

SEATED ROW

JPBR - 203

The Seated Row allows users to easily transition between neutral, supinated and pronated grips due to the pivoting hand grips.



FEATURES

- ◆ **Smooth Pulley System:** Ensures consistent, controlled motion.
- ◆ **Versatile Grips:** Multiple handle options for targeting various back muscles.
- ◆ **Ergonomic Design:** Comfortable seat and handles for safe, effective workouts.
- ◆ **Compact Build:** Space-saving design ideal for any gym setup.
- ◆ **Non-Slip Foot Platforms:** Provides secure and stable footing during use.

SPECIFICATIONS

DIMENSIONS:

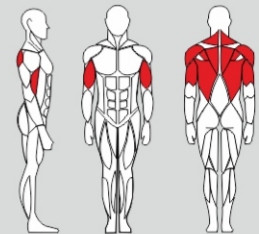
Length: 62 inches / 158 cms

Width: 48 inches / 122 cms

Height: 70 inches / 178 cms

Weight: 529 lbs / 240 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Erector Spine, Latissimus Dorsi, Trapezius, Rear Deltoids, Biceps

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.