



Seated Cable Row

SA-1-SCR

- Weight stack easily accessible from seated position

- Muscles:**
- Latissimus Dorsi
 - Elbow Flexors
 - Rhomboids
 - Trapezius (Lower)
 - Trapezius (Middle)
 - Post. Deltoid

Length(mm):	1580
Width(mm):	1081
Height (mm):	1734
Machine Weight (kg):	321

Weight Stack	
Standard (kg):	110

