

# Diverging Seated Row

## G3-S34



- Independent diverging movement provides a natural path of motion
- Dual-position hand grips provide greater training variety

### EASE OF USE

Color-coded Pivots & Adjusts	Yes
Instructional Placards	Yes
Bottle & Towel Holder	Yes
Ergo Form Cushions	Yes

### FRAME & BELT

Over-sized Frame Tubing	Yes
Frame finish	Proprietary two-coat powder process
Frame Color	Polarized Titanium
Cable Transmission	Loos

### TECH SPECS

Overall Dimensions	154.4 x 87.9 x 198.7 cm / 60.8" x 34.6" x 78.2"
Total Weight	259 kg / 570 lbs.
Weight Stack	113 kg / 250 lbs.
Shipping Weight	302 kg / 665 lbs.

### WEIGHT STACK

Self-lubricating Weight Stack Bushings	Solid cold-rolled steel plate, with Teflon inner bushings.
Suspension	3-Point Design
Guards & Pulleys Covers	Yes
Weight Pins	Magnetic & tethered