

GX SERIES

# ROW GX TRAINER

1



## VERSATILITY

Easy to move and store upright in homes and basements, provides several training programs for varied workouts, and has a small footprint to fit in any space.

2



## EASY-TO-USE

A higher seat than similar models means you can easily get on and off.

3



## FLUID TECHNOLOGY RESISTANCE

Offers the widest adjustable resistance range of any rower without the hassle of adding or siphoning water. The turn of a dial allows you to make quick adjustments.

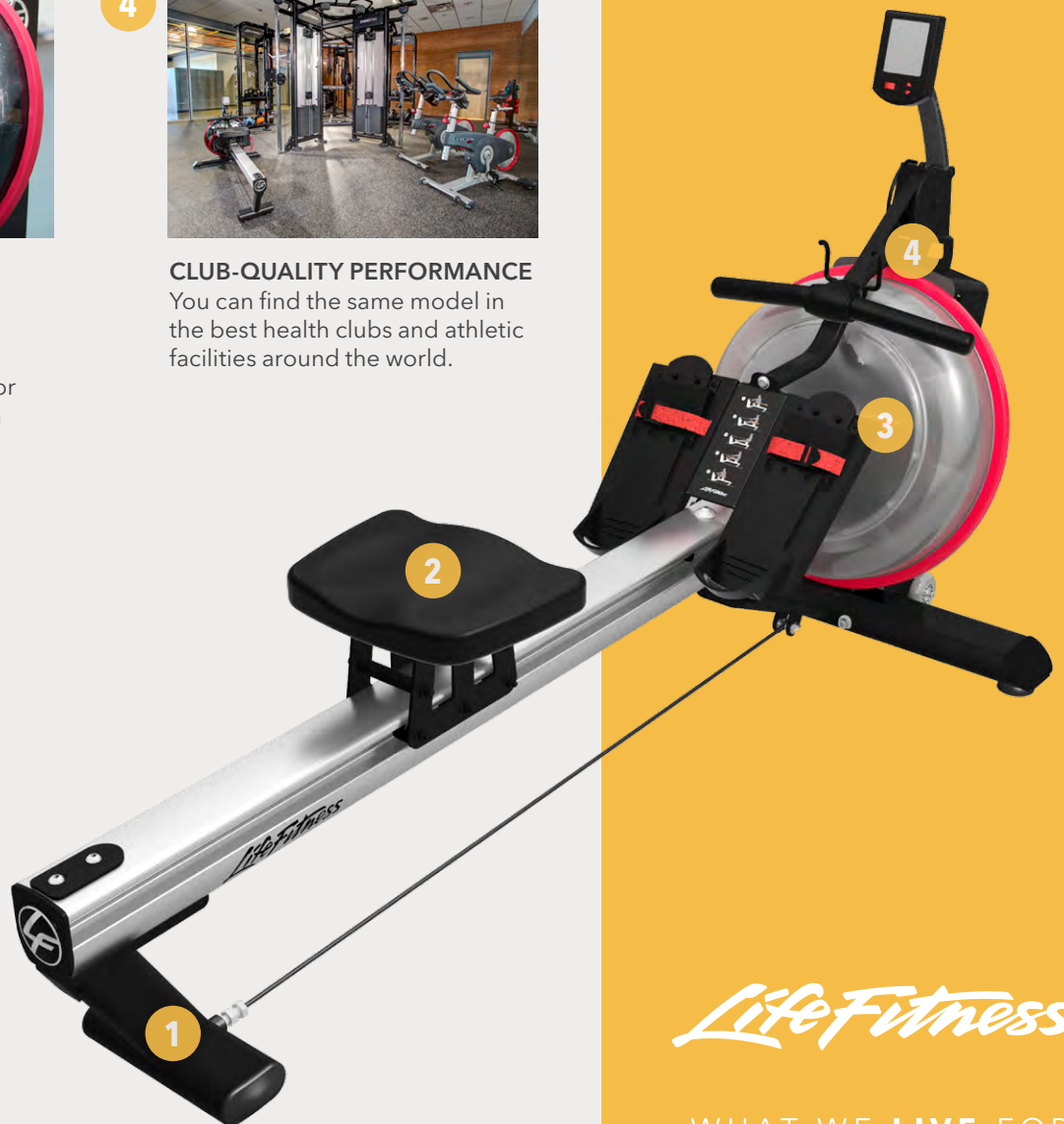
4



## CLUB-QUALITY PERFORMANCE

You can find the same model in the best health clubs and athletic facilities around the world.

The Row GX™ Trainer is perfect for a low-impact, total-body workout at home. It uses Fluid Technology Resistance to deliver a smooth and natural feel. The Row GX accommodates the whole family and delivers premium club quality performance from the convenience of your home.



[LifeFitness.com/Row](https://www.lifefitness.com/Row)

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WHAT WE LIVE FOR

# ROW GX TRAINER

## SPECIFICATIONS

BASE SPECIFICATIONS		TECHNICAL SPECIFICATIONS	
Product size	76.8 x 31.5 x 39.4 in 195 x 80 x 100 cm	Telemetric HR sensor	Optional
Product weight	135 lbs 61.2 kg	Adjustable footboard with foot straps	Yes
Max user weight	330 lbs 150 kg	Transport wheels	Yes
Box dimensions: main box (1 of 2)	43 x 23 x 16.5 in 109 x 58 x 42 cm	Power requirements	2 x AA Batteries
Box dimensions: rail box (2 of 2)	59 x 5.9 x 5.2 in 150 x 15 x 13.2 cm	Fluid Technology Resistance	Yes
Fluid Technology Resistance	Yes	WARRANTY	
Store vertically	Yes	Frame	5 Years
Store vertically storage height	71 in (181 cm)	Tank and seals	3 Years
Distance: seat to rail	6.75 in (17.1 cm)	All other parts, including the console	2 Years
Distance: seat to floor	20.5 in (52.1 cm)	Labor	90 Days

## CLUB QUALITY GYM FROM THE COMFORT OF HOME

Design your complete home gym by pairing the Row GX with:



### Lifecycle GX Bike

The Lifecycle® GX Bike has been biomechanically tested to offer a comfortable, yet effective workout. The ergonomic seat, handlebars and micro-adjustments allow prolonged use, and proven durability during high-volume use provides a lasting cardio workout.



### G7 Home Gym with Bench

The G7 Home Gym offers dual adjustable pulleys that create limitless workout possibilities. You also have the option of a multi-position bench for added workout variety and stability.

[LifeFitness.com/Row](http://LifeFitness.com/Row)