

LINE › FreeMotion EPIC  
 TYPE › selectorized

# SEATED ROW

MODEL › GZFI8176  
 FEATURE › FreeGrip™ Handles



## FEATURES AND BENEFITS

**FreeGrip™ Handles** › Handles swivel 360-degrees for various rowing exercises and to accommodate natural wrist movement. They tilt vertically and horizontally for a natural, user-defined range of motion.

**Unilateral Arm Movement** › Arms move independently for single or two arm exercises in a diverging movement pattern.

**Adjustable Chest Pad** › To help isolate the upper body and fit a variety of users, they can simply pull the chest pad to the appropriate position or pull the pop-pin and slide to the appropriate position.

**Seat Adjustment** › Seat adjustments can be made by simply lifting or tilting and pressing down to the appropriate height.

**Cable** › Heavy-duty, ¼" cable is rated to 4,200 lbs. minimum tensile strength.

**Weight Stack** › Oval-shaped stack is enclosed to limit access to moving parts.

**Bolt-down Strap** › For added safety, equipment can be bolted to the floor.

**Floor Protectors** › Made of molded rubber, floor protectors guard against damaging the floor.

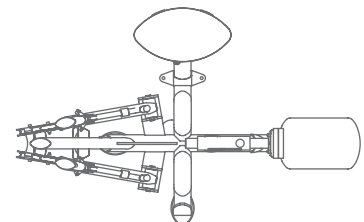
**Serviceability** › The weight stack access panel allows for simple cable service while the removable upholstery and Linex® wear guards increase cushion life and allow for easy replacement of wear items.

## SPECS › EPIC Selectorized Seated Row

MODEL GZFI8176

<b>Dimensions (LWH)</b>	68" x 47" x 62" (173 cm x 119 cm x 157 cm)
<b>Weight Stack Configuration</b>	10 – 140 x 10 lbs. (4.5 – 64 x 4.5 kg) 160 – 240 x 20 lbs. (64 – 109 x 9 kg)
<b>Product Weight</b>	610 lbs. (277 kg)

Top View



› WARRANTY 10 YEARS: STRUCTURAL FRAME 3 YEARS: BEARINGS, GUIDE RODS, PULLEYS, CAMS, WEIGHT STACKS 1 YEAR: CABLES & LABOR 120 DAYS: UPHOLSTERY, HANDLES & ACCESSORIES