



Black/grey  
is the standard colour,  
but all RAL colours  
are available.

## Rower

Description of materials	Metal construction, welded, blasted, galvanised (or metallised), with epoxy coating
Function	Strengthens the back muscles, the rhomboids, the posterior and anterior shoulder girdle muscles, and the biceps.
Usage	Sit in the seat. Place your feet on the footrests. Take hold of the hand grips and pull backwards, using all of your strength. Next, allow the grips to slowly return to their starting position.

Type	OFS100315
Dim.	139 x 84 x 105 cm
Space	440 x 385 cm
Montage	50 x 50 x 70 cm, must be secured in position with concrete.
Weight	80 kg
Volume	0,7 m <sup>3</sup>



Each piece of equipment has a specific sticker, detailing how to use the equipment in pictogram form and with a warning against improper use (size of the user).

