

# Row Trainer™



## HIGHLIGHTS

Capacity	Maximum user weight capacity of 400 lbs [181 kg]
Exercises	Visit <a href="http://TotalGym.com/rowtrainerexercises">TotalGym.com/rowtrainerexercises</a>

## PRODUCT SPECIFICATIONS

In Use	98" x 23.5" x 30" (L/W/H) [2.5 m x .6 m x .8 m]
Floor Space (area)	12 square feet [1.1 square meters]
Unit Weight	98 lbs, 44.5 kg
Construction	Steel with steel reinforced extruded aluminum rails

An ingeniously unique rower that emulates a rowing movement pattern using adjustable bodyweight resistance, the Total Gym Row Trainer produces a full body workout, integrating a strength component into a traditional cardio machine.

The Total Gym Row Trainer targets all the muscles groups simultaneously and enables a smooth consistent load through the entire range of motion, due to loaded concentric and eccentric phases of the exercise.

1. Low compression on the joints, especially the lower spine.
2. Full leg and shoulder strengthening.
3. Exercises can be progressed or regressed to accommodate all fitness levels.
4. The resistance incline can be raised or lowered to adapt to all needs.
5. Designed to adapt to all body sizes.

## COMMERCIAL WARRANTY

Frame - 5 years; Moving Parts (rollers) - 1 year; Rubber - 1 year