



## Omni Seated Cable Row

SAB-1-SCR

- Dual pivoting pulley housings allows unilateral, user defined movement variations

### Muscles:

- Latissimus Dorsi
- Rhomboids
- Trapezius (Middle)
- Post. Deltoid
- Erector Spinae
- Elbow Flexors

---

Length(mm):	1764
Width(mm):	1078
Height (mm):	1734
Machine Weight (kg):	354

---

### Weight Stack

Standard (kg):	148
----------------	-----

