

SUPER HIGH ROW / 1FW003



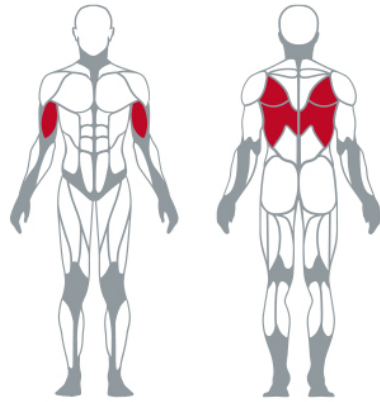
The Super High Row is a specific machine for the complete training of the back, given by the synergetic activation of the Latissimus Dorsi, Teres Major, Rhomboid and Trapezius:

- seat and knee-stop rollers with gas assisted height adjustment;
- depth adjustable chest rest;
- independent levers for mono-lateral or bi-lateral exercise;
- physiological load curve with levers system;
- handles are adjustable in 3 positions: semi-prone, neutral and semi-supine;
- fixed central handle to stabilize the body during the mono-lateral exercise.

Optional

- footrest with a slip-proof system;
- 6 additional weight holders.

MUSCLES



TECHNICAL SPECIFICATIONS

Width	150 cm
Length	200 cm
Height	215 cm
Weight	315 Kg
Max. Weight	270 Kg

PANATTA srl

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Via Madonna della Fonte 3/c - 62021 Apiro (MC) Italy

T. +39 0733 611824 - F. +39 0733 611777

www.panattasport.com - info@panattasport.com

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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.