

- ◆ The Vertical Row offers dual hand grips to target different muscles in the back. The adjustable chest pad provides support and helps the user maintain their form.

- ◆ **DIMENSION:**
Length : 68 inches / 173 cms
Width : 52 inches / 132 cms
Height : 62 inches / 157 cms
Weight Stack : 165lbs / 75kg

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

