

AIR ROWER 3.0

AR-3GL



Optional
Bluetooth/ANT+



The overall pull of the Xebex Rower 3.0 runs smoother with every pull, eliminating the aggressive startup pulls that force athletes out of their range of motion. As the athlete builds momentum, each pull becomes smoother.

CONSOLE

- Self-generated backlight
- Tracks and displays performance metrics, including distance, speed, calories, heart rate, and more
- Programmable interval functions
- Set distance time tracking

ROWER SPECIFICATIONS

- Net Weight: 43 kg (95 lbs.)
- Ship Weight: 50 kg (110 lbs.)
- Ship Dimensions: 146 x 66 x 38 cm
- Assembled Dims: 251 x 49 x 115 cm
- Folded/Storage Dimensions: 90 x 49 x 90 cm
- Max user weight: 227 kg (500 lbs)

55" MONORAIL

Angled for consistently smooth movement

USER-FRIENDLY CONSOLE

Backlit, tracks heart rate when connected to a HR monitor, includes customizable and preset functions

DAMPER

Universal resistance setting that mimics rowing in water; suitable for athletes of all skill levels

ERGONOMIC SEAT

Padded and contoured for maximum comfort

21" HIGH BASE

Swift entry and exit

PADDED HANDLEBAR

Lightly padded bamboo handle ensures a firm and comfortable grip

FOOTING ADJUSTMENT

Adjustable length and width

EASY STORAGE AND TRANSPORT

Tilt up and wheel away for storage



XEBEX

FITNESS