HEAT PERFORMANCE ROW



TURN UP THE INTENSITY OF YOUR HOME GYM

A powerful, modern design combines with the smooth feeling of a premium commercial-grade rower to up the intensity of your home workouts.

The advanced TFT console offers high-tech digital feedback and motivational programs to enhance the rowing experience.

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HEAT PERFORMANCE ROW

SMART DESIGN TOUCHES

The Heat Performance Row has features that enhance the rowing experience like control buttons on the handle, easy-access ratchet foot straps, and smooth air/magnetic resistance. They all contribute to a performance workout that's challenging and rewarding.



HEAT PERFORMANCE ROW

ENHANCED ROWING EXPERIENCE

The Heat Performance Row provides a wide variety of ways to get your cardio in, which keeps your home workouts fresh and fun.



TRAINING

For the exerciser who wants to get on and go.



COMPARATIVE

For the exerciser who wants to row while understanding average/maximum output.



TECHNIQUE

For the exerciser who wants to understand their performance at every stroke by seeing Power Curve front and center.



SPLIT SCREEN

For the exerciser who wants to have their current and last split always displayed through manual training. Access by pressing right remote button on handle.

GAMIFICATION

Competition provides added motivation.



RACE A DISTANCE

Race a Distance is for the exerciser who wants to challenge a simulated rower. See side-by-side metrics of you versus the pacer on the console.

myzone®

MYZONE

Exercisers can connect their Myzone heart rate monitor via Bluetooth® and input their maximum heart rate to see their Myzone color zone in real time throughout their workout.

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SPECIFICATIONS

CONSOLE	TFT 2.0 Console
CONNECTIVITY	Bluetooth & ANT+
WORKOUT PROGRAMS	Quick Start Power Training Heart Rate Training Interval Training Race a Distance
WORKOUT METRICS	Time, Distance, SPM, 500 meter split time, Resistance Level, Calories, Watts, Heart Rate
Coach By Color® TECHNOLOGY	Yes
POWER MEASUREMENT (WATT)	WattRate® Direct Power Meter (+/-1%)
RESISTANCE TECHNOLOGY	Static Air & Magnetic via 300° dial
RESISTANCE LEVELS	100
DRIVETRAIN	Poly-V belt
PULLING MECHANISM	Chain
HANDLEBAR	Ergonomic handle with buttons to remote control console
FOOTSTRAP	Ratchet adjustment mechanism
CONSOLE POWER SUPPLY	Self-powered generator with LiPo battery
FRAME/RAIL COLOR	Charcoal black
myzone COMPATIBLE	Yes
FRAME MATERIAL	Steel
RAIL MATERIAL	Aluminium
PHONE HOLDER	Yes
TRANSPORT HANDLE	Yes
TRANSPORT WHEELS	2
MAX USER WEIGHT	330 lbs (150 kg)
ASSEMBLED WEIGHT	134 lbs (61 kg)
ASSEMBLED DIMENSIONS	85" x 28" x 47" (216cm x 71cm x 120cm)
DISTANCE - SEAT TO FLOOR	17.7" (45 cm)
DISTANCE - SEAT TO RAIL	2.4" (6 cm)

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