

The rowing machine allows the toning of:
 the back muscles, as during the exercise the whole back is working
 the leg muscles, as during the exercise the glutes, quadriceps and femoral muscles are working
 the arm muscles, as during the exercise the shoulders, the biceps and triceps are working
 the abdominal muscles work, too, as they coordinate the whole body.



Display



TECHNICAL SPECIFICATIONS

| | |
|-----------------------|--|
| Product code | 184010 |
| Resistance | Magnetic - 8 levels |
| Foldable | Yes |
| Display | 1 LCD window |
| Functions | Time, strokes, distance, calories, pulse |
| Heart Rate Monitoring | Telemetric - Polar belt optional |
| Flywheel | 5 kg |
| Set-Up sizes | 205 x 51 x 64 cm (LxWxH) |
| Folded size | 90 x 51 x 122 cm (LxWxH) |
| Package dimensions | 112 x 27 x 75 cm (LxWxH) |
| Maximum user weight | 120 kg |
| Net weight | 34 kg |
| Gross weight | 41 kg |
| Resistance | Magnetic - 8 levels |

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