

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 10" 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**

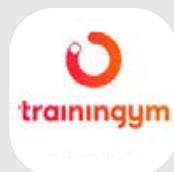
MONITORIZE
YOUR TRAINING

IMPROVE THE PRECISION
OF YOUR WORKOUTS

INTERACTIVITY
AT THE TIME



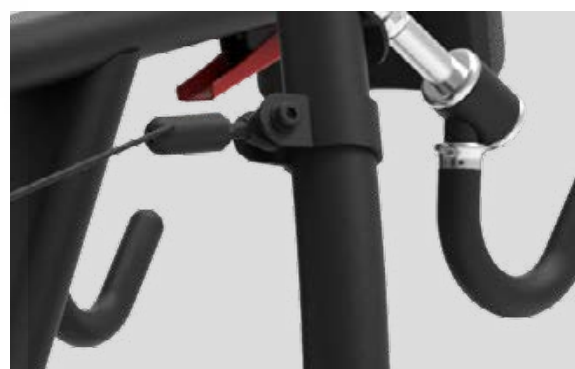
**CONNECTED TO
YOUR CENTER'S APP**
powered by



CONNECTIVITY PACK SCREEN 10" AND NFC (OPTIONAL)

FORZA HERO SEATED ROW

bodytone



FH15

EXERCICE

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: Carbon steel tube of 140 x 75 mm and 3 mm thickness.
Functional part: oval carbon steel tube of 100 x 50 mm and 3 mm thickness.
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.

BT FORZA

**CONSOLE *PRE-INSTALLATION* WITH
CONNECTIVITY AS *STANDARD* ACROSS
THE FULL RANGE OF SELECTORIZED
STRENGTH MACHINES**



All selectorized strength machines **incorporate, as standard, the necessary pre-installation** to integrate a smart connectivity console. This solution allows workouts to be recorded and monitored, offering users a more connected, personalized, and results-oriented experience. Additionally, it **facilitates the digitalization of the fitness floor, improves performance tracking, and provides added value to the gym** without the need to replace existing equipment.

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www.bodytone.eu