

Home Fitness

Hydro Rower

The Cybex Hydro Rower is the ideal solution for a total-body, non-impact workout from the comfort of your home.

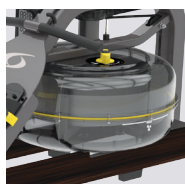
FEATURES

- **Easy Resistance Adjustment:** The Hydro Rower features four resistance levels that can be adjusted on-the-fly to accommodate and challenge every rower. Removing the need to add or siphon water to change your workout level.
- **Track Your Row:** Console displays workout details including time, distance, strokes per minute, and 500-meter split time, as well as heart rate monitoring with optional receiver and chest strap.
- **Attention to design:** A walnut brown wood finish and steel frame provide the premium look you've come to expect from Cybex and will be a great addition to any home training environment.

USER AMENITIES



- **Compact and Easy to Move:** Compact design and front wheels make the Hydro Rower easy to move and easy to store with an optional stand.



- **Fluid Water Technology:** The unique resistance system delivers a smooth and natural feel, providing constant resistance with each stroke.



- **Adjustable:** An adjustable footboard and foot straps make for a comfortable and safe rowing experience throughout your workout.



SPECIFICATIONS

Product Number	30HR1*
Dimensions L x W x H	84" x 20.5" x 22" (213 cm x 52 cm x 56 cm)
Weight	71 lbs (32 kg) without water 108 lbs (49 kg) with water
Max User Weight	330 lbs (150 kg)
Resistance	Fluid technology with 4 levels
Seat to Floor Distance	11.5" (29 cm)
Readouts	Time, distance, strokes per minute, 500-meter split time, calories/hour and watts. Heart rate monitoring available with optional receiver and chest strap package
Adjustments	Footboard with foot straps
Transport Wheels	Yes
Power Requirements	2 x AA batteries
Ergonomic Handle	Angled handle minimizes strain on hands, wrists and arms; and wide grip to suit all users
Storage	Store vertically. Stand optional.

*Available only in the United States of America.

WORLD HEADQUARTERS

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