



# Product Data Sheet

## PLSR Seated row

The Steelflex PLSR Seated Row machine has been designed to give a 10 Degree diverging pattern providing a more natural working orbit of the body. The Row arms can be used together or independently. Other features of the PLSR include:

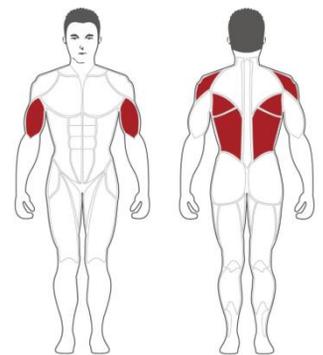
- Dual axis diverging arm movement provides the correct biomechanic back exercise
- 360 degree articulating hand grips provide definition and natural range of motion
- Adjustable chest support with gas assist for various arm lengths and total isolation of back muscles
- Independent unilateral arm movement
- Weight plate holders for plate storage
- Olympic weight plates not included



[Video instruction](#)



[Muscles Worked](#)



### SPECIFICATIONS

#### Features:

- Mainframe: Heavy Duty, 12 gauge 2" x 4" (50 x 100 mm) oval tubing.
- Finish: Electrostatic applied powder coated
- Upholstery Colour: Black or Cranberry
- Hand Grips: High density foam grip
- Dimensions (LxWxH): 118 x 107 x 107 cm / 46"x 42"x 42"
- Weight: 155lbs (71Kg)
- Bearings: Industrially rated, sealed bearings at all pivot points
- Max. User Weight: 120Kg

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