

S-121 Seated Row

Specifications:

Dimensions:

US 49" W X 61" L X 63" H

Metric 124 cm W X 155 cm L X 160 cm H

Weight Stack:

US 265 lbs. total, 3-5 lb, 1-10 lb, 12-20 lb

Metric 120 kg total, 3-2 kg, 1-4 kg, 12-9 kg

Total Weight:

US 630 lbs.

Metric 286 kg



Features:

- Swing-type handles allow user defined path of motion during the exercise.
- Four bar linkage, gas-assisted seat adjusts to 8 positions to accommodate various size trainees.
- Chest pad tapered for superior comfort and adjusts to 8 positions for desired pre-stretch.
- 1 3/8" diameter hand grips for optimal comfort.
- Smart Strength technology offers 9 different cam profiles simply by adjusting the cam; resistance curves are altered to stimulate different muscle fibers.
- Add on weights in 5 lb increments allow the trainee to fine tune their resistance requirements.
- Roller bearings are used to guide the weight stack top plate creating a smoother motion and consistent stem alignment.
- Weight stack plates are labeled in both US customary and metric units of measure (lbs./kg)