

# SUPER ROWING / 1FW004



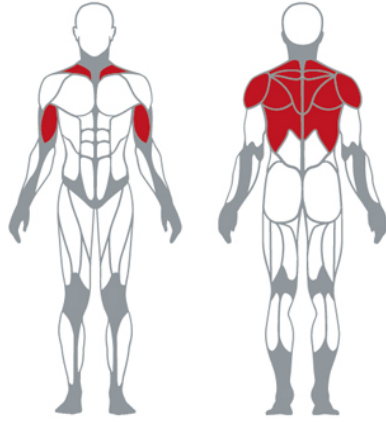
The Super Rowing is specific for training the central part of the back, especially for the development of the muscles thickness in this body part. It stands out for:

- gas assisted height adjustable seat;
- independent levers for mono-lateral or bilateral exercise;
- physiological load curve with levers system;
- multiple handgrips for prone, semi-prone or neutral grips;
- levers for physiological start of the movement;
- fixed central handle to stabilize the body during mono lateral exercise.

## Optional

- 4 additional weight holders.

## MUSCLES



## TECHNICAL SPECIFICATIONS

Width	140 cm
Length	175 cm
Height	115 cm
Weight	190 Kg
Max. Weight	270 Kg

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.