

## MEET THE ASSAULTROWER PRO

The Assault Rower Pro is the next addition to complete your gym set up. Like all Assault Fitness products, this machine is human-powered, granting you the freedom to train both indoors or outdoors – you choose. When not in use, the console easily folds down and the rower is stood upright for compact storage. Being exceptionally smooth, durable, and versatile, this rower is the complete package at an excellent price.



## AN EXCEPTIONAL WORKOUT

Perfect for HIIT, cardio, and endurance training, the Assault Rower Pro provides a total body workout that is second-to-none. Training on the Assault Rower Pro is completely scalable. From the average gym-goer to an elite athlete, it will challenge and tone any physique. The new generation console makes it easy to train with both pre-programmed or customized workouts, suitable for all fitness levels.

- ✓ Built-In Handle and Transport Wheels
- ✓ Console Folds Down and Unit Stands Upright for Easy Storage
- ✓ Digital Console with ANT Connectivity and On-Board Training Programs
- ✓ Tracks Time, Distance, 500M Pace, Rate (Strokes Per Minute), and Calories
- ✓ Uses No Electricity - Low Carbon Foot Print



### DIMENSIONS & WEIGHT ASSEMBLED

ALL(in)	L(in)	W(in)	H(in)	WT(lb)
92L x 22W x 45H	92	22	45	109