

hydrow™

LIVE OUTDOOR REALITY™ ROWER

For more information visit [hydrow.com](https://www.hydrow.com)

Technical Specifications



ELECTROMAGNETIC RESISTANCE

Computer-controlled resistance means smoother, more efficient strokes that feel just like rowing on the water. This technology also makes the machine practically silent.



22" TOUCH SCREEN

The 22" sweat- and dust-resistant HD touchscreen adjusts for easy viewing and storage. Hydrow's screen also pivots to allow for On the Mat content.



UPRIGHT STORAGE

Hydrow is designed with tight spaces in mind, so the additional upright storage kit makes it easy to store your Hydrow anywhere in your home.

Hydrow's Technology, Features, Specifications, and Warranty



DIMENSIONS

Length: 86" or 2184mm
 Width: 25" or 635mm
 Height: 47" or 1194mm
 Weight: 145lbs or 65.8kg



CONNECTIVITY

Bluetooth connection, Wi-Fi (10mbps recommended), Ethernet (optional)



ELECTRICAL

120-volt standard outlet

Specification	Measurement
Stored Dimensions*	25" x 33" and 86" high (or 635mm x 838mm and 2184mm high) *Attachment needed for vertical storage
Height Limit	Fits up to a 36" inseam (or 914mm)
Weight Limit	Holds up to 375 lbs (or 170kg)
Heart Rate Monitoring	Bluetooth enabled
Screen Resolution	1920 x 1080 Full HD
Screen Sweat and Dust Resistance	IP52
Screen Touch Technology	PCAP
Microphone	Included
Speakers	Amplifier x2 channel, 3W, 8 ohms, front facing for immersive experience
Camera	2 megapixels
Resistance Mechanism	Quiet, microprocessor-controlled resistance that adjusts 240 times per second

Specification	Measurement
Seat	Ergonomically designed seat with advanced cushion system
Seat Height	Designed for easy-on-and-off
Seat Rollers	10-roller system for a lifetime of extra smooth operation
Feet	Soft rubberized feet to protect floors from scratches
Monitor Pivot	Screen pivots 25 degrees in each direction for classes off the machine
Monitor Fold	Monitor folds flat for storage
Monitor Angle Adjustment	Monitor adjusts 15 degrees for the perfect viewing angle
Foot Stretcher Adjustment	Easy adjustment for correct foot placement
Handle	Ergonomic design for easy grip
Handle Strap	High quality webbing for super smooth and quiet operation
Materials	Aluminium and steel frame with flat anthracite polymer body

Standard Warranty

Equipment	Warranty Period for Light Commercial Use	Warranty Period for Heavy Commercial Use
Structural Frame & Upright Storage Kit	Three year	Two years
Screen and other electronics	One Year	One year
Wear items*	One Year	One year
Labor	One Year	Six months

*Extended Warranty available, ask your Salesperson

For Dealers in need of Technical Support, email dealersupport@hydrow.com