

Row Above and Beyond



A Full-Body, Trainer-Led Workout in Your Home

Stay home and row alongside personal trainers to experience a full-body workout that only a ProForm® can deliver with the 750R Rower. Train with a combination of cardio and strength to burn calories and increase muscle, without having to go to the lake or gym.

Interactive Personal Training Right Inside Your Home

1-Year iFit® Coach Membership Included*



Interactive Training Sessions

iFit rowing trainers move your transformation forward by interacting with and controlling your rower's resistance.



Streaming Global and Studio Class Workouts

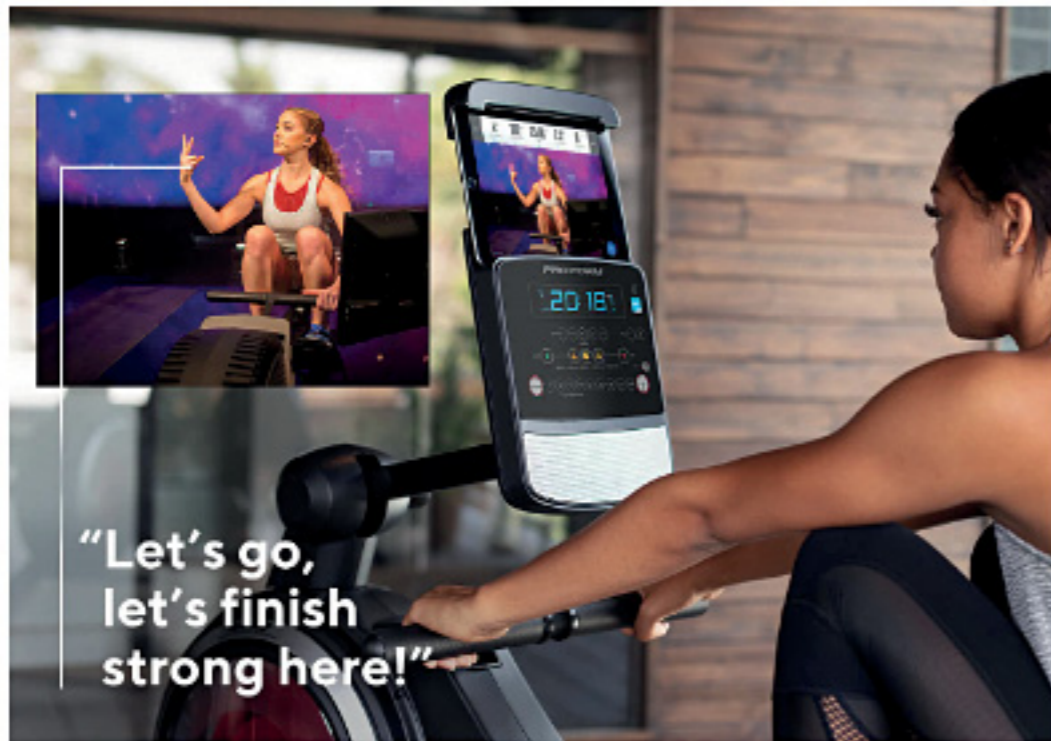
See the world while you row—or get pushed in a studio class—all while being led by a personal trainer in your home.



Connected Fitness Tracking

Track your progress as every rowing session is automatically recorded and even used to influence future exercises and nutrition plans.

Row for the Burn—the Workout You've Been Waiting For



Automatic, Adjustable Resistance

Let personal trainers guide you toward a full-body workout at the push of a button. Follow along as they change the resistance of your rower automatically, letting you focus on your workout without any disruptions.



Peaceful Paddling

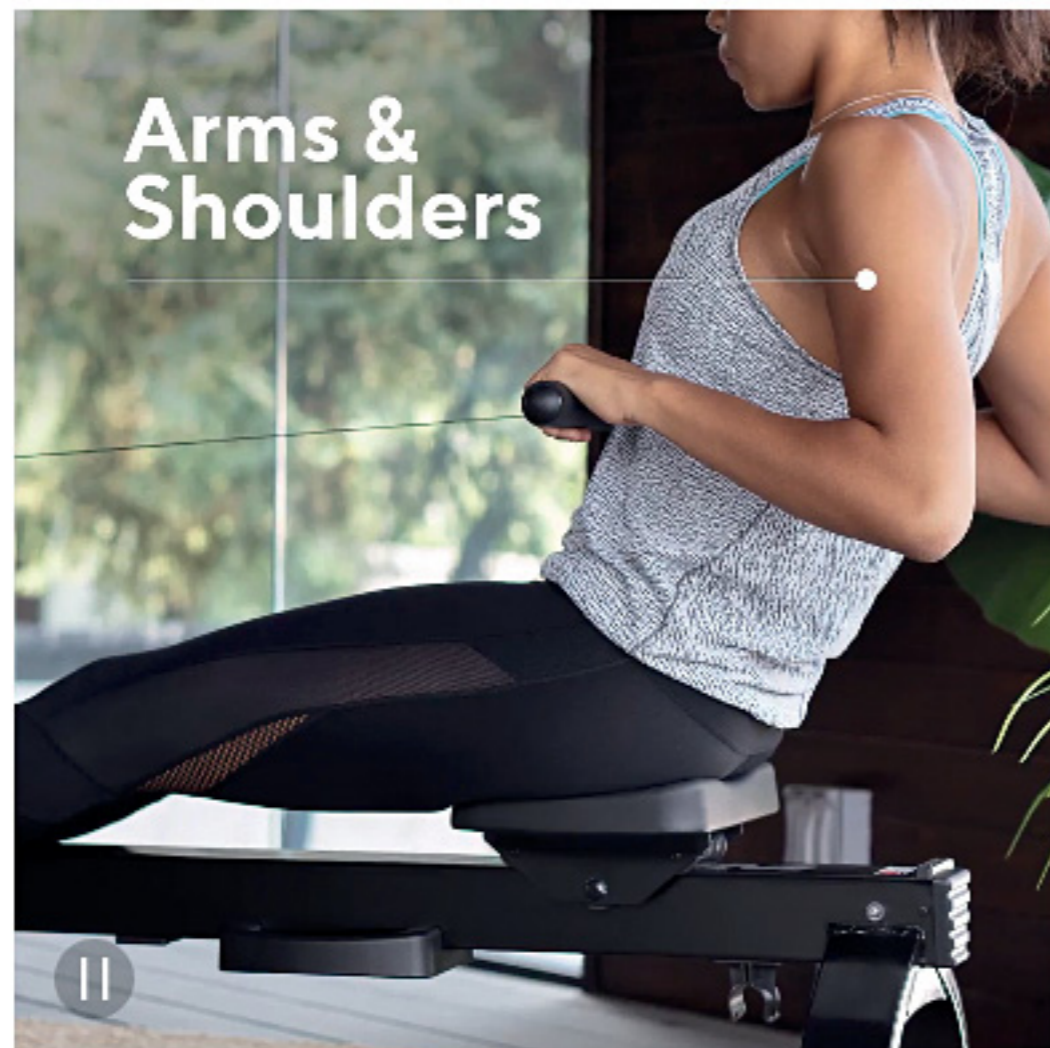
This machine was made to keep the peace in your home. With SMR™ Silent Magnetic Resistance, your workout is quiet and smooth, so you won't disturb anyone else around you.



Get into Shipshape

Work the Muscles You Forgot You Had

Along with providing a great cardio workout, rowing with the right form targets up to 14 areas of your body with every full stroke.



Arms & Shoulders

Arms & Shoulders:

- Biceps
- Triceps
- Forearms
- Shoulders
- Deltoids

Core & Back:

- Lats
- Lower, Mid, and Upper Back
- Abdominal

Lower Body:

- Glutes
- Hamstrings
- Quads
- Calves



Lift and Fold

The 750R was designed and engineered with your living space in mind. The time-saving and fitness benefits of a rower in your home are incredible, but allocating just over 7 feet to a machine can be a sacrifice. Thankfully, the 750R was built with a unique SpaceSaver® Design that allows it to simply fold up for a much smaller footprint.



Move with Ease

One of the best parts about having your own rower in your home is that you can put it anywhere you'd like. Feel like rearranging your home gym? Want to put it somewhere else? The 750R makes it easy to roll around the room with the front-mounted transport wheels. Just lift up the back end and place your machine in the perfect spot.

A Stroke of Genius



Secure Tablet Holder

Follow your trainer on your tablet and keep it secure inside the built-in tablet holder. The entire console easily adjusts vertically to give users of all heights the perfect viewing angle. Tablet not included.