

AIRROWER ELITE

THE PREMIER ELITE ROWING MACHINE



WORKOUT WITHOUT LIMITS

The Assault AirRower Elite takes rowing to the next level. The fan-based resistance and dual stage drive provide a smooth feel, with a large, capable console that is easy to see and a comfortable, sweat-proof seat. The AirRower Elite targets the upper and lower back, the upper and lower legs, triceps, pecs, deltoids, obliques, glutes, and abs with a workout that is great for High Intensity Interval Training, cardio, or endurance training.

PRODUCT SPECIFICATIONS



Programmable Console:

- 20/10 Interval
- 10/20 Interval
- Custom Interval
- Goal Programs
 - Distance
 - Calories
 - Heart Rate
 - Time

Console Feedback:

- Large readouts
- Time (total and segment)
- Pace
- Distance
- Rate
- Calories
- Heart Rate

Bluetooth Connectivity

Specifications:

- Dimensions Assembled: (L x W x H)
 - 92.5 x 20 x 48.5 in
 - 235 x 51 x 123 cm
- Boxed Dimensions: (L x W x H)
 - 66.9 x 12.6 x 39.4 in
 - 170 x 32 x 100 cm
- Weight
 - Assembled: 125 lb / 56.7 kg
 - Boxed: 144 lb / 66 kg
- User Weight Capacity: 350 lb / 158.8 kg
- Compatible With Most Uncoded 512K Heart Rate Transmitters



KEY FEATURES

- 1 The AirRower Elite is completely manual, with no electric consumption
- 2 Multi-grip handle enables single-handed exercises
- 3 Unique locking seat feature allows for additional exercise modalities to keep exercisers engaged
- 4 Easy-to-read console features large font, push buttons, and eight pre-programmed workouts
- 5 Comfortable, sweat-proof ergonomic seat
- 6 Solid steel constructed foot pedals
- 7 Stores upright to save floor space when not in use
- 8 Integrated transport wheels and handle make it easy to move
- 9 Dual stage chain and belt drive for a smooth feel
- 10 Built-in windscreen



Precor is an Authorized Distributor of the Assault AirRower Elite

LEARN MORE AT: [GO.PRECOR.COM/AIRROWER](https://go.precor.com/airrower)

*With compatible heart rate transmission strap, chest strap not included.
Visit [Precor.com](https://www.precor.com) for warranty terms.
©2019 Precor Incorporated

PRECOR | **ASSAULT FITNESS**
AUTHORIZED DISTRIBUTOR