

# HEALTHYROWER

whole body rowing machines

## rowing machine

A good quality rowing machine will give you all round results in cardio strength, fat burning and toning, whilst the seated position reduces the stress on hip, knee and ankle joints.

The monochrome training computer displays time, 500m pace, humidity, distance & heart rate with the optional chest strap.

This is a compact but robust machine has a smooth and silent, variable magnetic resistance.



### Model Specification

type	rowing machine
max user weight	135kg
net unit weight	40kg
dimintions (cm)	216 (l) 61 (w) 72 (h)
dimintions (inch)	85 (l) 24 (w) 28 (h)



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