



## Benefits of Indoor Rowers

Infinity rowers offer a complete body workout. Using upper body, lower body and core muscle groups, the Infinity rowers create a large demand for calories during exercise. In addition these muscles continue to burn extra calories for a period of time after exercising.



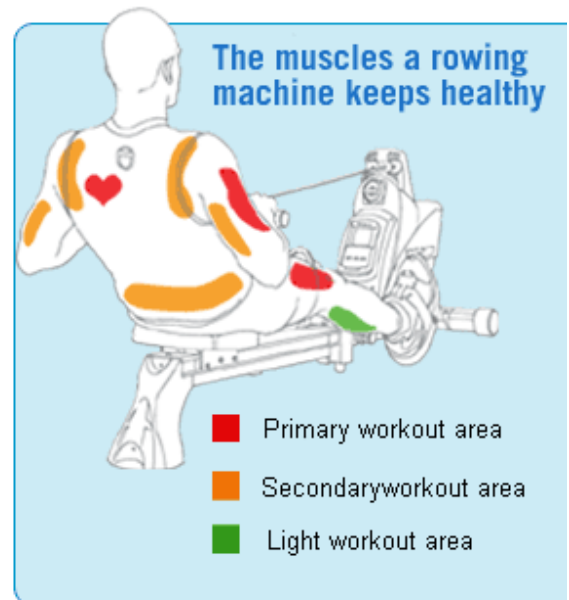
## Benefits of Using an Infinity Rower:

- ✓ Low impact (easy on knees and ankles)
- ✓ High calorie burner (because it uses so many muscle groups)
- ✓ Great for joint health (joints move through a wide range of motion)
- ✓ Upper body (completes the stroke)
- ✓ Lower body (the legs initiate the drive)
- ✓ Works the back and ab's too!
- ✓ Superb aerobic fitness (great for cardiovascular fitness)
- ✓ Relieves stress (for overall health and well-being)

## Muscles Used While Rowing

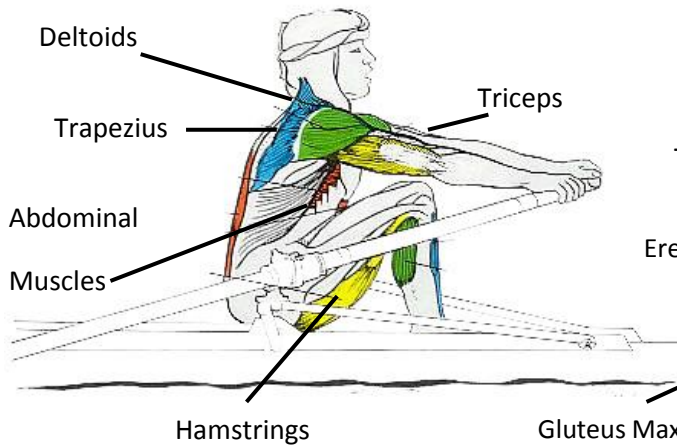
The main muscles used during rowing are :-

- |                      |                     |
|----------------------|---------------------|
| - Quadriceps         | - Glutes            |
| - Hamstrings         | - Latissimus Dorsi  |
| - Rhomboids          | - Trapezius         |
| - Posterior Deltoids | - Erector Spinae    |
| - Biceps             | - Abdominal Muscles |

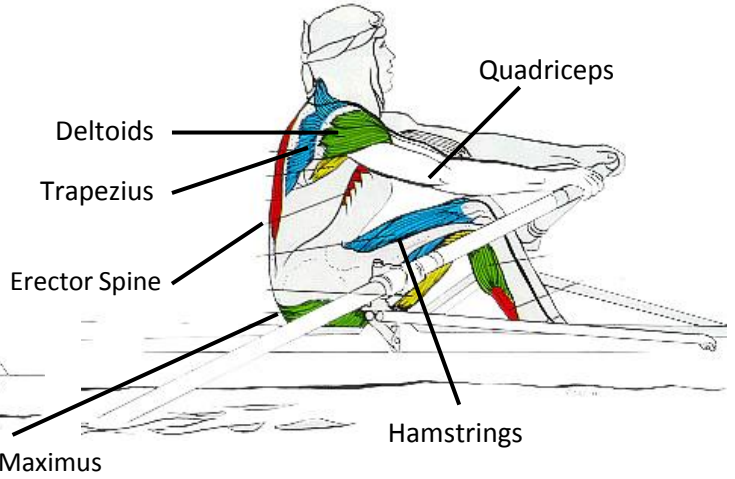




## The Catch Front-Stop Position



## The Drive Legs Emphasis



## The Drive Body Swing Emphasis

- Quadriceps
- Gluteus Maximus
- Hamstrings
- Biceps

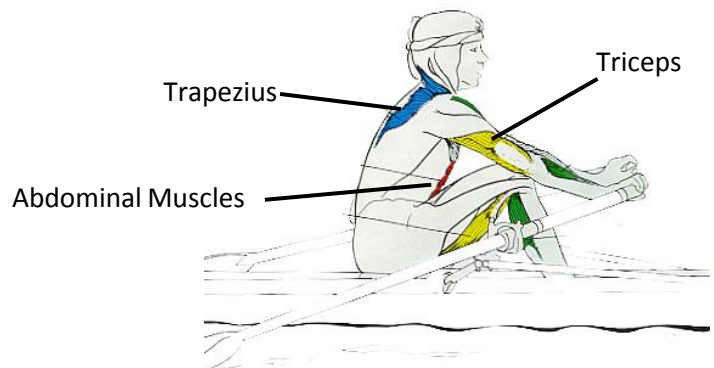
## The Drive Arm Pull Through

- Trapezius
- Deltoids
- Quadriceps
- Pecs
- Biceps

## The Finish

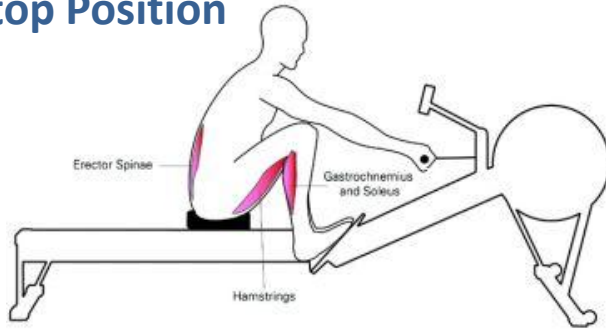
- Trapezius
- Deltoids
- Biceps
- Forearm Extensors
- Trapezius

## The Recovery

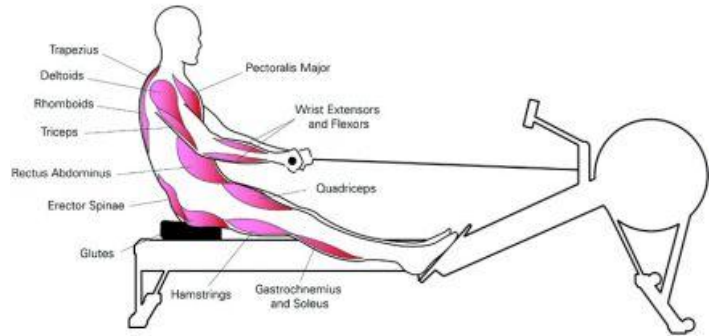
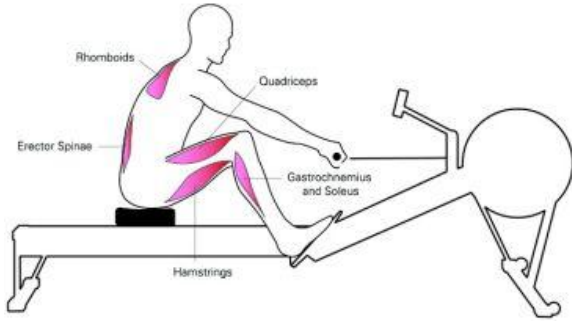




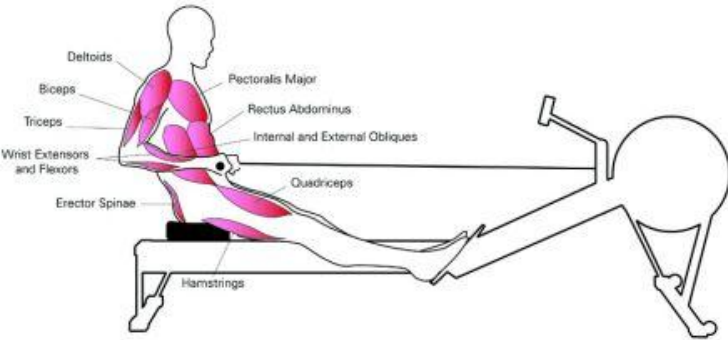
## The Catch Front-Stop Position



## The Drive Position



## The Finish Position



Infiniti R100APM  
Rower



*All with the industry  
leading Infiniti Full Circle  
Warranty*