

## Pro Series, Seated Row

This versatile line of strength equipment offers effective weight training solutions to maximise even the most compact spaces. Whether you are an experienced athlete or a complete beginner, all pieces in the Pro Series range are designed to offer a quick, straightforward and easy access workout.

The specially designed Pro Series, Seated Row allows users to build the latissimus dorsi, biceps and deltoid. With an easy weight selection using a selector pin and an easily adjustable chest pad and seat pad, this gives the user the utmost comfort and ease to train. he user the utmost comfort and ease to train.



Adjustable Chest Pad



Hand Grips



Easy Weight Selection



Footrest

### Technical Specifications

<b>Rating</b>	Commercial
<b>Shroud</b>	The cage is adopted with single-sided ABS translucent plastics with excellent durability and impact resistance. The injection-moulded plastics provide higher stability
<b>Tubing</b>	Tube of main frame is primarily at a thickness of 2.5mm, functional part uses a 50*100 rectangular tube, which makes the whole unit more powerful.
<b>Upholstery</b>	Chest pad, back pad and seat cushions are adopted with polymer material, which ensures safety and comfort whilst using.
<b>Adjustments</b>	The adjustable chest pad allows the proper set-up of the machine and user comfort
<b>Product Weight</b>	91.5kg 200 lbs
<b>Weight Stack</b>	91kg 200lbs
<b>Dimensions</b>	L 182 x W 87 x H 153 cm L 72 x W 34 x H 60 inches

### Key Features

<b>TPU wrapped footrest provides comfortable foot support ensuring safe exercise.</b>	•
<b>Ergonomic handlebars are shaped to support the user's body from a single-arm exercise position.</b>	•
<b>Adjustable chest pad and ergonomic seat accommodate different user heights and arm lengths.</b>	•