

## Seated Row / Chinning Bar

Enhance your weight-training experience with our premium quality cable attachment range, ideal for use with any Gym Gear adjustable pulley machine or multi-gym.

Chrome plated solid steel construction and high quality welding ensure optimum durability, whilst the rubber grip handles provide maximum user comfort.

The Seated Row / Chinning Bar is a compound back training tool, ideal for a variety of exercises including seated rows and narrow-grip pulldowns.



Heavy Duty



Rubber Grips

### Technical Specifications

Rating	Commercial
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### Key Features

Heavy duty design	•
Chrome plated solid steel construction	•
For use with weight stack cable equipment	•
Rubber grip for comfort	•
The Seated Row / Chinning Bar cable attachment is ideal for exercises to develop arms, lats and lower back.	•