



Platinum Series, Seated Low Row

SKU: **GG-PLAT-104**

Targeted back strength with safe, controlled motion The Platinum Series Seated Low Row builds upper and mid-back power without the instability of free weights. Its ergonomic setup and smooth movement path promote correct form, posture, and reliable performance in any training space.

Key Features

- Engages traps, erector spinae, rear delts, and biceps for balanced back development
- Low-profile 1492mm frame fits seamlessly into compact gym layouts
- 3mm electrostatic powder-coated steel tubing ensures long-lasting durability
- Polished anti-corrosion guide rods deliver consistent, smooth performance
- 3.2mm injection-moulded translucent shroud protects against wear and impact
- Contoured PU foam seat and ergonomic polyurethane handles maximise comfort
- Reliable cable and belt drive mechanisms built for extended service life
- 5lb incremental weight stack supports progressive overload
- Patented 3-linkage seat adjustment system adapts to all users
- Shielded moving parts comply with EN957 international safety standards



Technical Specifications

Weight	296.5 kg	Weight Stack	106 kg
Length / Depth	198 cm	Pin Select	Yes
Height	156 cm		
Width	113 cm		
Frame Weight	175 kg		

