

## SEATED MID ROW

**RS-1203**



### FEATURES

- Self-aligning exercise arm allows the user to pull the handles down into a low row position to recruit more mid and lower back muscles
- Swiveling handles provide pronated, neutral and supinated grip positions
- Pull movement lifts the seat while rocking the body rearward to avoid unsafe lower back hyperextension
- Greater activation of the core muscles to maintain balance during unsupported torso movement

### SPECS

- Product Dimensions L x W x H:  
67.50" (171 cm) x 47.75" (121 cm) x 54.75" (140 cm)
- Product Weight: 595 lbs (270 kg)
- Weight Stack: 345 lbs (157 kg)