

# SUPER LOW ROW / 1FW002



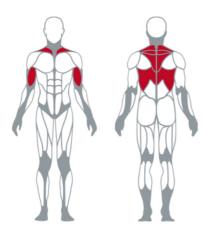
The Super Low Row is a specific machine to work on the upper part of the spine, particularly recommended to increase muscles thickness of this body part. It shows the following features:

- seat with gas assisted height adjustment;
- independent levers for bilateral or mono-lateral exercises;
- · physiological load curve with levers system;
- standard rotating handles for a more neutral grip and that can be varied also during the movement;
- · levers for a physiological starting movement;
- fixed central handle to stabilize the body during the mono-lateral exercise.

## Optional

• 6 additional weight holders.

### MUSCLES



## **TECHNICAL SPECIFICATIONS**

Width	150 cm
Length	155 cm
Height	190 cm
Weight	210 Kg
Max. Weight	270 Kg

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#### 3/11/2022

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