





Perform Series, Seated Row

SKU: **GG-PERFORM-004**

Independent arm movement for balanced back strength The Perform Series Seated Row delivers smooth, controlled pulls that keep the lats fully engaged from start to finish. The adjustable chest support locks you in for stable, powerful reps with comfort and confidence. Lat-focused training that builds balanced strength Heavy-duty 3mm steel frame built for long-term use Shock-resistant ABS shrouds protect internal components High-density foam padding for comfort under load Durable American Loos™ cable system tested for 250,000 cycles Adjustable seat and chest pad for a custom fit Ergonomic TPV handles with aluminium rings for ...

Technical Specifications

Weight	239.1 kg	**Weight Stack**	91 kg
Length / Depth	63.6 cm	**Pin Select**	Yes
Height	150.6 cm		
Width	126.4 cm		
Frame Weight	117.5 kg		