

ENDURANCE  
by *Body-Solid*

# Rower R300



The Endurance by Body-Solid R300 Indoor Rower delivers an effective low-impact cardio and total body workout. Not only does the rowing movement provide users with high-intensity calorie-burning cardio but works quadriceps, hamstrings, abdominals, obliques, lats, biceps, triceps, hip flexors and more.

User-controlled air resistance puts users in full control for a balanced and coordinated workout.

The R300 is a self-generating machine eliminating power requirements for peak energy efficiency in home or commercial settings.

A precision-engineered flywheel design minimizes noise. Nickel-plated chain offers unmatched durability in even the most intense environments.

The R300 Indoor Rower easily separates into multiple pieces for easy and efficient storage.

Ideal for home, commercial and group workout settings.

## WARRANTY

Frame	15 Years
Parts	3 Years
Electronics (Excludes Batteries)	2 Years
Wear Parts	6 Months
Labor	1 Year

## DISPLAY CONSOLE

The interactive console reports on time, heart rate, calories, paddle width, stroke rate, distance cycle and watts and is Polar compatible. 8 different exercise programs -Quick Start, Distance, Time, Calories, Game, Intervals (20/10, 10/20, 10/10)are also built into the console.

## SPECIAL FEATURES

- Movement works quadriceps, hamstrings, abdominals, obliques, lats, biceps, triceps, hip flexors and more
- User-controlled air resistance wheel responds to your level of intensity
- Self-generating machine eliminates power requirements
- Flywheel design minimizes noise
- Easily separates into multiple pieces for easy storage
- Convenient cell phone holder for entertainment and tracking
- Ergonomic handle and adjustable footrests for safe and comfortable workouts
- Nickel plated chain offers unmatched durability
- Product dimensions: L 241.5 x W 62 x H 101 cm
- Product weight: 36.74 kg
- Weight capacity: 150 kg