

ROWING MACHINE

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Rowing Machine provides a fun way to improve your cardiovascular health and tone your upper body.

1. Sit in the seat with your feet on pedals and hold the handlegrips.
2. Keep your back straight and slowly pull the handles towards your chest using your arms and shoulders.
3. Move the handles back to the start position.
4. Repeat several times to increase your heart rate while keeping your breathing steady.



TriActive America

www.TriActiveAmerica.com

1-800-587-4228

QR Code for Smart Phone



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