

FREEMOTION + iFIT

8 SERIES



MODEL // **FMRW0826**

***r8* ROWER**

The r8 Rower and the iFIT Train Membership's workout technology put results within your community's reach. iFIT tracks performance and automatically changes the 26 resistance levels to exactly what your users need, so every workout is personalized to them. The Silent Magnetic Resistance™ offers a smooth and quiet rowing experience designed for a fluid full-body workout



r8 ROWER

POWERED BY iFIT

iFIT brings its roster of iFIT Trainers and over 10,000 smart workouts and personalizes them to users' goals.

ULTIMATE TRAINING VARIETY

26 levels of digital resistance deliver the right workout. From recovery to high intensity, users can choose the digital resistance they need to match their goals.

PIVOTING 24" TOUCHSCREEN

The pivoting 24" touchscreen allows you to turn the screen so you can always see your workout. Follow expert iFIT Trainers in workouts off the rower, including strength, yoga, HIIT, and more.

ERGONOMIC-FORWARD FEATURES

Stay comfortable from start to finish with an ergonomic seat, soft grip handles, and wide foot pedals that pivot with your rowing motion.

EASY TO MOVE

Maximize your space with the front-mounted transport wheels that make it easy to move the rower.

SMARTADJUST™

The r8 automatically matches the resistance of the iFIT workout. SmartAdjust™ takes it further and personalizes each workout to a rower's fitness level based on in-workout adjustments they make.

STREAMING SERVICES

With iFIT, you have access to streaming services directly on the 24" HD touchscreen. Pivot and tilt the screen for the perfect viewing angle, and work out to your favorite movies, shows, and music.

CHART A COURSE

Powered by iFIT, Google Maps™ lets users map a route of waterways around the world as iFIT automatically adjusts the machine's resistance.

HEALTH DATA IN ONE PLACE

iFIT syncs with Strava, Garmin, and Apple Health, so your community can store all of their fitness data in one place.

ON-THE-GO CHARGING

Convenient USB-C charging port for users to power their devices while working out.

SPECIFICATIONS

Display Type	24 in / 61 cm High-Definition Capacitive Touchscreen
Resolution	1080p
Controls	Touchscreen, Precision Quick Speed Controls
Workout Metrics	Watts, strokes per minute, total strokes, time, calories, distance, 500 m split
Number of Programs	Thousands of Global Workouts and Studio Classes with iFIT
Preset Programs	Limitless iFIT Training Options
Google Maps	Enabled
Console Language(s)	English
Featured Languages	EN, DE, ES, FR, IT, PT, NL, CH
Additional Options	Quick-start Manual Mode
Recommended Internet Connection	Dedicated Ethernet - Cat 6
Ethernet Requirements	Cat 6 Preferred (Cat 5e or higher required)
WiFi Connection	2.4 / 5 GHz (Dedicated Ethernet Strongly Recommended)
WiFi Requirements	Dedicated 10 Mbps
Audio Connections	Bluetooth Compatible
Pedals	Oversized pivoting pedals with adjustable nylon foot straps
Resistance System	SMR Silent Magnetic Resistance
Heart Rate Monitoring	Bluetooth heart rate monitor connectivity
Workout Fan	No Fan
Accessory Charging	USB-C Charging Port
Grips	Soft touch ergonomic handle
Transport Wheels	Front mounted transport wheels
Unit Options	Imperial or metric
Power Options	10-120 VAC, 3 Amp 220-240 VAC, 1.5 Amp
Maximum User Weight	350 lbs / 158.7 kg
Resistance Levels	27 levels
Product Dimensions L x W x H	80 x 21.8 x 52.7 in 203 x 55 x 159 cm
Product Weight	136 lbs / 61.5 kg
Shipping Dimensions L x W x H	83 x 10 x 34.5 in 37.5 x 4.5 x 15.5 cm
Shipping Weight	158 lbs / 71.5 kg
Power Requirements U.S. & Canada	110-120 VAC, 15 Amp, Dedicated Circuit
Power Requirements International	220-240 VAC, 10 Amp, Dedicated Circuit
Warranties	Frame 7 Years Parts & Console 3 Years Labor 3 Years Cosmetic & Wear 6 Months