

# Full Body Workout Rowing Machine

This rowing machine features a sturdy frame, smooth sliding seat, and adjustable resistance. A built-in monitor displays workout data including time, distance, and calories burned.



## Product Overview

### Full Body Workout Rowing Machine

This home rowing machine is engineered to provide a comprehensive, full-body cardiovascular workout. It features a sturdy frame for stability and a smooth sliding seat to ensure fluid, comfortable motion during exercise. The integrated digital monitor allows users to track essential performance metrics, making it an efficient solution for home fitness training.

## Technical Specifications

### Display Metrics

- Time
- Distance
- Calories Burned

### Primary Use

Home Workout • Cardiovascular Training • Full-Body Conditioning

### Key Features

Adjustable Resistance, Smooth Sliding Seat, Sturdy Frame, Ergonomic Design