

GROW Rower Attachment

Body-Solid[®]
Built for Life



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Increase functionality to your existing home gyms, pulleys, and cable machines while adding low-impact, calorie-burning indoor rowing to your workout routine with the Body-Solid GROW Rower Attachment.

The GROW attachment quickly installs to several low pulley stations and adds high-intensity cardio workout capabilities to your weight machines, power racks, and more.

The GROW is compatible with numerous Body-Solid gyms, power racks, lat attachments, and functional trainers. Visit the GROW product page on BodySolid.com for a complete list of compatible units.

Weight: 43 lbs.

Dimensions: 66”L x 20”W x 12”H

Special Features

- Installs on low pulley station
- Low-impact total body workouts
- Cardio workouts with weight machines
- Body-Solid In-Home Lifetime Warranty

Warranty



Frame & Welds Lifetime
Bushings and Hardware Lifetime
Pads, Cables and Grips Lifetime