

## ROWING MACHINE - Exercise Instruction

Code – MD-FS-015



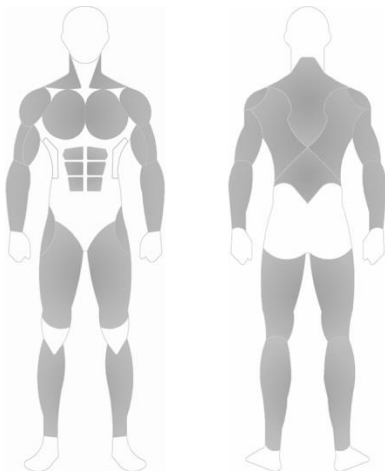
### Function

- Develops both upper and lower muscles
- Increases motor coordination and overall endurance of the organism

### Instruction

Sit comfortably in the seat, place your feet on the platforms and grab the handles using both arms. Pull the handle towards your body while straightening your legs and pushing your back outwards.

### Muscles Trained



### Safety Zone

