

RO3 HYDROSTROKE ROWER



ADJUSTABLE FOOT PADS



BELT DRIVE ACTIVE RECOIL



LCD DISPLAY CONSOLE



ERGONOMIC CONTOURED SEAT



The Hydrostroke Water Resistance Rower Brings a High Quality Rowing Experience into the Comfort of Your Home. Made of beautiful and sustainably sourced American Ash and high quality steel, the Hydrostroke Rower brings a high quality studio look and feel into the home and home gym environment.

WATER RESISTANCE

Consistent through the stroke, bungee recoil saves your stroke as potential energy, which it uses to retract the handle. The harder you row, the more it resists. Water and impeller blades are housed in a strong yet see through polycarbonate tank.

ERGONOMICS

The padded, contoured seat is ergonomically designed for comfort and stability, its non slip surface works great in conjunction with the quality wheels, bearings and castors, making the glide of the seat super smooth. The ergonomic handle with nylon belt is designed to give you a comfortable, non slip grip without compromising control or strength

LCD CONSOLE

The LCD console has all the readouts you may need. Fully tilt the display to the perfect position, compatible with wireless heart monitors, like chest straps, sold separately.

OTHER FEATURES

Height adjustable foot plates with supportive heel capture and adjustable straps. Transport Wheels.

TECHNICAL SPECIFICATIONS

Usage	Domestic and Commercial
Resistance Type	Water
Resistance Levels	Infinite
Drive	Durable Belt Drive With Active Recoil System
Rail Type	Dual Rail
Foot Rests	Adjustable with Secure Heel Support
Seat Type	Contoured Ergonomic Padded
Handle	Ergonomic with Grips
Console Type	LCD Monitor - Battery Operated (2 X AA Batteries)
HRM	Wireless Telemetry Enabled - Strap Sold Separately
Portability	Transport Wheels - Stands Upright for Storage
Dimensions	L213cm x W52cm x H56cm
Max. User Weight	150kg

CONSOLE DISPLAY FEATURES

DISTANCE	✓	SPEED	✓	TIME	✓
CALORIES	✓	SPM/RPM	✓	STROKE	✓
WATTS	✓	LEVEL	✓	HEART RATE	✓