



OK-H01 Rowing

Description

Bio-healthy station in the form of **Rowing** that allows to increase the strength in the muscles of the upper limbs as well as the pectorals.

Technical characteristics

Function: Strengthens the musculature of the upper limbs as well as the pectoral muscles. Improves cardiopulmonary function

Measures: 1400 x 900 x 830 mm

Use: Sit on the device and place your feet on the pedals. Grab the handles with both hands and simulate the rowing movement. It is recommended to inspire approach the oars and expire when moving them away.

Realization: Always depending on the physical state of the person. They are recommended 5 sets of 20 repetitions each or 3 sets of 30 seconds each, in both cases



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