

## Pro Series PL Seated Row

The Pro Series PL Seated Row is a must-have for any serious gym-goer. Its compact size and easy assembly make it ideal for home gyms, while its plate-loaded design and adjustable features ensure a full back workout. Strengthen and tone your back muscles with the Pro Series PL Seated Row. With high-density foam padding and an angled back pad, this machine provides comfort and support during workouts. The plate-loaded design and adjustable seat height allow for easy weight adjustment and customization.



Ergonomic Handles



High-Density Foam Padding



Adjustable Seat



Non-Slip Foot Plate

### Technical Specifications

<b>Rating</b>	Commercial
<b>Upholstery</b>	Black + Patterned Leather + PVC
<b>Tubing</b>	Tubes are: 50.8x76.2x2.5
<b>Adjustments</b>	Adjustable seat height
<b>Loading Capacity</b>	100kg x2 220.4lbs x2
<b>Product Weight</b>	85.5kg 188.4lbs
<b>Dimensions</b>	L147 x W 102 x H 134cm L57.87 x W40.16 x H52.76 inches

### Key Features

<b>Heavy-duty steel construction ensures durability.</b>	•
<b>High-density foam padding provides comfort and support during workouts.</b>	•
<b>Non-slip footplates ensure stability during exercise.</b>	•
<b>Angled back pad targets the quadriceps for maximum results.</b>	•
<b>High quality bearings for moving parts</b>	•