## **SYNERGY**



## Supported Row

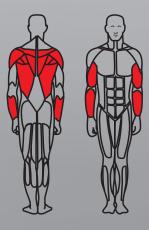
- Overhead pivoting and converging compound arc for safe and natural movement
- Unilateral operation for balanced strength development
- Dynamic variable resistance
- Adjustable chest support pad

## Muscles:

S2-2-SR

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

Length(mm): Width(mm): Height (mm): Machine Weight (kg):



Weight Stack Standard (kg):