

**PL300B SEATED ROW**

- > **Length:** 185cm
- > **Width:** 135cm
- > **Height:** 140cm
- > **Weight:** 157kg
- > **Maximum weight:** 300kg
- > **Starting weight:** 4.5kg

- > **Independent** movement in order to make sure a correct training, balanced with a biomechanic design for a perfect contraction
- > **Divergent** movement in order to make an overall workout for the back
- > **2 reinforced racks** for plate storage
- > Ultra **solid steel chassis**. Combination of two kind of tubes: 76mm diameter circle tube and 100x50mm oval tube; both with 3mm width. TIG welding in all the union points.
- > High durability **stainless screws**
- > **Ergonomic** adjustment lever
- > The seat adjustment is **mechanic with an hidraulic compensator**. It has an articulated quadrilateral structure made on steel with the hydraulic aid.
- > **Huge variety of grips**
- > **Fireproof upholstery** made in hi-density polyfoam for more confort and reliability.
- > **High precision industrial ball bearings** to ensure smooth operation and protection against corrosion.
- > **Elastic adjustments** that allow the user to adapt easily and accurately to the machine
- > Rubber **protections** on the base supports to avoid scratches.
- > **Anti-slip aluminum grips** for the best feeling during exercise and the greatest guarantee for durability
- > Diameter of the **grips:** 38mm
- > Due to the **variety of settings and adjustments**, it offers a wide range of positions for anyone to use the machine
- > Reinforcements of **stainless steel in the base** to support feet and provide greater robustness.