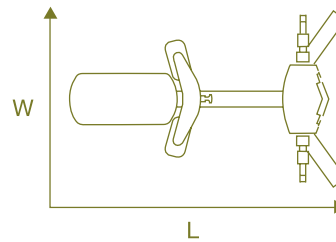




selectorized ROW



specifications	GZFM6004
<p>effective resistance: 1 arm - 100 lbs. (45.5 kg) 2 arms - 200 lbs. (91 kg)</p> <p>configuration: 5 - 50 x 5 lbs. (2.25 - 22.75 x 2.25 kg) 60 - 200 x 10 lbs. (27.25 - 91 x 4.5 kg)</p>	<p>US / METRIC L - 56" / 142 cm W - 36" / 92 cm H - 75" / 191 cm</p> <p>500 lbs. / 227 kg</p> <p>cable diameter: 3/16-inch rated to 2,000 lbs.</p>



Swivel Pulleys - Pulley design ensures fluid cable travel and provides nearly unlimited range of motion.

Independent Arm Movement - Handles move independently for a wide variety of back exercises and single arm movements.

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

Seated Position - Users can sit to perform traditional seated exercises or stand for added intensity.

Cable Travel - Extensive cable travel allows for full exercise flexion, single arm: 74 inches (188 cm), two arms: 37 inches (94 cm).

Weight Stack - Enclosed weight stack limits access to moving parts for user safety.

Industrial Construction - Equipment is built with 11- and 7-gauge steel and is electrostatically powder-coated.

Kick Plates - 16-gauge, stainless steel kick plates protect the machine from wear and tear.