



Seated Row / Chinning Bar

SKU: **GG-CA-004A**

Solid steel build with rubber grips gives you the strength and control needed for serious back training. Built for heavy use, this attachment helps deliver smooth, effective rows and pulldowns every time. The Seated Row / Chinning Bar is crafted from chrome-plated solid steel with precision welding to deliver long-term reliability in demanding environments. Fitted with textured rubber grips for improved comfort and control, this versatile attachment is ideal for a range of compound back exercises, including seated rows and narrow-grip pulldowns.

Key Features

- Targets lats, traps, and rhomboids for stronger back development
- Durable chrome-plated steel construction for long-lasting use
- Precision-welded joints keep the bar stable under load
- Textured rubber grips provide comfort and prevent slipping
- Compatible with all Gym Gear multi-gyms and adjustable pulley systems
- Supports both seated rows and narrow-grip pulldowns
- Commercial-grade quality for gyms and heavy training environments

Technical Specifications

Weight	10 kg
Length / Depth	20 cm
Height	20 cm
Width	20 cm

