

VERTICAL ROWING MACHINE



DESCRIPTION

This machine offers postural rotation support and abdominal stabilization, with a linear pulling action designed to target the back muscles.

It features progressive auxotonic resistance for a more efficient workout.

The "Safety Back" system helps reduce strain on the spine during use.

The handle positioning allows you to effectively train both the back muscles and the rhomboids.

BENEFITS

The machine's lifting motion creates resistance without the need for additional weights.

This movement also provides spinal support and helps stabilize the abdominal muscles throughout the workout.

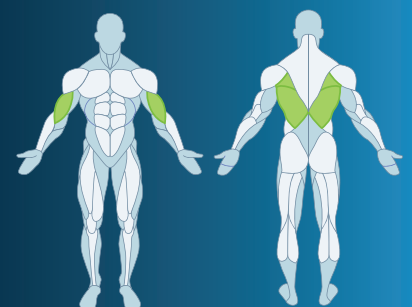
The resistance can be adjusted independently on each side, allowing for customization based on the user's needs.

With auxotonic resistance, which increases progressively, the machine ensures optimal performance throughout the full range of motion, without losing intensity at the most effective execution angles.

The machine's multiple grip options, in combination with the linear lever movement, target different areas of the back muscles and the rhomboids by adjusting the elbow angle in relation to the shoulder.

Muscles trained

Lats - Biceps
Rhomboids - Trapezius



TECHNICAL SPECIFICATIONS

Product Code	RWG - 00236
Resistance System	Canali System
Resistance Levels	20
Differentiated Work (dual selector)	Yes
Assisted Start	No
Minimum/Maximum User Height	150 - 205 cm
Length	106 cm
Width	100 cm
Height	115 cm
Equipment Weight	185 kg

