



# TOUGH SERIES ROWER

Whether you're racing live against your peers, trying to out-row world-class athletes in "Pros vs. Joes" or being chased by sharks, Aviron's Tough Series Rower will put an end to boring workouts and have you coming back for more.



## WORKOUT OPTIONS



### VIRTUAL DESTINATIONS

 Row through the world's most scenic destinations.

### PROGRAMS

 Guided workout programs designed by professional trainers and athletes.

### GAMES

 Outrun hungry wolves! Escape from zombies! And many more!

### COMPETITION

 Compete within your community for all the bragging rights.

### PROS vs. JOES

 Compete against professional athletes and Olympians.

### PERFORMANCE

 Data-driven workouts that torch calories and build and tone muscle.

# SOFTWARE FEATURES



## WATCH VIDEO TUTORIALS

Worried you won't know what to do? Our videos teach you proper exercise technique to maximize your workouts.



## MONITOR YOUR HEART RATE

Sync with your Bluetooth heart rate device to help you stay in your peak target zone for a more efficient workout.



## LEADERBOARD

Discover who the top performers are on our global leaderboard.



## EARN ACHIEVEMENTS

Achievements are mini rewards to keep you inspired and motivated.



## PERSONALIZED WORKOUTS

Select personalized workouts to improve cardiovascular performance or increase strength, speed, and muscle.



## ADD AND FOLLOW FRIENDS

Add, follow, and challenge friends. Keep track of each other's successes through the comprehensive profile to stay motivated.



## TOP 3 FINISHERS

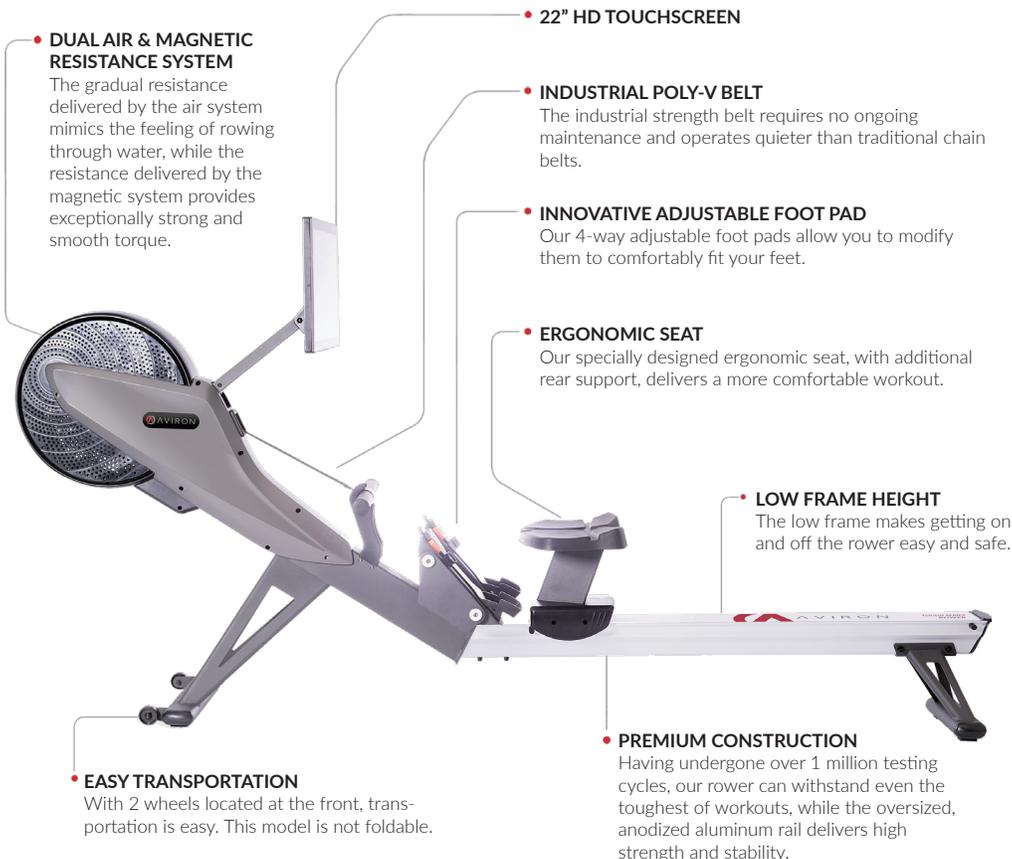
Finish a workout in the top 3 and celebrate by posting a victory photo!



## TIMED WORKOUTS

Workouts range from 2 to 40 minutes in length, making it easy to fit workouts into your busy schedule.

# ROWER TECHNOLOGY



## ROWER

**FRAME**  
High strength aluminum

**RESISTANCE**  
16 level dual air & magnetic system

**BELT**  
Whisper Poly-V belt

**SEAT**  
Ergonomic seat with extra rear support

**DIMENSIONS**  
249.5 x 53 x 111 cm

**WEIGHT**  
125LBS / 56.5KG

**MAX USER WEIGHT**  
507LBS / 230KG



## TOUCHSCREEN

**SCREEN**  
22" 1080P touchscreen

**PROCESSORS**  
ARM 2.0Ghz dual core & 1.5Ghz quad core

**GRAPHICS**  
ARM Mali-T864 GPU

**MEMORY**  
4GB RAM

**STORAGE**  
32GB eMMC flash

**OS**  
Android 7.0

**WIFI**  
802.11 b/g/n/ac

**BLUETOOTH**  
4.1

**CAMERA**  
2 megapixel front-facing

**SPEAKERS**  
2x2 watt stereo

**CERTIFICATIONS**  
FCC, CE & IC