



## Supported Row

SI-1-SR

- Overhead pivoting and converging compound arc for safe and natural movement
- Unilateral operation for balanced strength development
- Dynamic variable resistance to correctly maximize muscle recruitment
- Rotating ergonomic handles for unlimited grip position options during movement
- Adjustable chest support pad to achieve optimal pre stretch
- Foot plates allow unsupported movement option
- Gas assisted seat height adjustment

**Muscles:**

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

---

Length(mm):	<b>1387</b>
Width(mm):	<b>1085</b>
Height (mm):	<b>1848</b>
Machine Weight (kg):	<b>364</b>

---

**Weight Stack**

Standard (kg):	<b>148</b>
----------------	------------

