

## Royal Double Rower

**MSRP \$4,658.00**

**SALE \$3,584.00**

### Highlights:

- Arms, core and back exercise
- Perfect for a solo or accompanied workout
- Outdoor friendly materials that withstand weather
- Rowing motion for strength building and stretching

**Age Group:** Adult

**Footprint:** 2' 10" x 11' 9"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



Look no further than the Royal Double Rower if a fast and efficient way to lose weight is for you. This piece of exercise equipment offers a great cardiovascular workout, which will help burn calories and improve endurance. Rowing exercises are meant to work muscles in the back, such as the rhomboids, and the upper trapezius. Also, it works the muscles in the arms, such as the deltoids, biceps, and triceps. Lastly, this station works the muscles in the core, such as the erector spinae, obliques, and abdomen. The Royal Double Rower is designed to be used by adult individuals and teenagers. An instructional guide is included on this unit's side, so users will feel confident when using it that they know how to use this fitness equipment properly; ensuring that they get the most out of their workout.