

hydrow

LIVE OUTDOOR REALITY™ ROWER



Experience the Difference

Feel like you've joined a real crew rowing as one on the water, accompanied by stunning visuals from locations like Miami or the Charles River. Wherever you are on your fitness journey, you can count on Hydrow to help you get there.



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

4 Ways to Get Your Workout In

24-Hour Access to Classes for All Experience Levels

Live Rowing

Broadcast live from rowing instructors on the water or in the studio.



Rows on Demand

Pre-recorded river and studio rowing sessions available 24/7.



Serene River Rows

Listen to the quiet sounds of birds, running water and the smooth rhythm of your strokes.



Whole Body Fitness

Yoga, stretching, functional movement, and resistance training for a complete fitness routine.



This superior rowing machine is in a category all its own. These carefully thought out and precisely engineered features craft an experience unlike any other.

Specification	Measurement
Dimensions	Approx. 85" L x 25" W x 45" H
Stored dimensions*	25" x 33" and 85" high *Attachment needed for vertical storage
Hydrow Weight	Approx. 130 lbs.
Height limit	Fits up to a 36" inseam
Weight limit	Holds up to 375 lbs.
Resistance Mechanism	Quiet, microprocessor-controlled resistance that adjusts 100 times per second
Connections	Bluetooth & WiFi
Heart Rate Monitoring	Bluetooth and ANT+ enabled
Screen size	22"
Screen resolution	1920 x 1080 Full HD
Screen Touch Technology	PCAP
Screen Sweat and Dust Resistance	IP52
Speakers	Amplifier x2 channel, 3W, 8 ohms, front facing for immersive experience
Microphone	Included

Specification	Measurement
Camera	2 megapixel
Seat	Ergonomically designed seat w/ advanced cushion system
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
Seat Height	Designed for easy on-and-off
Handle	Ergonic design for low-stress grip
Handle Connection	High quality webbing for super smooth and quiet operation
Materials	Aluminum and steel frame with flat anthracite polymer body



Complete Your First 60 Rows & Help Provide Access to Safe Water for a Person in Need with Water.org

You know just how important water is to a healthy body and a fulfilling life. As soon as you hit your first 60 rows, Hydrow will donate to **Water.org** in support of providing access to safe water and sanitation for someone in need – making you part of the solution as well.