



## Handle Boat

*Fit in Nature*

Art. no.: Z6002-0000-010

Dimensions: 1355 x 910 x 645mm  
Foundation: 1500 x 1000 x 300mm

The rowing machine is an excellent addition to the other fitness equipment. It is a typical whole-body training machine for improving strength and mobility in the entire body.

This rowing machine works a variety of muscle groups – it particularly strengthens the posterior chain (back). So here is one more way to combat the widespread problem of “back pain”.