

## CONCEPT2 SKIERG2 WALL MOUNTED

### SPECIFICATIONS :

- Long recognized as delivering one of the toughest workouts around
- Develops both strength and endurance and exercises the legs as well as the arms and core
- Can be used for both double pole and classic alternating arm technique
- It is very durable and well-built and is sophisticated too, with an advanced monitor that provides immediate, accurate exercises
- It also improves poling power

