

Pro Series PL Seated Row

The Pro Series PL Seated Row is a must-have for any serious gym-goer. Its compact size and easy assembly make it ideal for home gyms, while its plate-loaded design and adjustable features ensure a full back workout. Strengthen and tone your back muscles with the Pro Series PL Seated Row. With high-density foam padding and an angled back pad, this machine provides comfort and support during workouts. The plate-loaded design and adjustable seat height allow for easy weight adjustment and customization.



Ergonomic Handles



High-Density Foam Padding



Adjustable Seat



Non-Slip Foot Plate

Technical Specifications

Rating	Commercial
Upholstery	Black + Patterned Leather + PVC
Tubing	Tubes are: 50.8x76.2x2.5
Adjustments	Adjustable seat height
Loading Capacity	100kg x2 220.4lbs x2
Start Weight	2.7kg Per Arm
Product Weight	85.5kg 188.4lbs
Dimensions	L147 x W 102 x H 134cm L57.87 x W40.16 x H52.76 inches

Key Features

Heavy-duty steel construction ensures durability.	•
High-density foam padding provides comfort and support during workouts.	•
Non-slip footplates ensure stability during exercise.	•
Angled back pad targets the quadriceps for maximum results.	•
High quality bearings for moving parts	•