



PROFORM SPORT RL

SKU: PFRW48120-INT

PRO-FORM



Row Above and Beyond



A Full-Body, Trainer-Led Workout in Your Home

Stay home and row alongside personal trainers to experience a full-body workout that only a ProForm® can deliver with the Sport RL Rower. Train with a combination of cardio and strength to burn calories and increase muscle, without having to go to the lake or gym.

Row for the Burn—the Workout You've Been Waiting For



Automatic, Adjustable Resistance

Let personal trainers guide you toward a full-body workout at the push of a button. Follow





along as they change the resistance of your rower automatically, letting you focus on your workout without any disruptions. (The model presented is the 750R. The images do not reflect what the real product looks like.)

Peaceful Paddling

This machine was made to keep the peace in your home. With SMR™ Silent Magnetic Resistance, your workout is quiet and smooth, so you won't disturb anyone else around you.



Arms & Shoulders:

- Biceps
- Triceps
- Forearms
- Shoulders
- Deltoids

Core & Back:

- Lats
- Lower, Mid, and Upper Back
- Abdominal

Lower Body:

- Glutes
- Hamstrings
- Quads
- Calves



Lift and Fold

The Sport RL was designed and engineered with your living space in mind. The time-saving and fitness benefits of a rower in your home are incredible, but allocating just over 7 feet to a machine can be a sacrifice. Thankfully, the Sport RL was built with a unique SpaceSaver® Design that allows it to simply fold up for a much smaller footprint.



Move with Ease

One of the best parts about having your own rower in your home is that you can put it anywhere you'd like. Feel like rearranging your home gym? Want to put it somewhere else? The Sport RL makes it easy to roll around the room with the front-mounted transport wheels. Just lift up the back end and place your machine in the perfect spot.

ADDITIONAL INFORMATION

More Information

Panel Design
Product Weight
Product Dimension
More Information
Max Load
Warranty

5" High-Contrast Display
45kg
221 x 56 x 119 cm (L x W x H)
SpaceSaver® Design
115kg
1 year