



The XRW600 Rower provides an unparalleled full-body workout with a convenient fold up frame design. The large blue backlit console with height and angle adjustment includes motivating programs to keep you involved, inspired, and reaching your goals. Performance is top-of-the-class with a smooth action aluminum monorail, industrial strength handle strap, flex pedals with easy adjustment, and the combination of both air and magnetic resistance (16 levels) for an exercise experience second to none.

## FEATURES

- Ergonomic rowing handle is contoured and padded for superior feel and comfort
- 20" frame height gets you on and off the rower with ease
- Fold up frame design for easy storage
- Large 5.5" blue backlit display with easy touch console buttons
- Air and magnetic resistance (16 levels) for smooth and consistent operation
- Ten effective programs offer a wide variety of workout
- Built-in HR receiver (chest strap sold separately)
- Solid steel frame with smooth aluminum monorail
- Flex pedals with easy adjust numbered settings
- Adjustable console angle and height for the perfect viewing angle

Folding Design



# CONSOLE FEATURES

The advanced monitor is sophisticated yet easy-to-use. Utilizing the large 5.5" blue backlit display, all of the workout data is highly visible and well organized for easy reference. In addition to the clearly defined display segments, the center display scans between program profile and 500m time.



## EQUIPMENT SPECIFICATIONS

<b>Console</b>	5.5" Blue Backlit LCD, Adjustable Console Angle and Console Arm
<b>Programs</b>	Manual, Distance, Time, Calories, 20/10 Interval, 10/20 Interval, Custom Interval, Fat Burn, Cardio, Strength, Game
<b>Heart Rate</b>	Telemetric (Chest strap sold separately)
<b>Resistance</b>	Air and Magnetic (16 Levels)
<b>Power</b>	Plug-In; 120 Volts
<b>Handle</b>	Angled and Padded for Comfort, 80.7" Travel Length
<b>Seat</b>	Contoured and Padded
<b>Footrests</b>	Flex Pedals, Adjustable w/Numbered Sizing
<b>Frame</b>	High-Strength Steel w/Durable Powder-Coat Paint; Aluminum Monorail
<b>Frame Height</b>	20"
<b>Monorail</b>	39.4" Travel Distance, 54" Overall Length
<b>Dimensions</b>	97" x 18" x 38"
<b>Folded</b>	52.5" x 18" x 62" (no tools required)
<b>Product Weight</b>	81 lbs.
<b>Max User Weight</b>	350 lbs.

## WARRANTY INFORMATION

### Residential Warranty

Frame: Lifetime, Parts: 5 years, Labor: 1 year

Ver 1.1



SALES: 800.258.4555



SALES@SPIRITFITNESS.COM



WWW.SPIRITFITNESS.COM