

SOLE SRW250 WATER ROWING MACHINE

Every Workout Matters



The new SOLE Fitness SRW250 Water Rowing Machine is uniquely designed one of the most popular full-body workouts available. Constructed with a heavy-duty steel frame and aluminum tracks, this rower is built to last while delivering smooth and quiet performance time and time again. The water tank provides up to 6 levels of resistance. Using your full body movement the rhythm of rowing makes it a great way to burn calories as well as develop muscle tone and flexibility. The large flexing foot pedals, comfortable padded handle, and generous 15" seat height make the SRW250 one of the most comfortable and accessible rowers available.

SRW250 WATER ROWING MACHINE

- 6 levels of water resistance
- Heavy-duty steel frame can be positioned upright for storage
- Adjustable console provides the perfect viewing angle
- Commercial grade padded handlebar is both comfortable and durable
- Aluminum tracks for quiet and smooth performance
- Large flexing foot pedals and adjustable straps keep feet secure
- Raised 15" seat height gets users on and off with ease
- Tank is pressure tested for long-lasting performance

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Commercial-Grade handle design

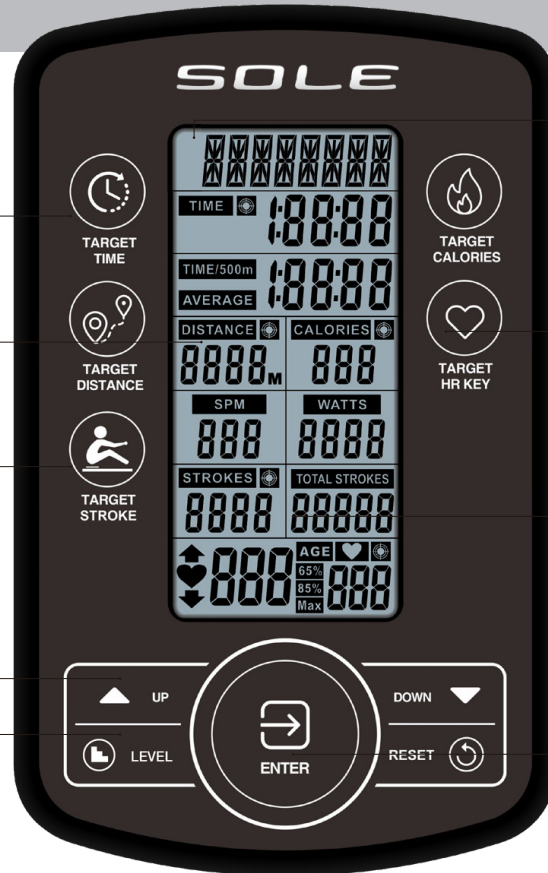


Fluid resistance

Easy-Touch Target Program Buttons

Up / Down Navigation Buttons

Water Level Indicator



Large, Easy-To-Read Display



TARGET CALORIES



TARGET HR KEY

5 Engaging Programs



TARGET TIME



TARGET DISTANCE



TARGET STROKE

Displays Time, Distance, Calorie, Pulse, SPM, Strokes, Total Strokes, Watts, 500 Time / Avg Time 500, and Level



UP



ENTER



DOWN

Oversized Selection Button for Ease of Use

RESET

CONSOLE FEATURES

At SOLE Fitness, we've focused on the details, like a more-informative LCD screen which clearly displays the stats of your workout.

SRW250 EQUIPMENT SPECIFICATIONS

Console	Adjustable, large 5.5" LCD monitor with multi-output screen displays (requires 4 AA batteries)
Display	Displays Time, Distance, Calories, Pulse, SPM, Strokes, Total Strokes, Watts, 500 Time / Avg Time 500, Level
Programs	Manual, Target Time, Target Distance, Target Stroke, Target Calories, Target HR
Heart Rate	Built-in receiver and wireless compatible
Resistance	Water (6 levels)
Remote Handle	Textured grip rowbar
Seat	Deluxe ergonomically molded seat
Foot Rests	Large adjustable flexing foot pedals with adjustable straps
Frame	Heavy-duty frame with durable aluminum slide rails
Rail Length	40.5"
Max User Weight	375 lb/170 kg
Dimensions	Assembled: 80" x 21" x 34"/203 cm x 53 cm x 86.5 cm Standing: 26.5" x 21" x 80"/67 cm x 53 cm x 86.5 cm , 76 lb/35 kg
Packaging	45" x 22.5" x 20.5"/114 cm x 57 cm x 52 cm, 98 lb/44.6 kg
UPC	6 93315 03250 9

WARRANTY INFORMATION

Residential Warranty: Frame: Lifetime, Electronics/Parts: 3 years, Labour: 1 year

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