

LOW ROW



A **IVE Low Row** device develops back, biceps, triceps and forearms muscles.

IVE are recreational devices for outdoor training for every age group and every user level – from teenagers, through adults and seniors, to professionals.

IVE devices have an innovative solution of load regulation, thanks to which adjusting the weight to your training capabilities is extremely simple, fast, and safe.

**TRAINING SEE
SCAN THE QR CODE**

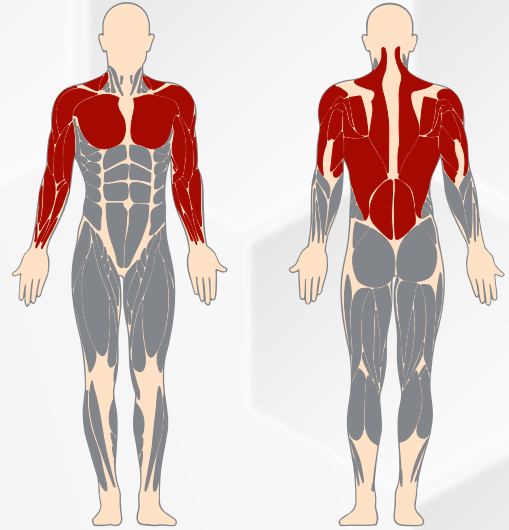


SPECIFICATION

Length	225 cm
Width	80 cm
Height	147 cm
User height	+140 cm
User age	+ 14 years
Safety area	19,95 m ²
Material	Stainless Steel
Standard	EN 16630:2015-06E
Certificate	CE / EU Declaration of Conformity
Weight adjustment	5 kg – 60 kg (x 5 kg)

MUSCLES TRAINED

BACK / BICEPS / TRICEPS / FOREARMS



COLORS



**A device for back (rowing) training which develops
back, biceps, triceps and forearms muscles.**

- Made entirely of stainless steel.
- Load adjustment by moving the discs along pipes arranged perpendicularly and centrally in the axis of the exercising person.
- Adjustable load from 5 kg to 60 kg with a difference of 5 kg.
- Discs are protected against theft by the use of anti-theft screws, which require special tools to be removed.
- The movement of the device is based on the mechanism of two stainless steel bearings.
- Instruction plates made of 3 mm thick dibond, printed in UV technology, laminated with polyurethane.
- Possibility to set the starting position at 7 different heights.
- Backrest and seat made of waterproof polyethylene with an additional UV absorbing screen.
- Handles enabling the device to be gripped in three positions (two horizontally – one vertically).
- Dimensions: length 225 cm / width 80 cm / height 147 cm.
- Designed for one person – up to a maximum of 180 kg.
- Accuracy class: A – high accuracy.
- Class of use: S – for professional or commercial use.