

Redefining rowing. TRUE's Rō merges sleek design with advanced functionality, offering dual resistance through fan and magnetic brakes for a challenging workout. Its self-powered 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.



This 7" backlit LCD monitor features a dynamic calorie meter, plus real-time performance metrics, to motivate exercisers to work hard.



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



Multiple hand positions facilitate greater comfort, variety and more activation of chest, back and arm muscles.



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.

LCD CONSOLE



Rō RESIDENTIAL

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
AVAILABLE CONSOLES		Standard Rō Console
CONSOLE FEATURES	Display Type	7" backlit LCD
	Resistance Levels	10
	Calorie burn meter	Yes
	Wireless heart rate ready	ANT+® and Polar®**
	Bluetooth® compatible	Heart rate only
WORKOUTS	PRESET PROGRAMS	Quick Start, Max 14 Interval, Interval, Calorie Goal, 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
	Rail length	53" / 135 cm
	Storage height	93" / 236 cm
	Portability	2 Front Transport Wheels
RESIDENTIAL WARRANTY	Frame	5 Years
	Parts	3 Years
	Console	2 Years
	Labor	1 Year
	Wear Items	90 Days

**Optional Polar® uncoded active over 5k Hz. Specifications subject to change without notice.



truefitness.com | 800.426.6570 | 636.272.7100

©2025 TRUE Fitness Technology, Inc

REV 5-27-2025