

Go Series Seated Row

GO-S34

Simple and streamlined, our seated row helps new users improve their upper-body strength. Oversized neutral grips offer a comfortable hold while reducing stress on shoulder joints, and dual position foot pegs accommodate users of different heights comfortably. Its space-saving design fits your facility as well as it fits your budget.



- Optional Incremental Weight (GO-IW) available for small 2.3-kg / 5-lb. weight increments.
- Large color-coded placard helps users identify muscles targeted (upper, core, lower body), as well as start/finish positions and adjustments (if applicable).
- Compact footprint, combined with a stack-to-stack design, allows for more products in a smaller space.
- Low stack height allows users and staff to easily see through a facility.
- Dual position foot pegs, combined with a longer seat, allow users of differing heights to sit and position their feet comfortably.
- Long oversized grips allow the machine to be used without requiring an adjustment.

ADJUSTMENTS	
COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
USER ADJUSTMENT RANGE	N/A

FRAME & CABLES	
AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White
FRAME FINISH	Proprietary two-coat powder process
CABLE TRANSMISSION	Internally lubricated cables and fittings
MACHINE ANCHORING LOCATIONS	Yes

TECH SPECS	
OVERALL DIMENSIONS	148 x 123 x 137 cm / 58.3" x 48.5" x 54"
PRODUCT WEIGHT	159 kg / 350.5 lbs.
MAX USER WEIGHT	159 kg / 350 lbs.
MAX "IN-USE" DIMENSIONS	148 x 123 x 137 cm / 58.3" x 48.5" x 54"

USER AMENITIES	
PERSONAL STORAGE	Bottle holder and storage area
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations
PLACARD COLOR CODING	Yellow (upper body)

WEIGHT STACK	
TOTAL STACK WEIGHT	72 kg / 160 lbs.
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
WEIGHT STACK GUARDING	Full front and rear metal shrouds