

SEATED ROW

JPB - 205

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



Scan Here
to Access the Video

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:

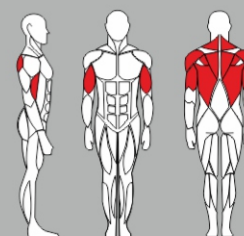
Length: 96 inches / 244 cms

Width: 40 inches / 102 cms

Height: 72 inches / 183 cms

Weight: 454.3 lbs / 206.1 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.