



Row

SAB-1-R

- Unilateral operation for balanced strength development
- Dynamic variable resistance
- Weight stack easily accessible from seated position

Muscles:

- Latissimus Dorsi
- Elbow Flexors
- Rhomboids
- Erector Spinae
- Trapezius (Middle)
- Post. Deltoid

Length(mm):	1580
Width(mm):	1224
Height (mm):	1389
Machine Weight (kg):	281

Weight Stack

Standard (kg):	110
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