



Chest Press / Seated Row

SD-1-CR

- Dual operation – Chest Press and Row
- Dynamic variable resistance
- Multiple hand grip positioning options
- Foot operated easy start mechanism provides optimal start position pre-stretch

**Muscles:**

- Pectorals
- Ant. Deltoid
- Triceps
- Latissimus Dorsi
- Elbow Flexors
- Rhomboids
- Erector Spinae
- Trapezius (Middle)
- Post. Deltoid

Length(mm):	1285
Width(mm):	1230
Height (mm):	1393
Machine Weight (kg):	297

<b>Weight Stack</b>	
Standard (kg):	148

Chest Press

Seated Row

