

Smooth, Powerful, Connected Rowing



Folded View



SOLESR500s Rower-Power. Precision. Performance.

Take your training to the next level with the SOLE SR500s Rower, a premium-grade air and magnetic resistance machine designed to deliver a smooth, powerful rowing experience for users of all fitness levels. Engineered for performance, it's the ideal solution for home gyms, rehab centers, or multi-user environments demanding durability and versatility.

The SR500s features 16 levels of resistance, controlled directly from the ergonomic handlebar, giving you seamless adjustments mid-row without breaking form. Whether you're focused on fat burn, cardio endurance, strength training, or custom interval work, the SR500s offers a comprehensive suite of programs including manual, HIIT intervals (20/10, 10/20), heart rate training, and game modes or dynamic and varied workouts.

Track your performance in real time with the 5.5" backlit display, showcasing key workout metrics like time, distance, strokes per minute (SPM), heart rate, calories, watts, and resistance level. The adjustable console and tablet holder provide flexibility and comfort, while Bluetooth FTMS connectivity allows you to sync with third-party fitness apps like Kinomap, Zwift, and SOLE+.

Built with user-focused design, the SR500s includes a 20" (51 cm) seat height on a 45" (114 cm) aluminum slide rail, ideal for easy access and long, smooth strokes. Adjustable footpads with secure straps ensure a solid footing during every pull, while the folding frame and quick lock mechanism make for compact, hassle-free storage.

With a max user weight of 330 lb (150 kg) the SR500s Rower is built to handle your most intense sessions with comfort, connectivity, and commercial-grade reliability.

SR500s ROWING MACHINE

- Air and magnetic resistance (16 levels) for smooth and consistent operation
- Ergonomic handlebar with integrated wireless resistance control for seamless mid-row adjustments
- 5.5" backlit screen displays time, distance, SPM, heart rate, calories, watts, and resistance level
- Bluetooth connectivity to SOLE+ and compatible third-party fitness apps
- 20" (51 cm) seat height and 45" (114 cm) aluminum rail for smooth glide and easy access
- Folding frame with quick-lock mechanism for compact storage



COMPATIBLE



Download on the
App Store



GET IT ON
Google Play

SOLE+ DATA EXPORTS TO



AND MORE!

SOLE
FITNESS

ROWING MACHINE

SR500s

Item #
16808335000



SR500s EQUIPMENT SPECIFICATIONS

Console	Adjustable, large 5.5" LCD monitor with multi-output screen displays, tablet holder
Display Feedback	Calories, distance, heart rate, level, strokes/minute, time, watts
Programs	Manual, calories, cardio, distance, fat burn, game, strength, time, target - distance/time/calories, interval - 10/20/20/10/custom
Power	Plug-in
Heart Rate	Built-in receiver, wireless compatible (chest belt not included)
Resistance Levels	16 levels air/magnetic
Seat Height	20" (51 cm)
Rail Length	45" (114 cm)
Frame	Heavy-gauge steel
Foot Rests	Large, adjustable (6 options) with adjustable straps
Storage	Folding with quick lock for easy/secure storage
Handlebar	Ergonomic row bar with built-in resistance control
Dimensions	97" L x 18" W x 45" H, 103 lb (247 L x 46 W x 113 H cm, 47 kg)
Folded	53" L x 18" W x 73" H (135 L x 46 W x 186 H cm)
Packaging	67" L x 30" W x 13" H, 124 lb (169 L x 77 W x 33 H cm, 56 kg)
Max User Weight	330 lb (150 kg)

WARRANTY INFORMATION

Residential Warranty: Frame: Lifetime, Parts: 2 Years, Labour: 1 Year

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