



SEATED ROW

0026

Muscles worked: Lats, Biceps

Dimensions:

- Width: 1064mm
- Length: 1229mm
- Height: 2170mm

Total Machine Weight: • 210kg

Standard Weight Stack: • 109kg
Upgradable Weight Stack: • 142kg
Max Weight Resistance: • 142kg

Max user weight: • None

Key selling points:

- Super smooth!
- Small footprint.
- Multiple grip options.
- Fully adjustable seat and chest pad.