

L290 Seated row

- **Front and rear fairings.** Provides greater security to the user during exercise, avoiding accidents while the plates are moving.
- **Design with lower profile and solid outline.** For a more visually striking and elegant line.
- **Setting elements are bright contrasting yellow.** They provide a quick and easy visual identification of the selectors to be adjusted by any user, without help from the coach.
- **Visual level indicator of weight training in 3 colors depending on the level of charge:** Light, medium y advanced (green, yellow and red). Intuitive system that helps the user to quickly identify the load and the development or progression at the exercise.
- **Rotary chest support, adjustable horizontally in 9 different positions.** Avoids frictions and provides maximum adaptability to the shape, height and physique of the user. Allows a total adjustment.
- **360° free multigrips.** For a more natural exercise, adapted to the anatomical movement of the arms of each particular user, whilst maintaining control. Controlled mobility.

Specifications:

Length: 158 cm / 62,2 in
Width: 109 cm / 42,9 in
Height: 148,5 cm / 58,5 in
Weight: 212 Kg / 467 lbs
Weight stack: 91 Kg / 200 lbs

Muscles:



L290 Seated row

- **Structure, loads and fatigue resistance according to the TÜV standard.**
- **Reinforced frame**, for more security and protection.
- **Guarantees free, stable and natural guided movements.**
- **Work loads adapted both to beginners and advanced users.**
- **Designed for optimum exercise biomechanics.** Guarantee smooth, natural movements for full muscle concentration
- **4 mm thick ST-37 / 40 steel frame. High durability.**
- **Structure raised 50mm above floor level with rubber tipped feet.** This provides access for cleaning and vacuuming without scratching the paint.
- **Round edges with elliptical section in order to avoid cuts and knocks.**
- **High protection polycarbonate fairings.** Provide prevention against accidents. Very easy to clean.
- **Information panel showing worked muscle groups and exercise position.** This helps the user to identify the machine quickly and use it correctly.
- **Three layer coating.** Enhanced by an initial anti-corrosion primer, followed by an eposxy powder layer and a lacquer or barnish.
- **Injected core fireproof seat.** Unlike the classic foam padded particle boards, the injected core offers the advantage of uniformity, anti-distortion and greater anti-bacterial protection.
- **Magnetic weight plate selector.** The magnets ensure that there is no possibility of the selector coming out during training.
- **Easy access to all elements of control and load selection** from the working position of the user.
- **High resistance 5 mm thick coated steel cable.** For a smooth, secure performance.
- **Resistance adapted to all the strength** moments developed throughout the whole movement.

