



## 3-WAY ROW

**#410613**      **Base Length: 69 1/16"**      **Base Width: 34 3/4"**      **Height: 45 7/16"**      **Weight: 347 lbs.**

Description	Features
<p>Training the upper back is a fundamental part of strength training. The muscles that make up what we refer to as the “back” are complex and perform a variety of movements in connection with the upper arms. The primary function is to pull the arms back from an extended position either down or in.</p> <p>To more precisely target different areas of the back, we have created a machine that emphasizes the three main hand positions, underhand, overhand, and neutral. By using a fixed hand position, the strength trainer dictates which protocol his lifters are using, therefore creating a more measurable training protocol, which is key to effective training.</p>	<ul style="list-style-type: none"> <li>• Independently moving handles allow training arms together or independently.</li> <li>• Adjustable seat and arms fits all users.</li> <li>• Three separate hand positions</li> <li>• S.E.T. (Set Extension Technology) range limiter</li> <li>• Rotating vertical handles</li> <li>• Customizable color options available</li> </ul>