

DATA SHEET ROWING TRAINER

Text for invitation to tender | Item No: 55 1314 401

The rowing trainer strengthens the flexor muscles and those of your shoulders, in particular the rear muscle groups. As you have to stabilize your body without a backrest, muscles of your trunk will be strengthened as well.



TECHNICAL INFORMATION

Dimensions:
Main dimension: 1630 x 840 mm
Height: 1300 mm
Weight: 116 kg
Capacity: acc. to normative requirements

Max. fall height: -
Movement area: 17,71 m²
Required safety slabs: 20,00 m²
Required lawn grating: 20,00 m²
Recommended surface material: grass, synth. impact protection

MATERIALS | SCOPE OF SUPPLY

Fitness equipment, pre-mounted

Tubular frame: stainless steel, V2A
Weights: Ø 270 mm
with spacer made of EPDM caoutchouc,
4 kg-weight 4 pieces
6 kg-weight 2 pieces
Standing area: steel, coated and covered with EPDM granules,
1 piece
Foundation plate: steel, coated
Instruction sheet: stainless steel, aludi-bond
1 piece

INSTALLATION

Foundation: 1

Installation according to our detailed mounting instructions, see www.stilum.com

