



## GSRM40

### Body-Solid - Seated Row Machine

*Weight plates and collars sold separately.*



#### **GSRM40** **Seated Row Machine**

This is the tool of the trade for building depth in the middle back and training the hard to reach lower lats. Our uniquely designed Seated Row Machine is fully adjustable to fit all size users. The extra-thick DuraFirm™ seat and chest pads position you for maximum pre-stretch which is crucial for deep muscle penetration an full range of motion. Four-way hand grips widen or narrow to target resistance to the middle back resulting in accelerated muscle gains.

Dimensions: 39"H x 54"L x 44"W

#### **Special Features**

- Lifetime warranty
- DuraFirm™ chest and seat pads
- Easy access plate load system
- Oil-Lite bronze bushings at all pivot points
- Extra-thick foam padded foot braces
- Ideal for home and commercial use