

Features



Double the Benefits Strength Station and Rower in One

Combine your cardio and strength training when you utilize the low pulley station and rower. This dynamic machine helps you achieve total fitness.

- Rower
- Low Pulley Station



Light to Heavy Resistance 8 Resistance Levels

Start light and progress to heavy resistance with eight levels. The 440R is ready to push you to a new definition of fit.

- 8 Digital Resistance Levels
- Light, Medium, and Heavy



Ergonomic Design Soft Touch Ergonomic Handle

This non-slip handle is ergonomically designed to cut down on fatigue and offer a comfortable workout experience with the added padding.

- Non-Slip Handle



Watch Your Progress Large LCD Monitor

Measure your training progress at a glance. With this large LCD monitor, you can keep an eye on your strokes per minute, total strokes, distance, time, and calories burned.

- LCD Monitor