

SEATED ROW
JPB-205

- ◆ The Seated Row allows users to easily transition between neutral, supinated and pronated grips due to the pivoting hand grips.

- ◆ **DIMENSION:**
Length : 96 inches / 244 cms
Width : 40 inches / 102 cms
Height : 72 inches / 183 cms
Weight Stack : 220lbs / 100kg

- ◆ **MUSCLE WORKED:**
Erector Spine, Trapezius,
Latissimus Dorsi,
Rear Deltoids & Biceps

