

# POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

## PRO PLATE LOAD SEATED ROW

The Power Lift Seated Row machine was constructed with versatility in mind. The machine emphasizes muscles around the back and abdomen, and the independent work arms allow for training arms independently or simultaneously. The addition of three grip positions and support padding ensures athletes are stable and comfortable when using the machine.

### KEY FEATURES:

- Independent diverging work arms
- Weight storage standard
- Ratchet lock seat adjustment
- Adjustable chest pad
- Three grip positions
- Urethane foot pads standard
- Ratchet seat mechanism accommodates all user sizes
- Low start resistance with the ability to add plates to accommodate all athletic levels
- Standard counter balance
- 3" thick pads for user comfort and support
- Moveable joints feature ball bearings
- Standard weight horns



### Overall Dimensions:

47" (H) x 60" (W) x 61" (D)  
265 lbs. (Approximate Weight)

### Warranty:

Lifetime conditional warranty on frame components. One year on bearings and 90 days on upholstery and items not specified.

### Part Number:

81250C

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