



Waterrower RowLAX



With this high-quality extension to the range of movements and exercises for the WaterRower, handmade from sustainable natural materials, you can gently train your arms, shoulders, abdomen, core and legs while lying on your back, sitting or kneeling. The RowLAX support, which is self-adjusting due to its special design, is placed on the running rails after simply removing the roll seat. You lie on it completely reLAXed. The upper, slightly flattened, flexible head section nestles perfectly against the footboard with its rounded shape.

CHF 399.00

The RowLAX support, which can support loads of up to 150 kg, is perfect for lying, sitting or kneeling and enables the classic exercise spectrum of the WaterRower to be extended significantly and efficiently. The exercises performed lying down completely relieve the strain on your knee joints, making endurance and strength exercises easy to perform.

With the different exercise and load options offered by RowLAX, you can strengthen the entire front body regions, from the neck, throat, shoulder, chest and abdominal muscles to the thighs. RowLAX, in its ingenious combination with the WaterRower, offers an optimal range of exercises for all those who are already happy owners of a WaterRower and/or are thinking of buying one. The application portfolio ranges from private use to competitive sports and is just as highly efficient from rehabilitation to therapy.

- rubberized coconut elements
- cotton twill
- 2 complete fleece covers with zipper - washable
- 1 fleece headrest cover with zipper - washable
- only suitable for WaterRower with two rails
- incl. carrying bag
- Dimensions: 158 x 42 x 7cm
- Weight: approx. 5kg

**The Shark
Fitness Company**



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and Wil (SG)

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