

Group Training

Hydro Rower Pro

The Cybex Hydro Rower Pro drives results with a low-impact, total-body workout. It uses variable fluid resistance technology and matches the science of fluid dynamics with the ease-of-use of a total-body ergometer.



FEATURES

Superior Design: The dual rail provides steady feeling movement. Foot straps are quickly and easily fastened or released. Variable fluid resistance provides instant catch and smooth strokes for any level of exercise.

Group Training Solution: Versatile enough to place in any HIIT training program, cardio circuit, small group training or regular programming. It offers a small footprint, low weight and front transport wheels that make it easy to move or store away.

Authentic Movement: Our unique variable fluid resistance technology uses water and fluid dynamics that emulate a natural full-length, on-water rowing experience. It provides instant catch with no lag and engages the legs throughout the stroke.

EXERCISER FEATURES



- **Instructional Placards:** Placards placed just below eye level on the footboards accurately detail proper positioning and rowing form.



- **Ergonomic Handlebar Design:** The angled handle minimizes strain on hands, wrists and arms; and wide grip to suit all users.



- **Adjustable Foot Straps:** An adjustable footboard and foot straps with locking mechanisms on the outside and out of the way allow exercisers to quickly and easily get off and on the rower.

SPECIFICATIONS

Variable Fluid Resistance Technology	Yes
Heart Rate Monitoring	Heart rate receiver (Polar). Chest strap not included.
Workouts	Time, distance, 500m split time, strokes per minute, calories per hour, watts and heart rate***
Product Size (L x W x H)	84.65" x 20.41" x 29.72" (215 x 51.84 x 75.50 cm)
Product Weight (without water)	121.25 lbs (55 kg)
Product Weight (with water)	135 lbs (61.24 kg)
Seat to Floor Distance	19.13 in (48.59 cm)
Stored Vertically Height	84.65 in (215 cm)
Warranty*	Frame 5 years; Tank and Seals 3 years; Console 2 years; Labor 90 days
Max User Weight	330 lbs (149.69 kg)
Resistance Levels	Adjustable; 1 – 4
Frame	Quartz White Powder Coated Aluminum
Store Vertically	Yes. Optional stand available.
Power Requirements	2 AA Batteries**

*Warranties outside the U.S. may vary

**Voltage outside the U.S. may vary

***Requires heart rate receiver kit, strap not included