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Caloo Workout - CW32 **Rower**





A full body cardio workout using the arms and legs simultaneously to complete rowing actions. This unit is perfect to help with trimming up and maintaining a healthy body and figure.

The Caloo workout Range features individual fitness stations which offer an environmentally friendly outdoor fitness facility. Each unit is designed to target a specific muscle group, creating a variety of activities which can create a full body workout or aid recuperation after accident or illness. Caloo Workout units are available in three attractive colour combinations : blue and silver, green and silver or red and yellow.

(Surface diagram to scale 1:100 on A4) (User diagram shows unit with a 1.8m tall adult)



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