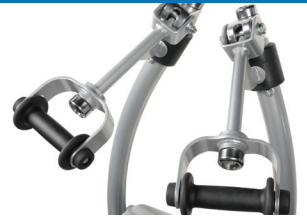


# SEATED MID ROW

## RPL-5203



### ROTATING HANDLES



### ADJUSTABLE PADDED CHEST BRACE



## SPECS

### PRODUCT DIMENSIONS (L X W X H)

70.50" x 52.75" x 47.00" (179 cm x 134 cm x 119 cm)

### PRODUCT WEIGHT

381 lbs (173 kg)

### MAX STORAGE

720 lbs (327 kg)

### MAX CAPACITY

800 lbs (363 kg)

## FEATURES

- ◆ ROC-IT® technology aligns the user with the motion of the pull-arms, leaning the torso forward for a good stretch at the start and rocking back through the motion for a comfortable, low finish
- ◆ Independent, diverging pull arms provide a natural motion and minimize stress to the shoulder joints
- ◆ Swiveling handles provide 360 degrees of grip options
- ◆ Adjustable, hinged chest pad
- ◆ Fixed center grip handle for one-handed rows
- ◆ Generous built-in weight storage