

Ultra Diverging Seated Row

G7-S34-AS2007

For a complete, comfortable way to strengthen the muscles of the upper back and the lats, choose our powerful Ultra Diverging Seated Row. Independent diverging movements provide a natural path of motion. Dual-position foot placement makes use comfortable, while an adjustable chest pad with gas shock accommodates users of all sizes.

Also available in [Ultra Base option G7-S34B](#).



- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals
- Independent diverging arm movements provide a natural path of motion and increased exercise variety
- Dual-position foot placement provide greater user comfort
- Action Specific Grips provide greater comfort and improved grip strength
- Adjustable chest pad with gas shock accommodates a variety of users

INTELLIGENT TRAINING CONSOLE (OPTIONAL)	
PROGRESSION BASED PROGRAMMING	Yes
STORED USER SETTINGS	Yes, seat settings and Bluetooth HR
DEMO VIDEO	Yes
DUAL USER SIGN-IN	Yes
WORKOUTS	Manual, Endurance, Build, Strength, E-Lifts, Engage 360
ENGAGE 360 COMPATIBLE	Yes
EGYM COMPATIBLE	Yes
COMMUNITY 360 COMPATIBLE	Yes
WEB CONNECTIVITY	Yes
WI-FI	Yes
DISPLAY FEEDBACK	Sets, Reps, Rest Time, Total Weight Lifted
ETHERNET PORT	Yes
BLUETOOTH	Heart rate only
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
LIFT TO START	Yes
FITTOUCH TECHNOLOGY	Yes
DISPLAY TYPE	40.6 cm / 16" class capacitive touchscreen LCD
ASSET MANAGEMENT COMPATIBLE	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
CSAFE READY-FITLINXX CERTIFIED	No
USB PORT	No, service only
ASSEMBLED HEIGHT	147.3 cm / 58" as assembled on Ultra weight stack
POWER REQUIREMENTS	100v-240v / 50-60 Hz AC
SHIPPING WEIGHT	9.4 kg / 21 lbs.

ADJUSTMENTS	
MACHINE ASSISTED USER ADJUSTMENTS	Spring assisted seat, gas assisted chest pad
USER ADJUSTMENT RANGE	7 position seat, 9 position chest pad
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
FRAME FINISH	Proprietary two-coat powder process
AVAILABLE FRAME COLORS	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
MACHINE ANCHORING	Independent machine hold down brackets
CABLE TRANSMISSION	Internally lubricated cables & fittings
INTEGRATED LEVELING SYSTEM	Yes, top-down leveler

TECH SPECS	
OVERALL "STATIC" DIMENSIONS (L X W X H)	158 x 135.5 x 140.5 cm / 62.2" x 53.3" x 55.3"
OVERALL "IN-USE" DIMENSIONS (L X W X H)	158 x 138.5 x 140.5 cm / 62.2" x 54.5" x 55.3"
PRODUCT WEIGHT	343 kg / 757 lbs
REP COUNTER POWER SUPPLY	2 AA batteries
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use

USER AMENITIES	
FRONT PLACARDS	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
REAR PLACARDS	Color-coded machine identification, exercise specific stretching
REP COUNTER	Electronic counter displays reps, exercise time and rest time
PLACARD COLOR CODING	Yellow (upper body)
FOOT SUPPORTS	Dual foot support positions for comfort
ACTION SPECIFIC GRIPS	Exercise specific grips improving feel, function and form during use
PERSONAL STORAGE	Two tactile storage mats, personal device cradle and towel hook
CONTOURED SEAT	Yes

WEIGHT STACK	
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs
MAX TRAINING WEIGHT	111.4 kg / 247.5 lbs
INCREMENTAL WEIGHT SYSTEM	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
CONSISTENT 53" STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields
TOTAL STACK WEIGHT	108 kg / 240 lbs