

ROW HX TRAINER

1



ATTENTION TO DESIGN

The natural wood and tempered steel frame strike a balance between elegance and durability. The Row HX fits any decor and is a piece of exercise equipment that you can be proud to display.

2



EASY RESISTANCE ADJUSTMENT

Four resistance levels are available at the turn of a dial, without the hassle of adding or siphoning water. Easy adjustments accommodate several users and allow users to challenge themselves with a variety of intensity.

3



NATURAL FEEL

The unique Fluid Technology resistance system delivers a smooth and natural feel, and provides consistent resistance throughout each rowing stroke.

4



COMPACT AND EASY TO MOVE

Easy to move and has a small footprint to fit in any space. The rower is less than 7-feet (213 cm) tall when stored upright.

The Row HX™ Trainer is perfect for a low-impact, total-body workout at home. Its beautiful design makes it a great addition to any room. Fluid Technology resistance delivers a smooth and natural feel. The Row HX accommodates the whole family and delivers premium performance from the convenience of your home.

CONSOLE
DISPLAY



ROW HX TRAINER

SPECIFICATIONS

BASE SPECIFICATIONS	
Product size	83.85 x 20.47 x 22.04 in. (213 x 52 x 56 cm)
Product weight (assembled)	Without water: 70.99 lbs. (32.2 kg) With water: 108.03 lbs. (49.0 kg)
Max user weight	330 lbs. (150 kg)
Box dimensions: main box (1 of 2)	39.76 x 22.04 x 23.0 in. (101 x 56 x 58.5 cm)
Box dimensions: rail box (2 of 2)	87.79 x 6.37 x 3.14 in. (223 x 16.2 x 8 cm)
Fluid Technology resistance	Yes
Resistance Levels	4
Store vertically	Yes
Stored vertically height	83.85 in. (213 cm)
Distance: seat to floor	11.5 in. (29 cm)

TECHNICAL SPECIFICATIONS	
Heart rate tracking package (receiver and chest strap)	Optional
Readouts	Time, distance, strokes per minute, 500-meter split time, calories/hour and watts. Heart rate monitoring available with optional receiver and chest strap
Adjustable footboard with foot straps	Yes
Transport wheels	Yes
Power requirements	2 x AA Batteries
Ergonomic handle	Angled handle minimizes strain on hands, wrists and arms; and wide grip to suit all users
Storage Stand	Optional

WARRANTY	
Frame	5 Years
Tank and seals	3 Years
Mechanical	2 Years
All other parts, including the console	1 year
Labor	1 Year

LIFE FITNESS ROWERS

Row HX Trainer

Beautifully design makes it a great addition to any room.

- Wood frame
- Two piece rail
- Adjustable resistances
- 4 adjustments
- Console display
- Optional heart rate kit



LENGTH:	STORE VERTICALLY	SEAT HEIGHT:	MAX USER WEIGHT:
84 IN. (213 cm)	HEIGHT: 83.85 in. (213 cm)	11 inches (28 cm)	330 lbs (149.7 kg)

Row GX Trainer

Provides an effective low-impact, total-body home workout for exercisers of all fitness levels.

- Aluminum frame
- One piece rail
- Adjustable resistances
- 1-16 adjustments
- Console display
- Optional heart rate kit
- Commercial grade



LENGTH:	STORE VERTICALLY	SEAT HEIGHT:	MAX USER WEIGHT:
77 IN. (195 cm)	HEIGHT: 71 in. (181 cm)	20 inches (51 cm)	330 lbs (149.7 kg)

LifeFitness.com/Rowers

