

A modern and comprehensive strength conditioning system designed to meet the space, budget, and performance demands of today's commercial fitness facilities.



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Instructional Video

## FUSE-1200 SEATED ROW

### FEATURES

- Five position seat uses four-bar linkage with gas cylinder assist for stable, low friction adjustments
- Eight position chest pad accommodates wide range of users
- Unilateral arms diverge to maximize articulation of the shoulder and allow for a complete range of motion
- Handles rotate freely for exercise variation
- Integrated towel holder and accessory tray with cup holder

### SPECIFICATIONS

#### DIMENSIONS L X W X H

53" x 56" x 58" / 135 cm x 142 cm x 147 cm

#### PRODUCT WEIGHT

Weight Stack Options	170 lbs / 77 kg	250 lbs / 113 kg
Machine Weight	458 lbs / 208 kg	538 lbs / 244 kg

#### COLOR

Powder coat finish available in standard silver or white with custom color options. Twelve standard vinyl seat color options with custom colors also available. Contact your sales representative for more information.

### USER AMENITIES

#### HEIGHT ADJUSTMENT GUIDE

#### ADJUSTMENT GUIDE

HEIGHT	METRIC	SEAT
5' 2" AND UNDER	157cm	5
5' 7"	170cm	4
5' 10"	178cm	3
6'	183cm	2
6'2" AND OVER	188cm	1



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