

# Hydraulic Rowing Trainer UBX-290



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The rowing trainer is ideal for weight training. In particular, developing a strong muscular back, upper arms and shoulders. The machine can be used for a wide range of exercises simply by changing your grip on the handles - as explained on the instruction plates.

### Features:

User Controlled Resistance  
Progressive workout up to 150kg

Instruction Plates  
Clear and simple guides

Soft Cushions  
Maximum comfort for exercise

Galvanised Zinc Injection & a Powder Coat Finish  
Increased longevity

