

SEATED ROW PLS-0400



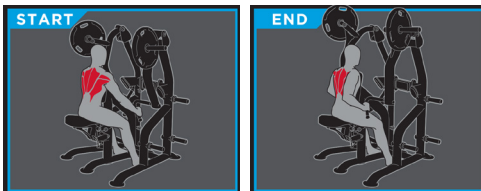
Designed to enhance strength and performance, the Palladium Series Plate Loaded PLS-0400 Seated Row features unilateral arms with dual-grip handles, guiding users through a full range of motion for maximum muscle engagement. A chest pad and single handle provide added stability, while six built-in weight storage posts offer convenient plate organization.

FEATURES

- Unilateral arms diverge to maximize articulation of the shoulder and allow for a complete range of motion
- Multi-grip handles for exercise variation and center post for stability during one arm rows
- 3-position seat uses gas cylinder assist for stable, friction-free adjustments

USER AMENITIES

- (6) Weight Storage Posts
- Instruction Placard illustrates proper START and END positions



SPECIFICATIONS

DIMENSIONS (L x W x H)
57" x 65" x 65" / 145cm x 165cm x 165cm

COLOR OPTIONS
Frame comes standard with matte black powder coat finish. Custom frame and upholstery options available.



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