Sunny cardiovascular exercise cons: · if the machine



Sunny cardiovascular exercise cons: · if... – Paper Example

Sunny Health & Fitness is proudly importing and distributing high quality health and fitness products for over 15 years. SunnyHealth & Fitness is very popular throughout the world for distributing excellent exercise and health equipment in much more affordable price. Sunny Health and Fitness offers all new SF-RW5515 Magnetic Rowing Machine for health and fitness conscious people.

It has added a newstandard in home fitness. With a newly improved smoother and quieter magnetictension system with 8 levels of adjustable tension, convenient large digitalmonitor console, fully padded seat, larger anti-slip foot pedals and built-ontransportation wheels, the Sunny Health & Fitness SF-RW5515 Magnetic RowingMachine can be the best choice for the people who wish for all at-home fitnessequipment. It is designed for excellent convenience along with providing thechallenging feel of an outdoor rowing. Pros:· Magnetic tension system allows to use it easily and cantherefore provide a better workout.· 8 Levels of adjustable resistance helps to increase ordecrease resistance with a simple twist, so your rowing machine workout canremain challenging and effective throughout your fitness journey.· LCD console is a big advantage.

It is be very useful for trackingprogress. It shows all vital data such as Time, Count, Calories, Total Count, andScan.· Fully padded seat allows user to feel ultimate comfort. Thecushioned seat gives users a comfortable rowing experience. It won't let youfeel discomfort for a single moment.

Non-slip grip handlebars allow users to have a perfect gripduring
rowing.
Large anti-slip foot pedals help to move back and forth

Page 3

smoothly. Built-in transportation wheels allow to carry the machineeasily where you wish.

Full body exercise targets all major muscle groups. Provides low
impact aerobic and cardiovascular exercise Cons:. If the machine had
Electromagnetic tension system, it wouldbe easier to change the resistance
level and it would be more comfortable touse.