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# Features

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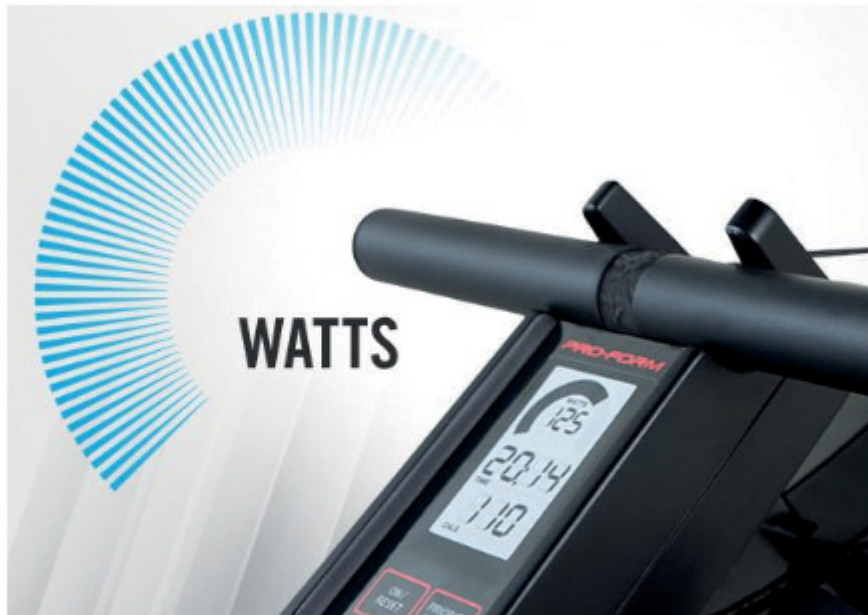
## Progress from Easy to Intense Resistance

### Adjustable Air Resistance

With the adjustable air resistance mechanism, the 550R rower simulates the resistance you would feel if you were moving through water. You get all the fitness results of rowing without the sunburn.

Simply adjust the handle from light to heavy resistance to get the feel you want. And as a bonus, the flowing air is directed back at you to keep you cool as you exercise.

- **Handle Adjusts from Light to Heavy Resistance**
- **Built-In Fan Cools as You Go**



## See Your Progress with Each Stroke

### Large LCD Window

Glance at your workout progress as you row. You'll see key stats like strokes per minute, total strokes, distance, time, and calories burned.

Set workout goals before you begin. Then watch progress happen with each stroke.

- **LCD Display**
- **Key Stats At-a-Glance**



## Fold it up and walk away—in one easy step.

### SpaceSaver® Design

Fold it up and walk away—in one easy step. With our SpaceSaver® design you free up precious floor space in seconds. Because when you're done, you're done.