

WaterGrinder



Description

Grinders, the athletes on board competitive sailing teams responsible for winching the sails, are among the fittest strength endurance athletes in professional sports.

A sailing grinder is renowned for combining explosive strength with high levels of endurance. The WaterGrinder allows you to replicate the training regime of a sailing grinder from dry land.

The WaterGrinder is easy to use and offers a cardiovascular workout using just your core and upper body.

Compact and fluid by its wooden drop-shape & water tank design, this machine runs on water for self-determined resistance: the harder you crank the handles, the greater the resistance.

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Dimensions

31"1/2W x 43"1/4D x 47"1/4H

