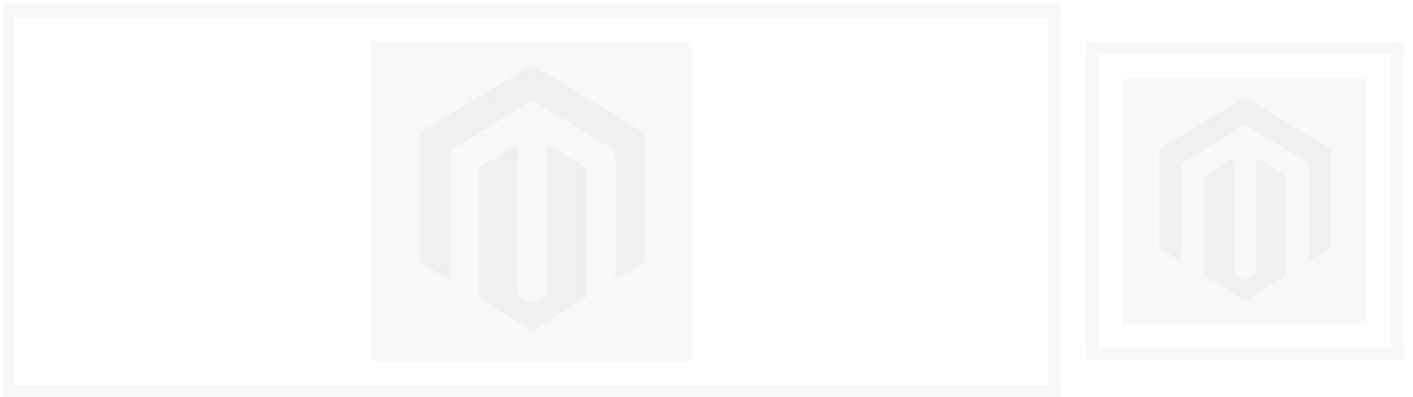


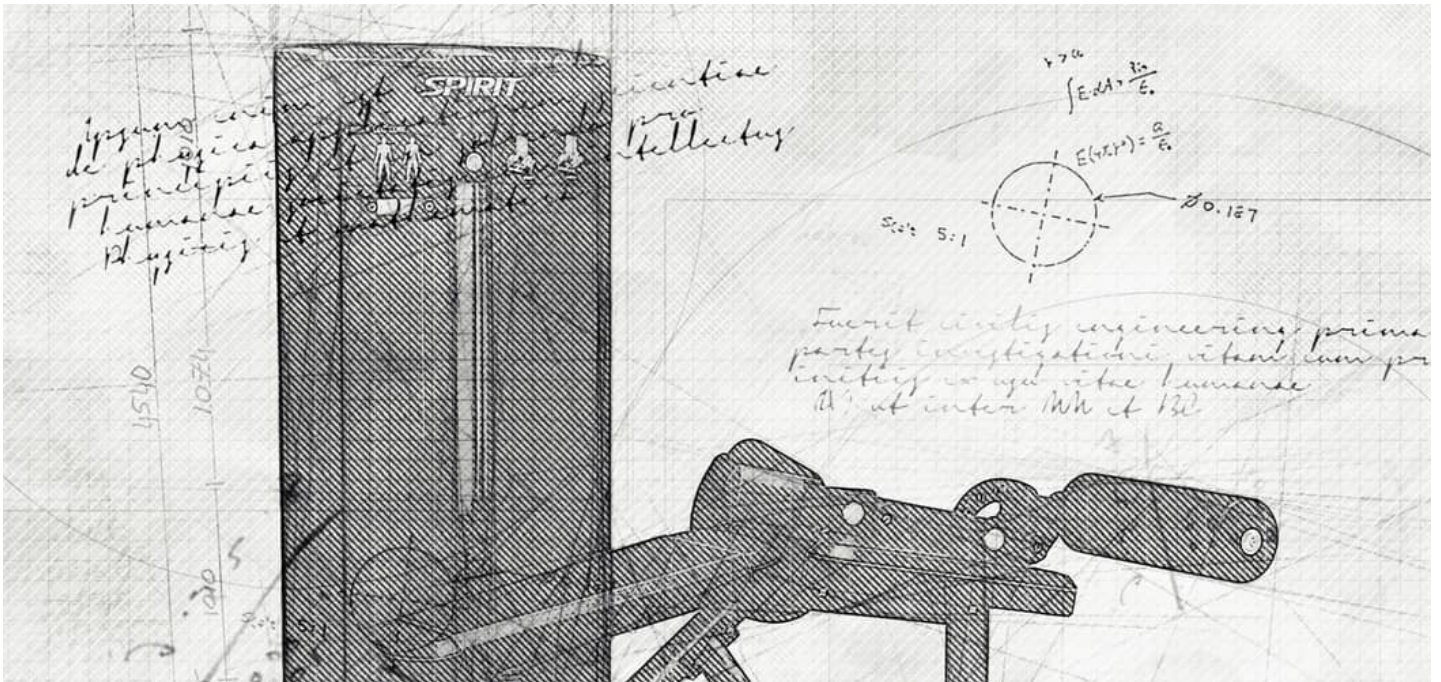
Spirit 35 Pin Select Seated Row

£3,495.00

Product Images



Short Description



Often used to help improve your posture and strength, the Spiriti 35 Pin Select Seated Row offers some good features for a commercial machine, especially when you look at value for money. With its 90kg weight stack (upgradeable if required), easy adjustments for pads and the stylish design, it's a winner for homes or commercial gyms.

Ensuring that you strengthen both your upper arms as well as your back is helped by the pivoting grips offered on the Spirit 35 Pin Seated Row. As well as the unilateral and bilateral motions possible, all the seat and back pad adjustments are easy and simple to make so you can be comfortable when performing your exercise.

Choosing Your Seated Row

Always check whether the selectorised machine has enough weight on the stack for you. Secondly look at the grip positions as well as adjustments possible for the seat and chest pad. This is vital to help you get in the right position to properly work your upper back and shoulders during the exercise.

The independent left and right arms ensure you can perform either unilateral or bilateral movements to help balance your muscle work. Finally, this Spirit Seated Row comes with a commercial warranty.

Key Features

- 90kg weight stack
- Stylish graphite grey finish
- Pivoting and rotating grips
- Grips self-adjust to keep focus on back muscles
- Adjustable seat and chest pad
- Unilateral and bilateral motions for correcting muscle imbalances

Additional Information

SKU	SP-3507
Weight	245.000000
Equipment Usage	Home & Commercial Use
Warranty	3 Years Parts & Labour