

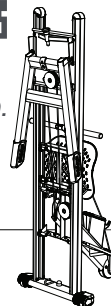
# INCLINE ROWER™

## STORAGE

Option to fold when not in use. Refer to Owner's Manual for details.



Scan for video demo.



Overhand Row  
Low

1



Overhand Row  
High

2



Biceps Curl

3



Alternate Row  
Left

4



Alternate Row  
Right

5



Underhand  
Overhead Pull

6



## STARTING

Row with a steady, controlled pace. Resistance is constant in both directions and independent of speed. Sit down. Grasp handle. Place feet. Row.

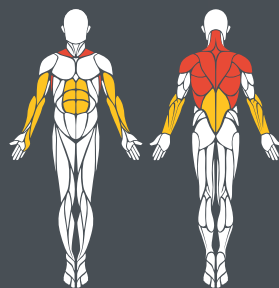
## STOPPING

Place feet on floor. Stow handle. Stand up.

## RESISTANCE

Resistance is increased or decreased by adjusting the level. To change the level, hold rail. Pull knob located on back of unit. Lift or lower rail. Engage knob.

MUSCLES WORKED  
■ Primary ■ Secondary



MORE EXERCISES



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*Always Inclined.*