

SEATED MID ROW

RPL-5203



FEATURES

- Self-aligning exercise arm allows the user to pull the handles down into a low row position to recruit more mid and lower back muscles
- Swiveling handles provide pronated, neutral and supinated grip positions
- Adjustable ratcheting chest pad accommodates varying arm lengths and self-aligns to offer support throughout exercise motion
- Synchronized diverging exercise motion keeps the shoulders and scapula stable throughout the exercise

SPECS

- Product Dimensions L x W x H:
70.50" (179 cm) x 52.75" (134 cm) x 47.00" (119 cm)
- Product Weight: 372 lbs (169 kg)
- Max Storage: 720 lbs (327 kg)
- Max Capacity: 800 lbs (363 kg)

(Weight plates NOT included)