

# Fitness Breakthru

*Personalised Fitness Equipment Specialists*

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## Specs – Pro Club Seated Row Machine



This Seated Row Machine provides the most effective back and shoulder exercises for men and women of all ages and strength capabilities. Thick, comfortable and fully adjustable chest pad and seat pad allow full pre-stretch to optimize Latissimus Dorsi and upper back muscle isolation, while eliminating stress on the lower back. Unique vertical and horizontal grips utilize friction free oil-lite bronze bushings that pivot over solid steel axles for ultimate strength, durability and smooth performance. Each of the dual grip positions are mounted on a swivelling pull arm bracket that allows maximum concentration and isolation of all back and shoulder muscles. Feature include 2" x 4" high tensile strength steel mainframe construction and a centre-pull design that distributes weight more evenly to eliminate torsional flexing. This machine delivers more strength, comfort and versatility for novice or experienced users of all sizes. Includes 210Lb weight stacks and shroud.

**Dimensions:** 115cm(W) x 140cm(L) x 158cm(H)

**Optional:** Black Upholstery

*Body-Solid*  
**Pro Club Line**