

## Seated Row Machine

OFG003

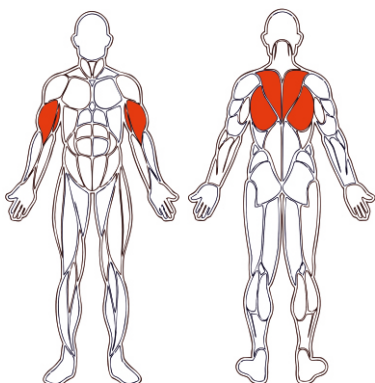


LENGTH / WIDTH / HEIGHT  
1943mm / 824mm / 1400mm



TRAINING LOAD  
RANGE: 15-74kg

### TARGETED MUSCLE GROUPS



### TRAINING BENCH



## • Technical Specifications

Frame	Made of zinc-coated steel and wall thickness is 3–6 mm
Moving parts and handles	Made of stainless steel and wall thickness is 3–6 mm
Surface finish	Powder-coated in RAL colors
Support surfaces	20 mm ribbed UV-resistant plastic
Adjustable components	Adjustable chest support

## • Weight Stack Information

1. The machine is equipped with two adjustable weight stacks that are ergonomically designed for smooth and effortless adjustment.
2. Training weights can be adjusted in 1–5 kg increments.
3. The weight stacks move on maintenance-free ball bearings that are concealed within a stainless steel guide rail.
4. The machine is equipped with weight scales on both sides. The indicated weights are marked in kilograms and may differ from the actual weight by up to 5 kg.

## • Usage Conditions

1. Minimum user height: 140 cm
2. Recommended minimum age: 14 years

## • Equipment Installation

The training equipment can be installed in three different ways. Detailed installation instructions are available [HERE](#).



The training bench complies with EN 16630:2015 safety standards and has a corresponding certificate of conformity.



Manufactured in Estonia