# VAPOR Rō



Redefining rowing. TRUE's Rō merges sleek design with advanced functionality, offering dual resistance through fan and magnetic brakes for a challenging workout. Its selfpowered console provides real-time metrics, while the MultiGrip handlebar ensures comfort and varied motion, transforming indoor rowing into an invigorating experience.

#### FEATURES

- Quick-release foot strap
- Dual resistance fan and magnetic brake
- MultiGrip handlebar
- Enhanced console featuring a calorie meter
- Comfort seat
- Oversized handlebar catch
- Small footprint

### SPECIFICATIONS

DIMENSIONS (L x W x H) 94" x 24" x 47" / 239 cm x 61 cm x 119 cm

PRODUCT WEIGHT 129 lbs / 58 kg

COLOR Matte Black

## CONSOLE

The oversized 7-inch backlit LCD console makes performance tracking effortless with clear, real-time metrics like strokes per minute, watts, distance, time, calories, and heart rate. A dynamic calorie meter displays both current and peak efforts side by side encouraging users to push further with every stroke. Multiple hand positions facilitate greater comfort, variety, and more activation of chest, back, and arm muscles. meter, plus real-time performance metrics, to motivate exercisers to work hard.

This 7" backlit LCD monitor

features a dynamic calorie



Combined fan and magnetic brake resistance provides a broader range of intensity levels to accommodate everything from easy rows to grueling HIIT sessions.

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This patented design enables exercisers to quickly insert their feet and pull up on the handle for a secure fit. A simple push of a button releases the strap for an easy exit.

TRUE FITNESS PREHIUM COMMERCIAL FITNESS EQUIPMENT SINCE 1981 LCD CONSOLE



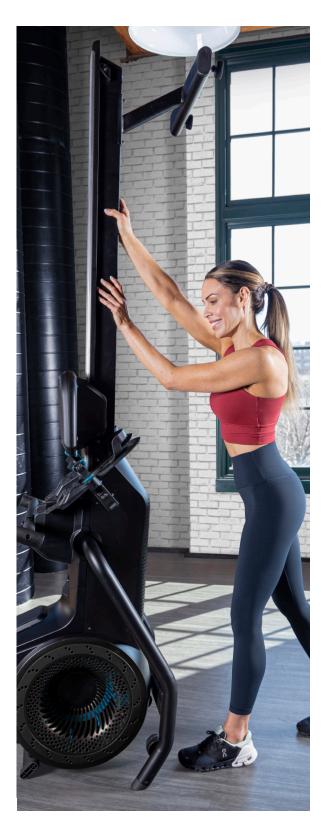
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#### **VAPOR Rō**

| TECHNICAL SPECIFICATIONS | Power Source                        | Self-Generating   |
|--------------------------|-------------------------------------|---|
|                          | Dual resistance                     | Fan and magnetic brake  |
|                          | Quick-release foot straps           | Yes   |
|                          | Storage                             | Yes   |
|                          | Compact design                      | Tilt up   |
|                          | Handlebar strap                     | Belt  |
|                          | Handlebar docking station           | Yes   |
|                          | Handlebar Design                    | MultiGrip   |
|                          | Asset Management                    | Ecofit  |
| AVAILABLE CONSOLES       |                                     | Standard Rō Console   |
| CONSOLE FEATURES         | Display Type                        | 7" backlit LCD  |
|                          | Resistance Levels                   | 10  |
|                          | Calorie burn meter                  | Yes   |
|                          | Wireless heart rate ready           | ANT+ $^{\circ}$ and Polar $^{\circ**}$  |
|                          | Bluetooth® compatible               | Heart rate only   |
| WORKOUTS                 | PRESET PROGRAMS                     | Quick Start, Max 14 Interval, Interval, Calorie Goal,<br>Distance Goal, Max CiRCUIT |
| EXTRAS                   | Accessories                         | Water Bottle Holder, Mobile Device Holder   |
| PHYSICAL SPECIFICATIONS  | Footprint                           | 94" x 24" x 47" / 239 cm x 61 cm x 119 cm   |
|                          | Machine Weight                      | 129 lbs / 58 kg   |
|                          | Shipping Weight                     | 150 Lbs / 68 kg   |
|                          | Shipping Dimensions                 | 53"x 34"x 19" / 135 cm x 86 cm x 48 cm  |
|                          | Maximum User Weight                 | 350 lbs / 160 kg  |
|                          | Seat Height                         | 17" / 43 cm   |
|                          |                                     | 53" / 135 cm  |
|                          |                                     | 93" / 236 cm  |
|                          | Portability                         | 2 Front Transport Wheels  |
| COMMERCIAL WARRANTY      | Frame                               | 5 Years   |
|                          | Parts                               | 3 Years   |
|                          | Labor                               | 1 Year  |
|                          | Consoles                            | 2 Years   |
|                          | Warrantias outside the U.S. and Car |   |

Warranties outside the U.S. and Canada may vary - Please contact your dealer for details. Specifications subject to change without notice. \*\*Optional Polar® uncoded active over 5k Hz





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