

VERTICAL ROW

JFB - 2040

The Vertical Row is a versatile exercise equipment that offers dual hand grips to target different muscles in the back. This machine offers an adjustable chest pad to provide support and helps the user maintain their form, and it offers a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



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to Access the Video

FEATURES

- ◆ **Adjustable Seat:** Fits users of all sizes for proper alignment.
- ◆ **Chest Pad Support:** Provides stability and reduces strain on the lower back.
- ◆ **Multi-Grip Handles:** Target different back muscles with versatile grip options.
- ◆ **Compact Design:** Space-saving for gyms of all sizes.
- ◆ **Durable Construction:** Built to last with high-quality materials.

SPECIFICATIONS

DIMENSIONS:

Length: 68 inches / 173 cms
Width: 52 inches / 132 cms
Height: 62 inches / 157 cms
Weight: 447 lbs / 202.8 kg
Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Erector Spinae, Trapezius, Latissimus Dorsi, Rear Deltoids & Biceps

COLOUR AVAILABLE: Black.

