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Self Weighted Rower

Product Code AMVFAF-SWR

Price on Application

*Price stated is for product only.
Contact us for a delivery & installation quote based on your location.*

Dimensions:

Length	1553 mm
Width	962 mm
Height	1085 mm

Key Stage:

KS 3 KS 4



Play Values

This product supports the following areas of child development.

- Stretching & Flexibility
- Strength
- Hand-eye Co-ordination
- Gross Motor Skills

Description

Much like a rowing boat, the Self Weight Rower has been specially designed to provide a total body workout. Sitting in the chair, clasping the handles, users pull back with the arms, extending the body before using the core, legs and arms to pull the body back to a starting position. Improving flexibility, core strength and cardio fitness. Suitable for all abilities, users simply set their own pace.

BENEFITS

- Exercises the arms, legs and core
- Improves balance, coordination and flexibility
- Provides a cardiovascular workout
- Suitable from 11 years +

SAFETY AND COMPLIANCE

Clearly labelled with safety-in-use guidance and with suggested workouts to help students get the greatest benefit.
Produced under ISO9001 for quality standards and management, and conforms to UK safety standards EN1176 / EN16630.

WARRANTY

- 25 year guarantee on structural parts
- 5 year guarantee on paint and finishes
- 2 year guarantee on bearings and moving parts.
- Plastic parts and accessories are covered for 1 year.