



Waterrower FlowRow Balance Board



The new FlowRow balance board presents rowing enthusiasts with new challenges. The instructions are already clearly defined in the name of the accessory: the rower must achieve a flowing and balanced rhythm of movement on the WaterRower to prevent the "rowing boat" from swaying. Specially developed for the WaterRower, the entire rowing machine with its adjustable feet rests on two balance boards, whose sole function is to provide balance.

CHF 249.00

The FlowRow balance board has been designed with a movable middle section, which puts the WaterRower in a slightly tilted position on both sides if you are not concentrating on the clean execution of your rowing stroke. This guarantees an even more precise rowing simulation, where lateral balance must be maintained - just like in a real rowing boat. Another advantage is the simultaneous training of deep muscles and coordination.

It should not go unmentioned that the FlowRow balance board boasts a very high fun factor. Users have no choice but to take up the challenge against imbalance, which in turn will quickly lead to a more correct execution of the rowing stroke.

- made from black-stained solid wood
- suitable for all two-rail wooden models
- do not use with HiRise adapters
- Set of 2
- 7 kg
- Dimensions: 40 x 25 x 8.5 cm
- No assembly steps required