Model D Indoor Rower

The dependable performance of the **Model D Indoor Rower** has made it our best selling machine. Recognized by athletes as the standard for indoor rowing, the Model D is a solid piece of exercise equipment offered at a great value.

Available in black (shown) and light gray.

Aluminum rail capped with a stainless-steel track allows the seat to move smoothly and facilitates full leg involvement in the rowing stroke Frame lock enables easy separation for transport and storage

Low-maintenance, nickel-plated chain

Ergonomic handle allows for natural arm and hand positions

Spiral damper controls airflow to the flywheel, allowing users to choose the feel of the stroke

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Flexfoot[™] footrests adjust for quick and easy sizing

Caster wheels make it mobile

PM5 Performance Monitor

Adjustable monitor arm

Separates easily into two parts for storage.

easily	Length	Width	Seat Height	Weight	Space Required For Use	Stored Dimensions	Weight Capacity
rts	96 in	24 in	14 in	57 lb	9 ft x 4 ft	25 in x 33 in x 54 in H	500 lb
	244 cm	61 cm	36 cm	26 kg	274 cm x 122 cm	63.5 cm x 83.8 cm x 137.2 cm H	227 kg