



Product Description

The rowing motion is considered an important part of any fitness machine as it works so many different parts of the body to build strength. Not only are users pulling their own weight as resistance with their arms, but their legs also have to do work too. For older fitness enthusiasts it assists with mobility and flexibility as they must bend their body forwards and then straighten their backs. Anyone can discover how to use this equipment without any instructions and a low-intensity workout depending on how many repetitions are completed and how quickly they are done. The machine itself is sturdy and fixed to the ground to allow for a vigorous workout and it can be used any time of year owing to its weatherproof design. The Single Station Rower can be placed on its own along a fitness trail or used as part of a set of outdoor exercise equipment to provide variety.

Product Specifications

Price: \$1,486.⁰⁰

Model Number: PFT002

Age Range: 13 years +

Muscle Group: Back

Product Type: Fitness Single

Unit Size: 2' 9" x 4' 8"