

## Single Rower Machine

**MSRP \$1,486.00**

**SALE \$1,144.00**

### Highlights:

- Made of materials that resist outdoor weather
- Rowing motion improves arm, core and back strength
- Designed for the target age range of teenagers and older
- Endurance and cardio health is boosted when using this machine

**Age Group:** Adult

**Footprint:** 2' 9" x 4' 8"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



The Single Rower Machine may not carry your patrons across a river, but it will tone up some important muscle groups. Performing this rowing motion will tone the arms, back and core while providing an excellent cardio workout as well. Just sit on the rotationally molded plastic seat, rest your feet in the steel footholds, grab the handles, pull them towards you and repeat the process; a very simple motion that yields visible results. Whether looking for a couple of easy to use pieces for a community workout trail, a park fitness area or maybe a church outreach program, the Single Rower Machine will provide a multi-muscle workout. For high traffic areas, the Triple Royal Rower might be a better fit for your vision. Whatever a patron's preference, this piece of equipment will provide its users with a sufficient workout that will make them feel better about themselves.