



Row

SA-1-R

- Dynamic variable resistance
- Weight stack easily accessible from seated position

- Muscles:**
- Latissimus Dorsi
 - Elbow Flexors
 - Rhomboids
 - Erector Spinae
 - Trapezius (Middle)
 - Post. Deltoid

Length(mm):	1580
Width(mm):	1080
Height (mm):	1389
Machine Weight (kg):	271

Weight Stack	
Standard (kg):	110

