

Play value

Whether juniors, seniors or professionals, our intelligent yet also simple system „thinks“ with you. As opposed to rowing in water the resistance automatically adjusts to the level of strength of the training person. Those exercising can row either in the direction with or against the „course“. In this way, in addition to the arm and shoulder muscles also the stomach and back muscles are similarly used. Easy to read exercise instructions aid optimal usage.



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Design Moser Spielgeräte GmbH

Recommended for

- School children
- Young people
- Adults
- Older people
- Public play areas without supervision, such as playgrounds, parks or similar

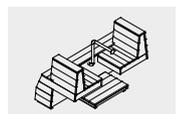
Effect

Strengthening of the arms, shoulders, chest and trunk musculature. The most important muscles of the whole upper body are activated and trained. Bone formation is stimulated positively.

Purpose

Lifting, carrying, pushing and pulling are everyday movements. These movements would be impossible without the strength of our hands, arms, and shoulders. However, one-sided stress too often leads to problems and disorders. The rowing movement is ideally suited for strengthening the associated muscles comfortably and efficiently. Weakened muscles are once again strengthened and muscular imbalance is counteracted.

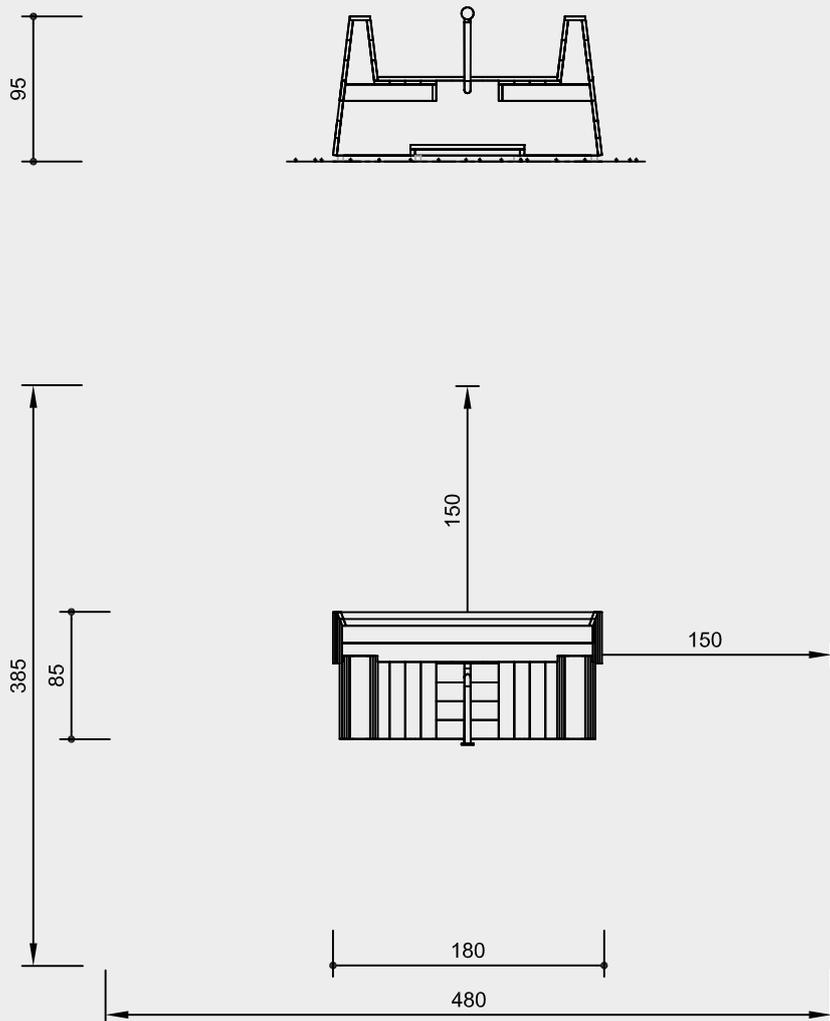
Rowing Machine



11.50101

Order No. 11.50101
Rowing Machine

Safety distance 
 Device dimensions 
 Functional distance 



Scale 1:50

Technical information

Equipment made of non-impregnated mountain larch

Core-free

Sawn-timbers core-free, thus decreasing occurrences of cracking and undesired changes in shape



Ground anchor

All parts used for anchoring to the ground are made of hot-dip galvanised steel or stainless steel



For more detailed explanation of the quality characteristics see price list.

Hot dip galvanised substructure

Handle bar made of stainless steel

Dimensions

(small deviations possible)

Height	0.95 m
Length	1.80 m
Width	0.85 m
Weight	150 kg

Safety

This equipment is not playground equipment within the scope of DIN EN 1176 and therefore is also not subject to the requirements of this standard. Nevertheless, it is complied with where appropriate.

Components

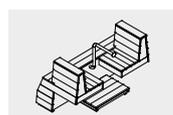
- 1 Rowing Machine with explanation board
- 2 Heavy duty bolts

Installation information

Surfacing requirements corresponding to a fall height of ≤ 0.60 m (please refer to price list for more detailed information)

Foundations
 1 item 170 x 80 x 35 cm
 Excavation depth 35 cm

Attention:
Exact measurements may vary;
for all installation dimensions refer to current assembly instructions.
 Technical changes reserved.



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