic small group training.

