



Rowing

A very ancient means of transportation, then a sport as well, still practiced for competition, for fitness or for leisure. Rowing is one of the few non-weight bearing sports that exercise all the major muscle groups and not only the arms as it is often thought. Competition rowing is practiced with different boat classes, from an individual shell to an eight-person shell. Fitness rowing, still practiced by those who have the opportunity of a suitable water stretch, can now also be practiced outside the water and has become so popular that it is now a standard feature in fitness gyms.

The design of rowboats varies widely depending on their intended use.

Stainless steel is one of the materials used for the high strength metal parts, along with aluminium.



Oar lock and base



Sliding seat system with grooved rollers sliding on round stainless steel guide rails. Rugged, comfortable and low maintenance design.

Picture courtesy of Puuvenepiste Oy