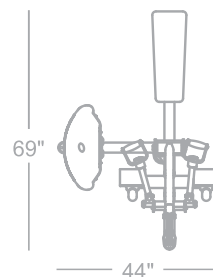


SEATED ROW



- Extended seat, low-profile, and lack of chest pad allows easy entry/exit and accommodates a wide range of users without restrictions.
- Dual arm assemblies allow divergent and convergent movement for exercise variation.
- Rotating hand grips for natural supination and pronation throughout entire range of motion.
- Large footplates with custom-molded rubber covers provide support during exercise.

Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	422 lbs. (192 kg)	502 lbs. (228 kg)



Dimensions

W: 44" (112 cm)

L: 69" (175 cm)

H: 57" (145 cm)

PARAMOUNT®

MODEL SP-5900

- 1 Read all warning labels.
 - If unit appears damaged or inoperable, do not try to use or fix. DO NOT use if weights are pinned in an elevated position. Seek staff assistance.
 - Choose light resistance when using machine for first time and train at controlled speed.
- 2 Sit down placing feet on platforms and keeping your knees slightly bent.
- 3 Grasp handles and sit upright.
- 4 While keeping your back straight, pull arms backward until elbows align with side or as far as comfortable and return.

SEATED ROW

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Superior grade BoltaSport, Boltaflex and Uniroyal Naugahyde® available in this wide range of standard upholstery colors

FRAME PAINT COLORS:
SILVER
GLOSS WHITE TEXTURED