



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.



Infinity R60 Rower

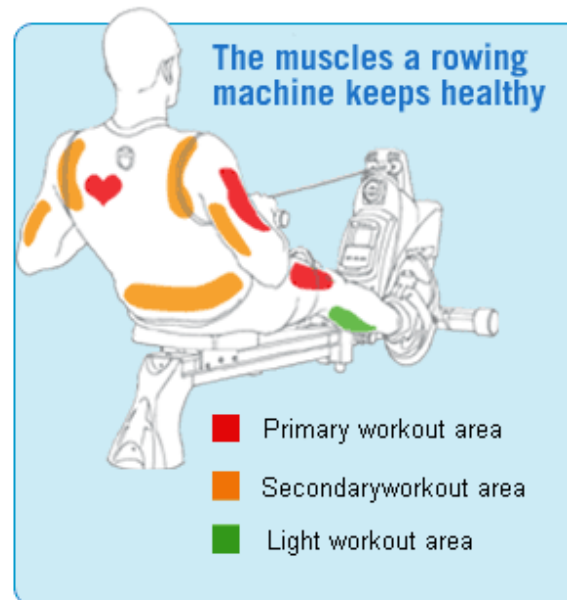
Benefits of Using an Infinity Rower:

- ✓ 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

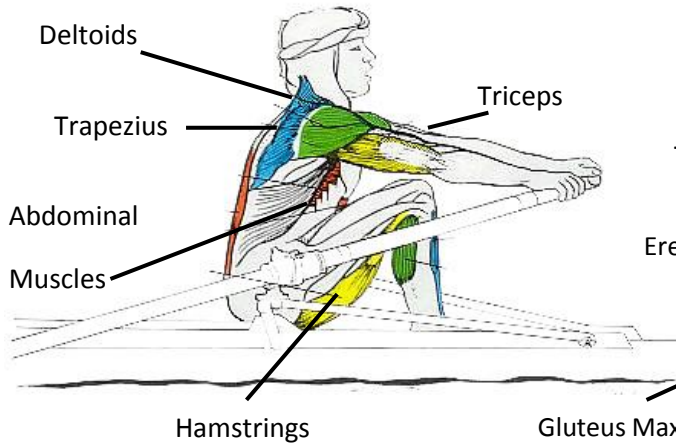
The main muscles used during rowing are :-

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

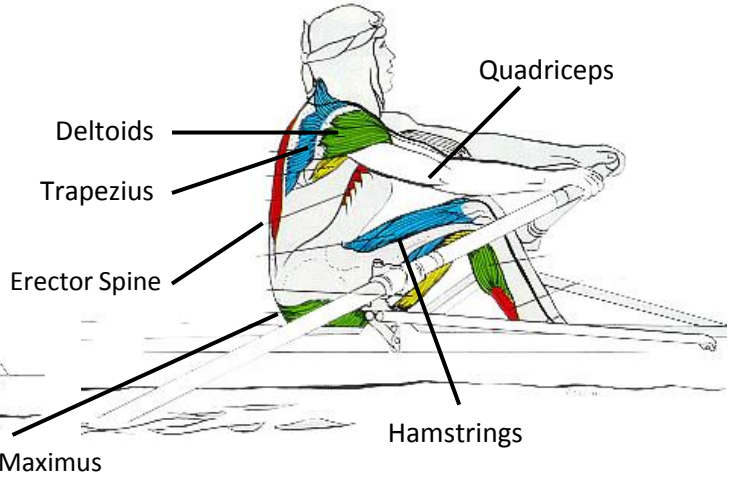




The Catch Front-Stop Position



The Drive Legs Emphasis



The Drive Body Swing Emphasis

- Quadriceps
- Gluteus Maximus
- Hamstrings
- Biceps

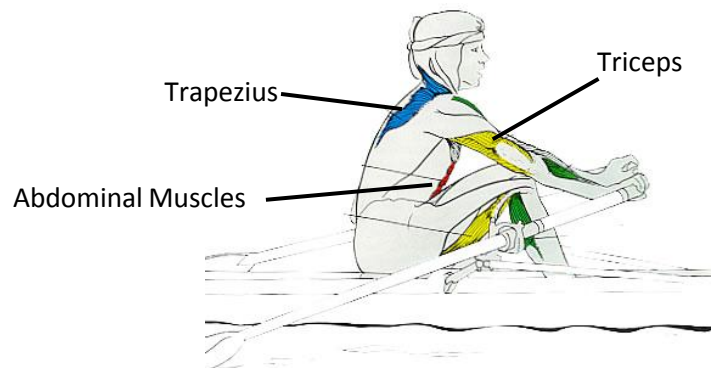
The Drive Arm Pull Through

- Trapezius
- Deltoids
- Quadriceps
- Pecs
- Biceps

The Finish

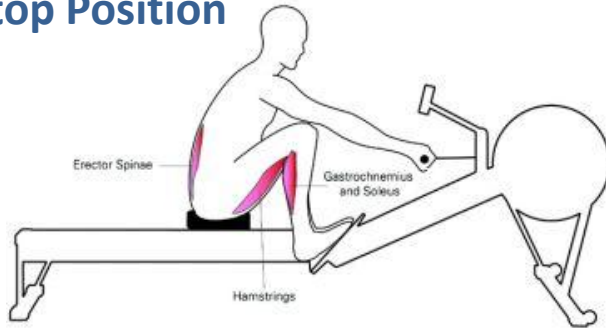
- Trapezius
- Deltoids
- Biceps
- Forearm Extensors
- Trapezius

The Recovery

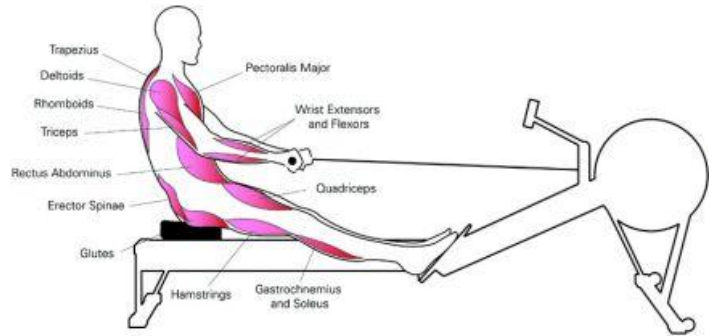
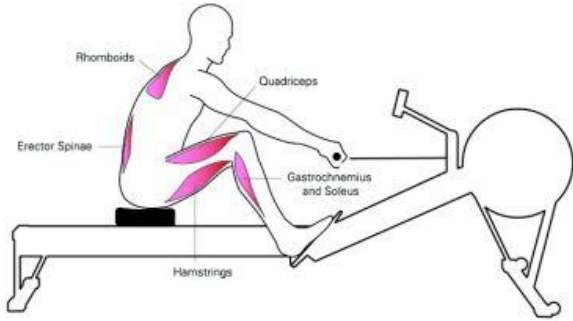




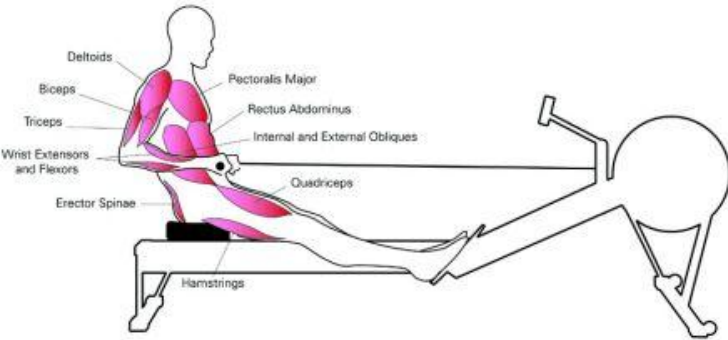
The Catch Front-Stop Position



The Drive Position



The Finish Position



Infiniti R100APM Rower



All with the industry leading Infiniti Full Circle Warranty