

Range: ALPHA SELECTORISED

Name: SEATED ROW

Product Code: IN-AS-004

Length	1215MM	Width	1465MM
Height	1690MM	Weight	260KG



Description

The Inspace Alpha Selectorised Seated Row is designed to target and strengthen the muscles in your back, primarily the Rhomboids, Trapezius and Latissimus Dorsi. The adjustable seat allows you to find the best range of motion to suit your body's profile and give you the most beneficial workout.

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