

Perform Series, Seated Row

The Perform Series Seated Row features a low, forward-set pivot to allow a complete range of motion. This movement effectively loads and strengthens the back muscles, and is perfect for isolating the lats. The Seated Row allows independent movement of each arm, encouraging symmetrical strength development and allowing for unilateral, bilateral, alternating, or high-speed reciprocal training. It also has an adjustable padded chest support which provides the comfort and stability to perform the exercise safely.



Water Bottle Holder



Instructions placard



High-density Poly-foam



Adjustable Seat Pad



Technical Specifications

Rating	Commercial
Adjustments	Adjustable seat and chest pad for user comfort
Upholstery	High-density poly-foam and double stitches offer comfort and durability
Tubing	Tube of the functional part is primarily at a 3mm thickness. The weight stack cage is with D-shape tube size: 95 x 81.1 x 3mm and a racetrack tube size: 50 x 100 x 3mm which ensure ultra-durability and stability.
Instructions Plaque	Instructions placards to review proper set-up, movement and muscles trained
Shroud	Translucent ABS shroud at a thickness of 3.2mm ensures ultra-durability and shock resistance.
Weight Stack	91kg 200lbs
Product Weight	117.5kg 38.5lbs
Maximum User Weight	150kg 330lbs
Dimensions	L 161.7 x W 126.4 x H 150.6 cm L 63.6 x W 49.7 x H 59 inches

Key Features

Space efficient design requires minimal floor space	•
Self-lubricate American loos™ cable with nylon-coated 12 complex fiber ensures service life more than 250 thousand times.	•
Water bottle holder fixed on the cage is within reach.	•
Ergonomic handlebars in TPV material with aluminium ring limit offers comfort and security during a workout	•
All dynamic components are shielded for safety purpose	•
Lathed pulley with bearings of less tolerance ensure smooth movement	•
Meets EN957 safety regulation	•