

**Seated Row Machine**  
**OFG013**

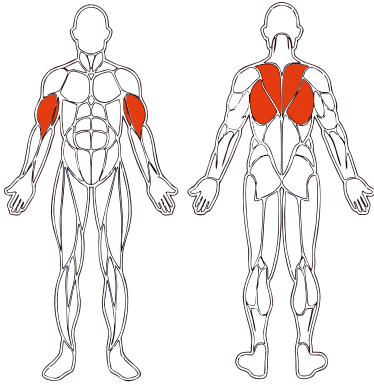


**LENGTH / WIDTH / HEIGHT**  
 1870mm / 1170mm / 1080mm



**TRAINING LOAD RANGE:** 5-150kg

TARGETED MUSCLE GROUPS



TRAINING BENCH



• **Technical Specifications**

<b>Frame</b>	Steel coated with a multi-layer corrosion protection system (up to C5), wall thickness 3–6 mm
<b>Moving parts</b>	Made of stainless steel and wall thickness is 3–6 mm
<b>Surface finish</b>	Powder-coated in RAL colors
<b>Support surfaces</b>	20 mm ribbed UV-resistant plastic
<b>Adjustable components</b>	Adjustable seat and chest support
<b>Handles</b>	Six-position handles made of stainless steel

• **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 2–2.5 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