

## SEATED VERTICAL ROW

JPL - 161

The Seated Vertical Row is engineered to target the upper and mid-back muscles with precision and control. Its upright design encourages proper posture and spinal alignment while engaging the lats, traps, and rhomboids through a natural rowing motion. Equipped with independent lever arms and a plate-loaded system, it ensures balanced muscle activation on both sides. The padded chest support, adjustable seat, and wide foot platform enhance comfort and stability, making it ideal for developing a strong and well-defined back.



Scan Here  
to Access the Video

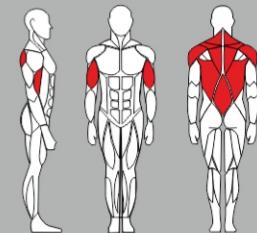
### FEATURES

- ◆ **Back Muscle Isolation:** Targets lats, traps, and rhomboids effectively.
- ◆ **Heavy-Duty Frame:** Built to withstand intense pulling force.
- ◆ **Adjustable Seat & Chest Pad:** Helps maintain correct posture.
- ◆ **Wide Foot Platform:** For extra grip and stability during rows.
- ◆ **Independent Lever Arms:** Ensures equal strength development.

### SPECIFICATIONS

**DIMENSIONS:**

Length: 62 inches/157 cms  
Width: 36 inches/91 cms  
Height: 48 inches/122 cms  
Weight: 223.3 lbs/101.3 kg  
Start Weight: 11.8 kg  
Max Loaded: Single Side: 176 lbs/80 kg  
Both Side: 353 lbs/160 kg



**MUSCLE WORKED:** Lats, Rhomboids, Trapezius, Rear Deltoids, Biceps

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

\*Plates are not included and need to be bought separately.