

SEATED MID ROW

RS-2203



SPECS

PRODUCT DIMENSIONS (L X W X H)

67.50" X 47.75" X 54.75" (171 cm X 121 cm X 139 cm)

PRODUCT WEIGHT

595 lbs (270 kg)

WEIGHT STACK

335 lbs (152 kg)

340 lbs with RS-CAGE-NG-OPT1 (154 kg)

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
- ◆ Pull movement lifts the seat while rocking the body rearward to avoid unsafe lower back hyperextension
- ◆ Greater activation of the core muscles to maintain balance during unsupported torso movement