

Rowing Action Exerciser BF7653




Rowing helps develop and strengthen your abs, back, thighs and buttocks, in a smooth, rhythmic, impact-free motion. Enjoy the many fitness benefits! Aerobic conditioning as well as strength training.

- Impact free.
- Comfortable non-slip foot pads.
- Fitness Guide Included.

 **DOWNLOAD
FITNESS GUIDE**

 **PRINT
PRODUCT SHEET**



 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.