062 Rowing Exerciser



Benefits

Strengthens Back & Shoulders
The pulling motion strengthens the back, shoulders, and arms.

Improves Cardiovascular Health
Continuous movement builds endurance and supports a healthy heart.

Full-Body Workout
Works the arms, back, core, and legs together.

Promotes Better Posture
Stronger back muscles support upright sitting and standing.

Uses

Rowing Exercise
A pulling motion similar to rowing a boat.

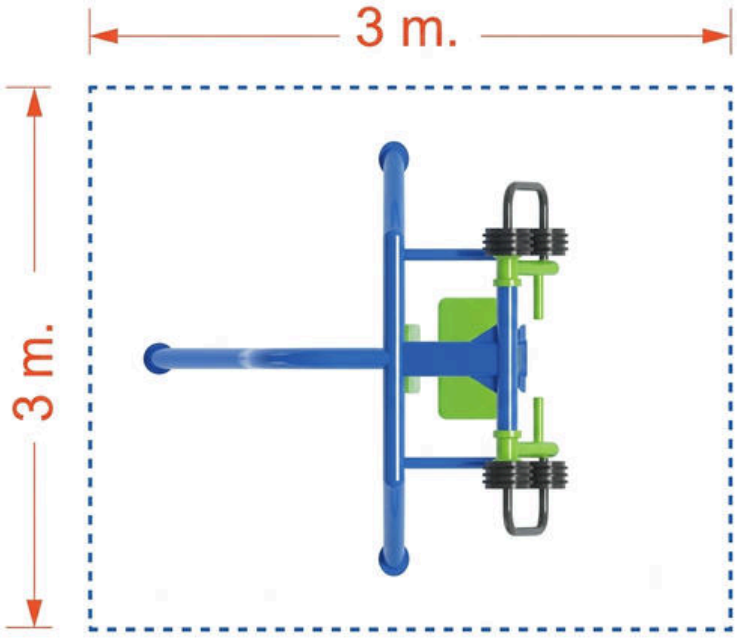
Targets Upper Body
Works the back, shoulders, and biceps.

Simple & Safe
Bodyweight-based, controlled movement suitable for regular use.

Outdoor Gym Experience
Brings a gym-style workout to outdoor spaces.

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Actual equipment size	Minimum recommended area	Age group	Play capacity
2.1 × 2.1 × 1.5 m	3 × 3 × 2.4 m	12 years+	1 user

Approved rate schedule
(All inclusive)

₹ 2,24,550/-

Get a quotation
mahaplaygrounds.com/062