

# bodytone

## FORZA HERO



### **FH15**

SEATED ROW

# FORZAHERO

This new line is a selection of Bodytone's premium strenght machines, focusing in the user for an excelent training results. Discover all >>>



Connectivity pack  
screen 9" and NFC (optional)



High quality  
termoplastic covers



Carbon fiber finish



Ultrasilent bearings



Digital counter



Bottle and  
mobile holder



Upholstery  
ABS covers



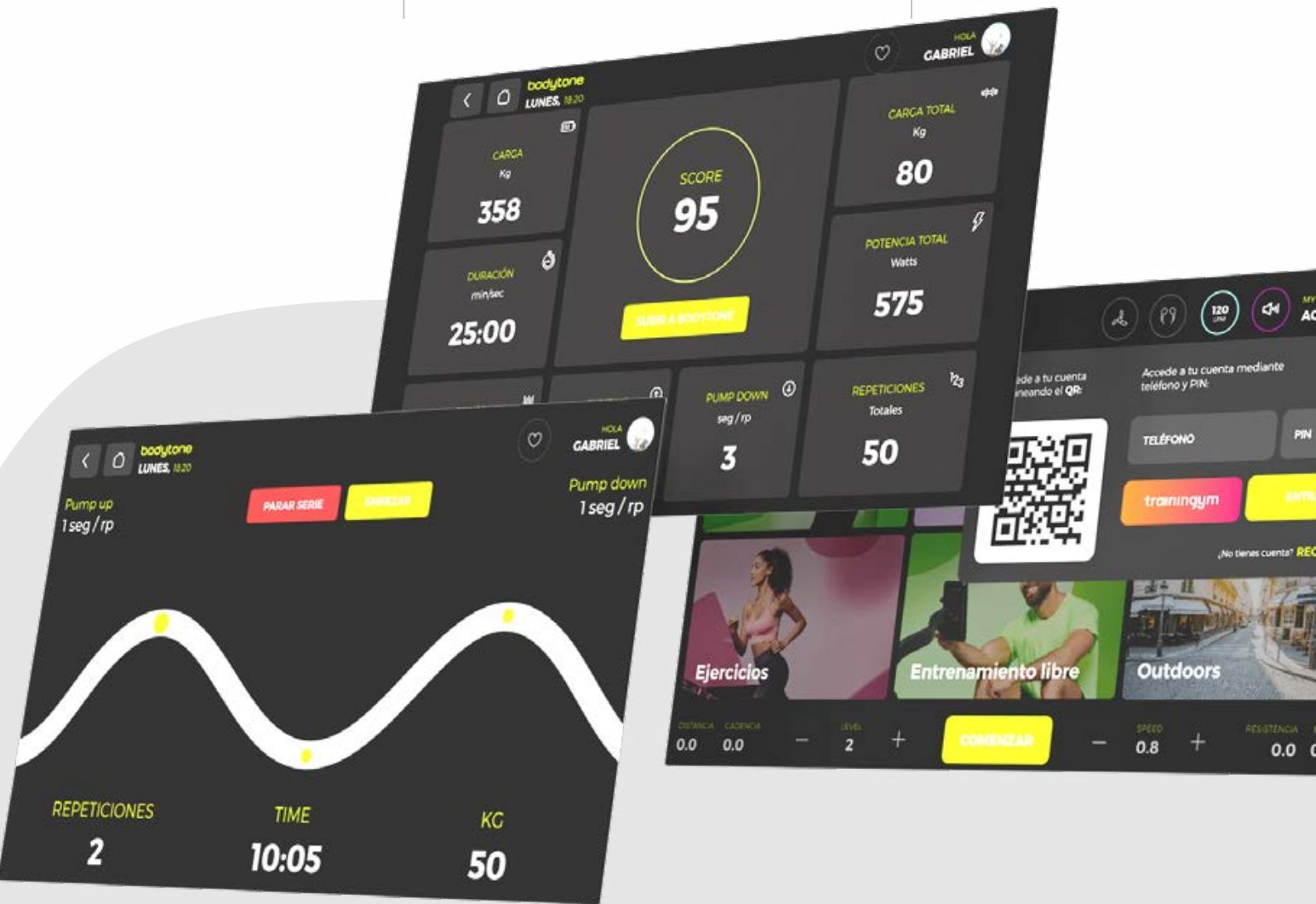
Non-slip PVC grips  
with aluminium caps

# SCREEN**TECHNOLOGY**

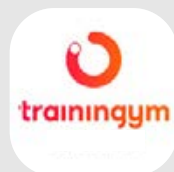
**MONITORIZE**  
YOUR TRAINING

**IMPROVE THE PRECISION**  
OF YOUR WORKOUTS

**INTERACTIVITY**  
AT THE TIME



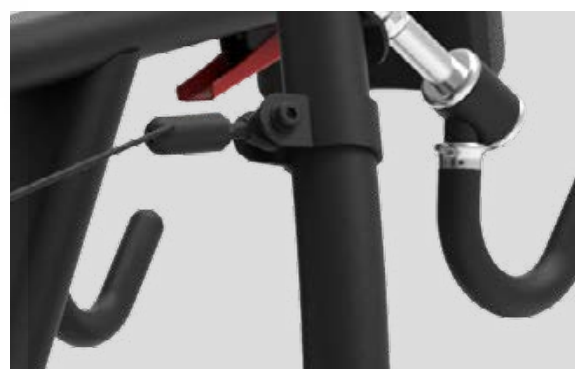
**CONNECTED TO  
YOUR CENTER'S APP**  
powered by



CONNECTIVITY PACK SCREEN 9" AND NFC (OPTIONAL)

**FORZA HERO SEATED ROW**

**bodytone**



# FH15

## EXERCISE

Seated rowing machine. It works the muscles of the upper part of the back and also the latissimus dorsi. This exercise helps to improve posture.

## DIMENSIONS

130 x 161 x 162 cm

## WEIGHT

159 kg

## WEIGHT PLATES

107 kg (7 kg/plate)

**FORZA HERO** SEATED ROW

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### STRUCTURE

Plate structure part: 140 x 75 mm carbon steel tube. Functional part: oval carbon steel tube of 100 x 50 mm and round tube of 60 mm diameter. Welded by robotic process, projection free.

### BEARINGS

Ultra-quiet ball bearings with smooth sliding, allowing smooth travel of the exercise more fluent and pleasant. Measures 52 x 15 mm.

### PULLEYS

V-groove nylon. With an internal bearing and quiet operation. Step diameter: 95 mm

### PLATE GUIDES

Stainless steel plate guides. Hardened double chrome treatment for better sliding.

### STEEL WIRES

PVC coated and 5 mm in diameter, with smooth and safe performance. Breakage index test: 1,000 kg. Safety terminal with steel ball joints.

### WEIGHT PLATES

107 kg as standard, with 7 kg plates. Ultra-quiet movement. protective stops rubber on anti-knock base. protective stops of PVC between anti-knock plates.

### WEIGHT SELECTOR

Magnetic, color-coded plates by intensity level, and safety lanyard.

### ADJUSTMENT LEVERS

In aluminum, quick release, in red to facilitate its location.

### PLATE FAIRING

3 mm thick thermoformed ABS fairing, to protect from possible accidents.



### **BOTTLE RACK AND UPPER STORAGE**

3mm thick thermoplastic ABS piece.  
Includes bottle rack and slide tray with non-slip texture.

### **REPEATCOUNT**

As standard, integrated into the fairing.

### **GRIPS**

Non-absorbent non-slip PVC.

### **BACKS AND UPHOLSTERY**

Back, headrest and seat made of foam, upholstered in imitation leather, anti-allergic and easy to clean, with a carbon fiber effect texture.

### **MATERIALS AND FINISHES**

High quality in its finishes.  
3.5 mm thermoplastic ABS ferrules.

### **BASES**

Covered in non-slip rubber.

### **ARMS MOVEMENT**

Isolateral independent movement.

### **MAINTENANCE AND LUBRICATION**

Lubrication of bearings and calibrated steel guides.



### **PAINTING PROCESS**

3 coats of paint. Pickled and stabilized steel by total immersion of the parts in different degreasing solutions to guarantee a perfect and complete cleaning of the base material. Anti-rust primer to ensure proper isolation of internal oxidation and good paint adhesion. In addition, it has 2 final layers of epoxy polyester powder paint dried at 240°C.

### **DESIGN PROCESS**

Study of biomechanics and ergonomics under the supervision of associated professionals and athletes. After a long design period; From the sketch, engineering research, prototyping and testing by professional athletes, our products go to market.

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[www.bodytone.eu](http://www.bodytone.eu)