

# ROWER (ADJUSTABLE RESISTANCE)



bidirectional resistance

UBX290

Equipped with

**SafeStop**

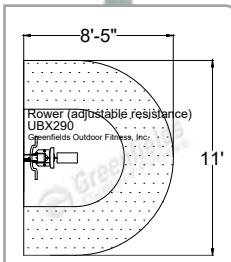


## Strengthens:

- Back
- Arms (biceps, forearms)

Target muscles

Secondary muscles



## VIEW THE VIDEO

[greenfieldsfitness.com/  
adjustable-rower-video.html](https://greenfieldsfitness.com/adjustable-rower-video.html)



*The Greenfields Advantage - this unit incorporates Safe-Stop technology for a workout that's smooth and hazard-free*

