



Pro Series Plate Loaded, Seated Row

SKU: **GG-PRO-PL-104**

Target back and arm strength with precision, the Pro Series Plate Loaded Seated Row works the latissimus dorsi, biceps, and deltoids through smooth, controlled movement. Quick-adjust seating, extended handles, and easy-load weight pins ensure a comfortable, efficient, and powerful workout.

Key Features

- Strengthens lats, biceps, and deltoids for balanced upper body power
- Extended handles to suit users of all sizes
- Quick-adjust seat for optimal positioning
- Weight pins for fast, effortless plate changes
- Step-on pedals for easy access and secure foot placement
- Training pedals provide stability and better force application
- Durable engineering plastic protective covers for long-lasting performance



Technical Specifications

Weight	85.5 kg	Plate Loaded	Yes
Length / Depth	147 cm		
Height	134 cm		
Width	102 cm		
Frame Weight	85.5 kg		
Start Weight	5.4 kg		
Loading Capacity	0 kg		

