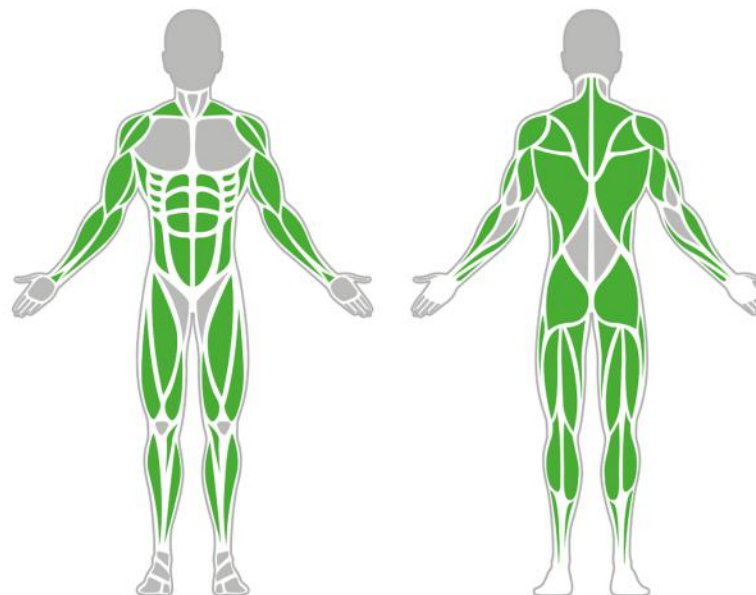


# BESTRONG

 bestrongworld  bestrongworld  global.bestrong.com  info@bestrong.com



## Muscle Groups Focus



### ROWER

A spectacular rowing device for training your entire back muscles, but also arms, shoulders & neck. The mechanism uses your own body weight as lifting weight and the movement is very simple and functional.

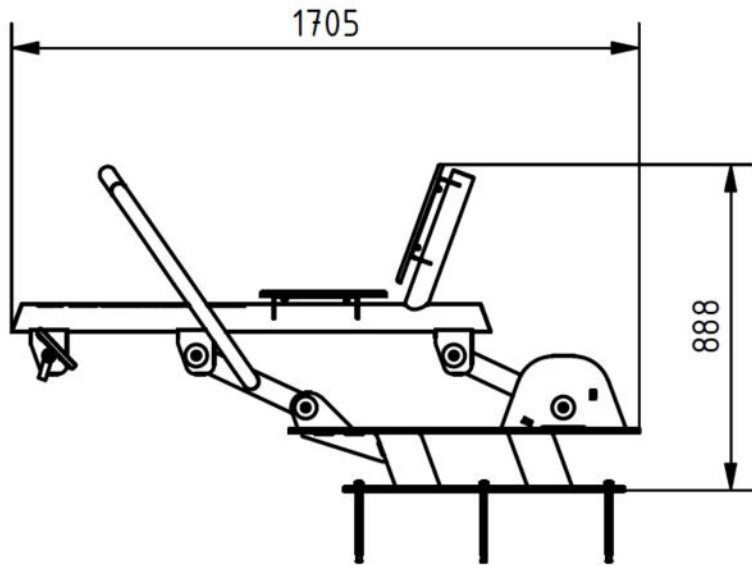
### Attributes

Product code	1-1-312
Certificate	EN 16630
Age group	14 + years
Capacity	1 Person
Max. weight load	130 kg
Type	Strength
Difficulty level	Medium

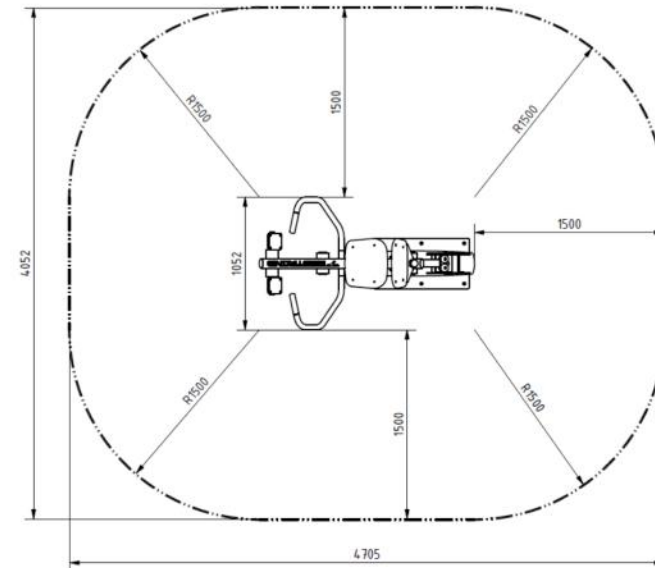
### QR Code



**Side View**



**Plan View**



**Installation information**

Safety surface area	Around 1.5 m radius
Number of installers (concrete)	1-2 people
Total installaion time (concrete)	60-120 minutes
Number of installers (equipment)	min 2 people
Total installaion time (equipment)	90-120 minutes
Excavation volume	0,76 m <sup>3</sup>
Concrete volume	0,76 m <sup>3</sup>
Size of the base structure	1 piece, 0,8x1,2x0,8 m
Anchoring options	Surface mounted

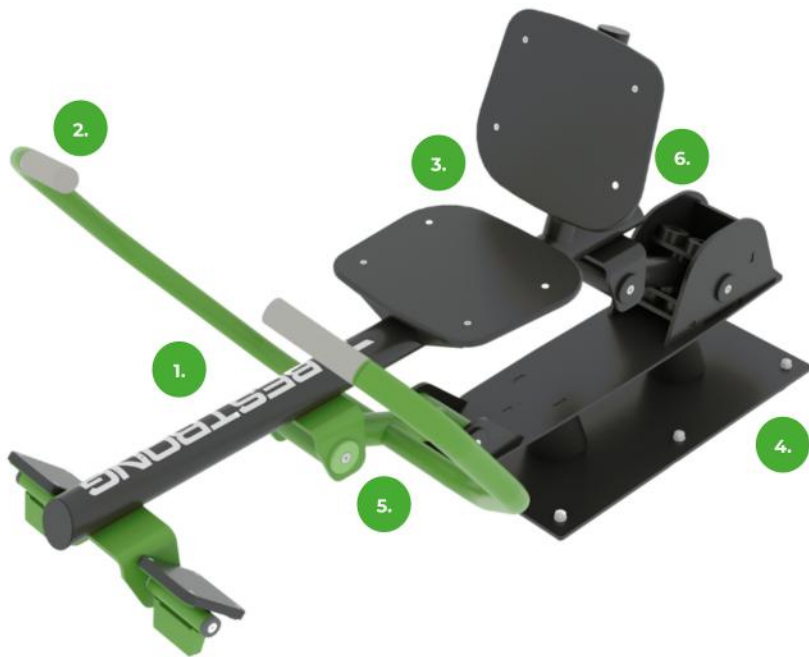
**Technical specification**

Dimensions L / W / H	1705x1052x879 mm
Net weight	103 kg
Column distance	-
Material	S235, KO33
Critic falling height	900 mm
Color options	
For more color options, discuss with your sales representative.	

**Warranty**

Structure	10 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	3 years
Moving parts	2 years
Detailed information in the warranty document	

## Material specification



1. The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



2. At the end of the arms, the handle is rubber-coated for a more comfortable and secure grip.



3. The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.



4. The footrests are made of premium quality non-slip HDPE with a high wear resistance.



5. The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.



6. The bumpers of the devices are made of durable rubber material.

# BESTSTRONG

[f](#) beststrongworld [i](#) beststrongworld [globe](#) global.beststrong.com [envelope](#) info@beststrong.com

