



AIR RESISTANCE ROWING MACHINE

Full-body cardio that scales with your effort

The Force USA R3 Air Rower delivers a smooth, full-body cardio workout that closely replicates the feel of real on-water rowing, with 10 levels of air resistance and a heavy-duty steel chain drive. Its ergonomic handles, padded seat and reinforced frame combine comfort with commercial-grade durability, while transport wheels and a foldable footprint make it easy to store.

FEATURES

- ✓ 10-level air resistance with adjustable damper
- ✓ Heavy-duty steel chain drive, low maintenance
- ✓ Elite performance monitor, Bluetooth & Kinomap
- ✓ Foldable design with transport wheels

EQUIPMENT SPECIFICATIONS

Power	Battery powered
Drive System	Low maintenance, High durability Steel Chain
Resistance	1-10 damper levels (manual)
Display	Elite performance monitor
Program	8 pre-set programs
Measures	Strokes per minute, time, distance, cycle, calories and watts
Heart Rate Monitor	Compatible with Bluetooth (chest strap not included)
Connectivity	Bluetooth
Compatible Fitness Apps	Kinomap
Device Holder	Yes
Foldable Design	No
Transport Wheels	Yes
Floor Level Adjustment	Yes
Extra Features	Environmentally-friendly coating on grip handles. Molded foam with commercial vinyl seat. Adjustable footrest with secure strap.
Installation	Included
Dimensions (Open)	240 (L) x 105 (W) x 65 (H) cm
Dimensions (Folded)	Upright Storage: 65 (L) x 105 (W) x 240 (H) cm / Able to store in 2 pieces
Product Weight	45kg (99lb)
Max User Weight	200kg (441lb)