

PRODUCT NAME
Low Row

PRODUCT CODE
OG.7



Develop your biceps and back muscles while improving your posture

The Low Row machine is great for strengthening your back and forearm muscles while also improving your posture. It offers an excellent allround exercise for your whole upper body, developing your middle back while providing useful arm work as well.

Muscle groups: mainly middle back muscles and biceps

SEGMENTS

Basic information

Brand Omnigym
Usage exercise, stretching, strengthening

Technical Specification

Dimensions 2.5m x 2.5m x 0m
Critical fall height (HIC in m) 0.00m
Color scale RAL Palette
Stand count
Surface
A) sprayed zinc base + komaxit 120µ B) hot dip galvanization + komaxit 120µ

Materials	Diameter	Width
Dips	51mm	4,5mm
Bars	33,7mm	3,5 - 4,5mm
Pillar (square plan)	100mm	4,0mm

Recommended flooring

Optimal dimensions ---
Floor surface Concrete slab + EPDM or concrete feet + loose material
Company Enuma Elis s.r.o. always recommends installation in accord with the safety norm 16:630

Delivery and installation

Lead time 5 - 8 weeks
Standards EN16:630