



selectorized LAT/HIGH ROW

specifications	GZFI8023			
weight stack: 300 lbs. (136 kg)	US / METRIC L - 79" / 201 cm W - 62" / 157 cm H - 74" / 188 cm			
configuration: 10 – 120 x 10 lbs. (4.5 – 54.5 x 4.5 kg)	500 lbs. / 227 kg			
140 – 300 x 20 lbs. (63.5 – 136 x 9 kg)				

Unilateral Arm Movement - Arms move independently for single or dual-arm exercises.

Multiple Handle Positions - L-shaped handles allow for multiple grips for both lat and row exercises.

Adjustable Thigh Pads - Thigh pads adjust in height and swivel to fit a wide variety of users.

Cable - Heavy-duty, 1/4-inch 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.

FREEMOTION FITNESS™

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