

# R300 Endurance Rower

ENDURANCE  
by Body-Solid

## Display Console

The interactive console reports on time, heart rate, calories, paddle width, stroke rate, distance cycle and watts and is Polar compatible. 8 different exercise programs -Quick Start, Distance, Time, Calories, Game, Intervals (20/10, 10/20, 10/10) are also built into the console.



## R300 Endurance Rower

The Endurance by Body-Solid R300 Indoor Rower delivers an effective low-impact cardio and total body workout. Not only does the rowing movement provide users with high-intensity calorie-burning cardio but works quadriceps, hamstrings, abdominals, obliques, lats, biceps, triceps, hip flexors and more.

User-controlled air resistance puts users in full control for a balanced and coordinated workout. The R300 is a self-generating machine eliminating power requirements for peak energy efficiency in home or commercial settings. A precision-engineered flywheel design minimizes noise. Nickel-plated chain offers unmatched durability in even the most intense environments.

Dimensions: 95.1”L x 24.4”W x 39.8”H

## Special Features

- User-controlled air resistance wheel responds to your level of intensity
- Self-generating machine eliminates power requirements
- Flywheel design minimizes noise
- Easily separates into multiple pieces for easy storage

## Warranty



Frame & Welds .....	15 Years
Parts .....	3 Years
Electronics (Excludes Batteries) .....	2 Years
Wear Parts .....	6 Months
Labor .....	1 Year