Spot Type: C Mid-Roll :60 (unless otherwise noted)

Please contact copy@midroll.com with any questions

Notes

• Have fun with the read and please speak authentically about how much you love Hydrow!

EVERGREEN

Introduction

• Hydrow is an elegantly designed in-home rowing machine with a 22-inch HD touchscreen that offers live outdoor classes PLUS a growing on-demand library of over 1,500 workouts

• Join world class rowing athletes and on-the-mat instructors who guide you through workouts in stunning locations so you can experience the outdoors from the comfort of your home

Overview

• Hydrow transports you to waterways around the world, with classes filmed in places like [PICK FROM: London, Scotland (specifically Loch Ness), Austin, Boston, Miami, Naples, San Francisco]

• Hydrow provides a full-body workout by engaging 86% of your muscles – nearly double what you get from cycling or running

• And it's more efficient – you'll get a better workout in half the time

• Rowing is also much less straining on the physical body – it's easy on your joints and even promotes bone density

• Designed to be smooth and quiet, Hydrow makes you feel like you're rowing out on the water and pulls you in with its immersive, beautiful workouts

• Hydrow also offers classes that complement your rowing workouts! Like pilates, strength training, mobility exercises, and yoga

• It's an in-home fitness solution that engages your mind, body, and soul

Personal Experience (Required)

• *Please talk about why your listeners would love Hydrow!*

• *What benefits of Hydrow do you like the most (i.e. more efficient, easier on the joints, feeling like you can escape to other parts of the world, the quality of the instructors, etc)?*

• *If you feel comfortable, please touch on how Hydrow helps with any of your specific health needs*

Call To Action (Required)

- Learn more at **hydrow.com/iweigh** and get $100 off with the code IWEIGH100
- That's **h-y-d-r-o-w dot com slash iweigh** and code IWEIGH100