



**Instructional Placard** provides at-a-glance exercises. QR code and URL provides smart phone links to exercise videos.



**Monitor** displays rowing time, split time (minutes per 500 meters), strokes per minute, total distance and total calories burned.



**Incline Release Lever** to move between seven levels of resistance.



**Anchor Feet with Bolt Holes** for safety and stability.

**Ergonomically Designed Seat** designed for comfort and to encourage proper form.

## PRODUCT SPECIFICATIONS

<b>IN USE</b>	98" x 33" x 42" (L/W/H) [2.5 m x .83 m x 1.06 m]
<b>FLOOR SPACE REQUIRED</b>	12 square feet [1.1 square meters]
<b>UNIT WEIGHT</b>	106 lbs, 48 kg
<b>CONSTRUCTION</b>	Steel with steel reinforced extruded aluminum rails
<b>CAPACITY</b>	Maximum user weight capacity of 400 lbs [181 kg]
<b>WARRANTY</b>	Frame: 5 years Rubber & Moving Parts: 1 year

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the ELEVATE Adjustable Row™ produces a full body workout, integrating a strength component into a fully adjustable cardio machine.

The ELEVATE Adjustable Row targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

- 1. Upgrade on previous design:** user can choose between seven levels of resistance which uses a percentage of bodyweight. Note that this version *does not fold*.
- Adjustable incline body resistance integrates strength with cardio.
- Smooth consistent load through concentric and eccentric phases.
- Built for multi-planar movement.
- Low impact compression on the joints.

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