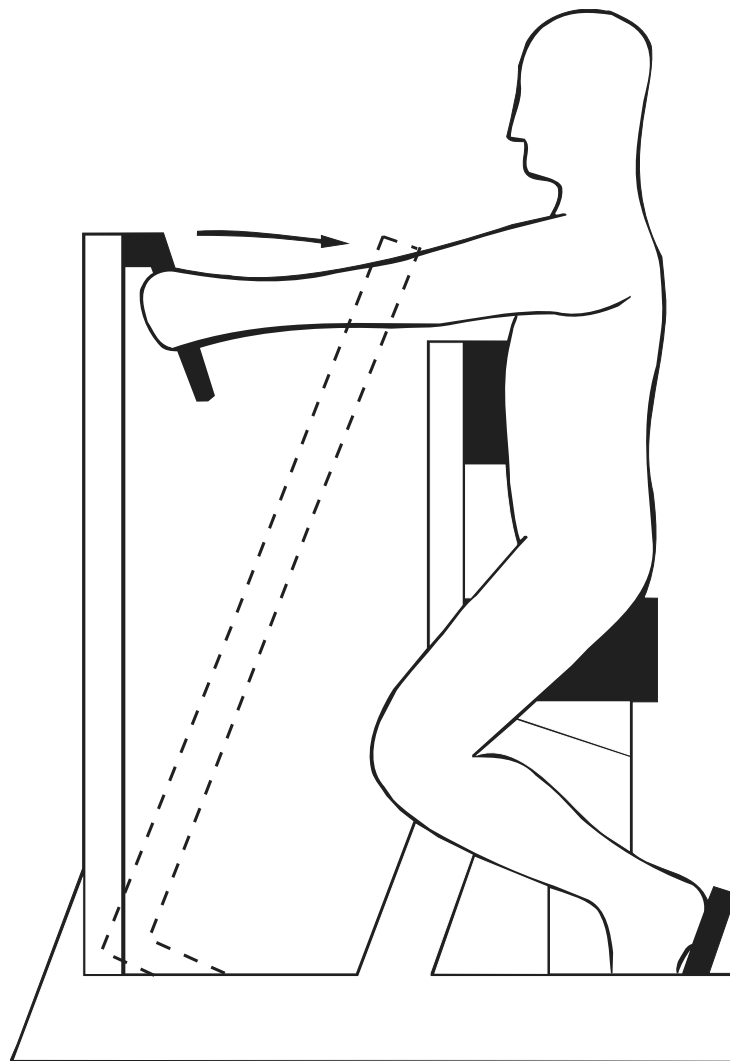


EN-Dynamic Rowing

Exercising shoulder girdle and back muscles



Partner for Life



Preparation:

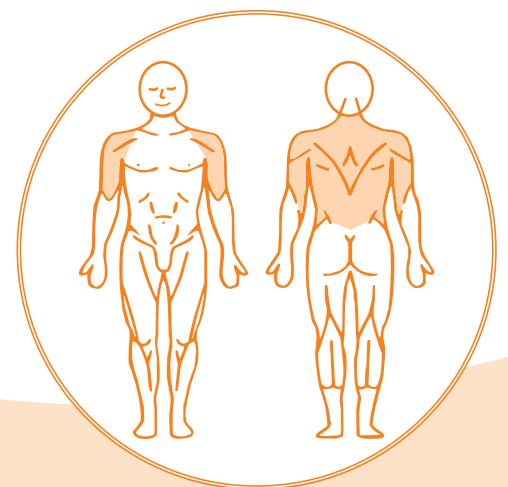
- adjust the seat height so your chest comfortably rests against the chest support
- adjust the handle of the lever arm so that your elbows are lightly flexed at the starting position
- place your feet on the support
- Enter your EN-Track chipcard or select the desired resistance and reset the repetition counter

Procedure:

- contract your abdominal and lower back muscles before you start the exercise
- pull the arm of the unit to your chest in a fluent movement
- hold this position for two seconds and return to the starting position in a slow and fluent movement
- you can vary the exercise by changing your grip

Note:

- perform a complete flexion and extension
- keep your torso stiff by contracting abdominal and back muscles to prevent lumbar overload
- do not 'lock' your elbows and keep your shoulders and neck muscles relaxed
- control the pace and do not move too fast
- leave the settings unchanged after finishing the exercise



entrack

Passion for motion