

## SEATED ROW

JPRB - 203

The Proton Series Seated Row is designed to strengthen the upper back and improve posture with precision and comfort. It features an adjustable seat to accommodate users of different heights and an adjustable chest pad for optimal torso support during pulling movements. The ergonomic handles ensure a natural grip position, reducing wrist strain and enhancing muscle engagement. Engineered for smooth resistance and built with commercial-grade components, this machine delivers consistent performance for effective back training in any gym setup.



### 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.

