

## VERTICAL ROW

JCRB - 103

Vertical Row incorporates a twin movement mechanism that enables unilateral or bilateral rowing patterns, allowing each arm to move independently, promoting balanced back development and improved muscle engagement. Designed for enhanced back muscle activation. The adjustable chest pad provides support and helps maintain proper exercise form throughout the movement.



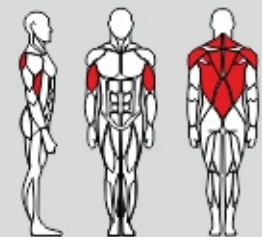
### FEATURES

- ◆ **Adjustable Seat:** Fits users of all sizes for proper alignment.
- ◆ **Chest Pad Support:** Provides stability and reduces strain on the lower back.
- ◆ **Multi-Grip Handles:** Target different back muscles with versatile grip options.
- ◆ **Compact Design:** Space-saving for gyms of all sizes.
- ◆ **Durable Construction:** Built to last with high-quality materials.
- ◆ **Smart Accessory Storage:** Built-in accessory holder for shaker bottle and mobile phone.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 64 inches / 163 cms  
 Width: 48 inches / 122 cms  
 Height: 68 inches / 173 cms  
 Weight: 530.2 lbs / 240.5 kg  
 Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Erector Spinae, Trapezius, Latissimus Dorsi, Rear Deltoids & Biceps

**COLOURS AVAILABLE:** Black.