

SR300 AIR/MAGNETIC ROWING MACHINE

Smooth, Powerful, Connected Rowing



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Hybrid Resistance, Full-Body Results

The SOLE SR300 Air/Magnetic Rowing Machine combines the dynamic feel of air resistance with the precision of magnetic control, delivering a smooth and powerful full-body workout. With 16 total resistance levels, air-only from levels 1–10 and a blend of air/magnetic from 11–16, users can fine-tune intensity to match their training goals. Whether it's high-speed intervals or controlled endurance sessions rowers like the SR300 are highly effective for cardio conditioning, total-body strength, and calorie-burning efficiency, ideal for any home fitness setup. A battery power system eliminates the need for external plugs, offering greater flexibility of placement and easy setup.

Built for durability and comfort, the SR300 features a 54" (137 cm) stainless steel slide rail, an ergonomic chain-drive handle with a non-slip textured grip, and oversized foot pedals with adjustable straps to lock in proper form through every stroke. The foldable monitor arm, upright storage, transport wheels, and integrated levellers make this rower easy to move and store, perfect maximizing efficiency without compromising on performance.

A backlit LCD console provides real-time feedback on detailed metrics including stroke rate, drag, split times, watts, pulse, and more. With eight built-in programs and Bluetooth connectivity for heart rate monitoring and third-party fitness apps. The SR300 keeps entertainment and training apps visible, helping track progress, stay motivated, and keep engaged during workout sessions.

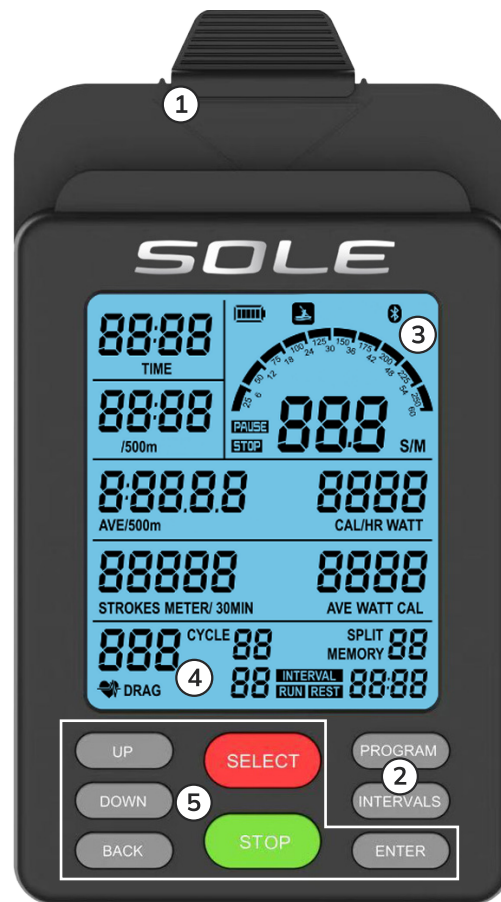
SR300 AIR/MAGNETIC ROWING MACHINE

- 16 levels of resistance: 1-10 levels air resistance; 11-16 levels air/magnetic
- Ergonomic, non-slip textured grip handle with chain drive
- 5" backlit LCD displays time, distance, calories, strokes, watts, and heart rate
- 8 pre-set programs plus Bluetooth connectivity for heart rate and 3rd party apps
- 16" (40 cm) seat height and 54" (137 cm) stainless steel slide rail
- Foldable monitor arm, upright storage, transport wheels, and levellers
- Oversized pedals with adjustable straps
- Integrated phone/tablet holder

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Model #:
16808533000

- 1 Device Holder
- 2 Quick Keys
- 3 5" LCD
- 4 HR / Drag Display
- 5 Function Keys



SR300 EQUIPMENT SPECIFICATIONS

Console	5" LCD adjustable screen display, foldable monitor arm, phone/tablet holder
Display Feedback	Stroke rate, time, drag, watts, interval, split times, distance, calories, and pulse
Programs	8 programs: quick start, target time/distance/calories, time/distance/calories interval, memory mode
Power	Console requires 2 D batteries
Heart Rate	Bluetooth and 5kHz compatible (chest belt not included)
Resistance Levels	16 levels: 1-10 levels air resistance; 11-16 levels air/magnetic
Seat Height	16" (40 cm)
Rail Length	54" (137 cm)
Frame	Heavy-gauge steel
Footrests	Flexible positioning with adjustable straps
Handlebar	High-density foam, ergonomic non-slip textured grip
Frame	Heavy steel frame, front/rear levellers, and built-in transport wheels
Dimensions	95" L x 24" W x 48" H, 105 lb (242 L x 62 W x 123 H cm, 48 kg)
Packaging	56" L x 23 W x 17" H, 121 lb (141 L x 58 W x 44 H cm, 55kg)
Max User Weight	350 lb (160kg)

WARRANTY INFORMATION

Residential Warranty: Frame: 5 Years, Parts: 2 Years, Labour: 1 Year

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