HEAT 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 intuitive LCD console offers an easy-to-use digital experience with accurate feedback.



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HEAT ROW

TRAIN FOR EVERY INTENSITY LEVEL

Performance rowing challenges your home workouts. The powerfully designed rower provides accurate power readings and 100 resistance levels that allow you to fine tune your workouts to any level of intensity.

SMART DESIGN TOUCHES

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

SIMPLIFY YOUR ROWING EXPERIENCE

The LCD console automatically boots up into Quick Start mode, giving you the ability to start your workout quickly. The intuitive LCD console includes a variety of programs like target workouts, distance, time, calories, and intervals.

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SMART DESIGN TOUCHES

Crafted with the home exerciser in mind.



300 degree resistance adjustment (Levels 1-100)

Cell phone holder

LCD console

Air + Magnetic resistance

Embedded roller guide system

17 in (43 cm) seat height



Quick-release ratcheting foot strap



Transport handle and two front wheels make the rower easy to move when not in use

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SPECIFICATIONS

CONSOLE	LCD Console
CONNECTIVITY	Polar/Analog
WORKOUT PROGRAMS	Quick Start Interval 30-30 Interval 60-60 Interval Custom Target Time, Calories, Distance, Heart Rate
WORKOUT METRICS	Time, Distance, SPM, 500 Meter Split Time, Resistance Level, Calories, Watts, Heart Rate
POWER MEASUREMENT (WATT)	WattRate® Power Meter
RESISTANCE TECHNOLOGY	Static Air & Magnetic via 300° dial
RESISTANCE LEVELS	100
DRIVETRAIN	Poly-V belt
PULLING MECHANISM	Chain
HANDLEBAR	Ergonomic handle
FOOTSTRAP	Ratchet adjustment mechanism
CONSOLE POWER SUPPLY	2D Batteries
FRAME/RAIL COLOR	Charcoal black
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 RAIL	2.4" (6 cm)
DISTANCE - SEAT TO FLOOR	17.7" (45 cm)

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