

hydrow™

LIVE OUTDOOR REALITY™ ROWER

For more information visit hydrow.com



Experience the Difference

Feel like you've joined a real crew rowing as one on the water, accompanied by stunning visuals from locations on rivers in Miami or Boston. Wherever you're headed on your fitness journey, Hydrow can help you get there.





LIVE+ON-DEMAND ROWS

Rowing is the most efficient and effective form of exercise you can do. Engage 86% of your muscles with the best low-impact workout for your body.



TOTAL BODY FITNESS

With hundreds of on-demand workouts and new rows filmed live daily, there are virtually endless ways to work out with Hydrow. Also take advantage of the pivoting screen for On the Mat content.



ELITE ATHLETES

Hydrow workouts are led by world-class athletes, including some training for the U.S. National Rowing team. They'll push and inspire you to get the most out of your workout.



POWER OF TEAM

Hydrow captures the same team dynamic people experience when rowing on the water creating a sense of community and belonging, while also driving accountability and competition.

Hydrow's Technology, Features, and Specifications

Specification	Measurement
Dimensions	Approx. 86"L x 25"W x 47"H (or 2184mm L x 635mm W x 1194mm H)
Stored Dimensions*	25" x 33" and 86" high (or 635mm x 838mm and 2184mm high) *Attachment needed for vertical storage
Hydrow Weight	Approx. 145 lbs (or 65.8kg)
Height Limit	Fits up to a 36" inseam (or 914mm)
Weight Limit	Holds up to 375 lbs (or 170kg)
Connections	Bluetooth, WiFi (10 mbps recommended), Ethernet (optional)
Heart Rate Monitoring	Bluetooth enabled
Screen Size	22" (or 558.8mm)
Screen Resolution	1920 x 1080 Full HD
Screen Sweat and Dust Resistance	IP52
Screen Touch Technology	PCAP
Electrical	120-volt standard outlet
Microphone	Included
Speakers	Amplifier x2 channel, 3W, 8 ohms, front facing for immersive experience

Specification	Measurement
Camera	2 megapixels
Resistance Mechanism	Quiet, microprocessor-controlled resistance that adjusts 240 times per second
Seat	Ergonomically designed seat with advanced cushion system
Seat Height	Designed for easy-on-and-off
Seat Rollers	10-roller system for a lifetime of extra smooth operation
Feet	Soft rubberized feet to protect floors from scratches
Monitor Pivot	Screen pivots 25 degrees in each direction for classes off the machine
Monitor Fold	Monitor folds flat for storage
Monitor Angle Adjustment	Monitor adjusts 15 degrees for the perfect viewing angle
Foot Stretcher Adjustment	Easy adjustment for correct foot placement
Handle	Ergonomic design for easy grip
Handle Strap	High quality webbing for super smooth and quiet operation
Materials	Aluminum and steel frame with flat anthracite polymer body



Every row with Hydrow supports a lifetime of safe water for a person that needs it most. You know just how important water is to a healthy body and a fulfilling life. For every 60 days rowed, Hydrow donates to [Water.org](https://www.water.org) helping the organization continue their mission of bringing water and sanitation to the developing world. Feel good about the work you're putting into bettering yourself and the world around you.