

Go Series Seated Row

GO-S34

Simple and streamlined, our seated row helps new users improve their upper-body strength. Oversized neutral grips offer a comfortable hold while reducing stress on shoulder joints, and dual position foot pegs accommodate users of different heights comfortably. Its space-saving design fits your facility as well as it fits your budget.



ADJUSTMENTS	
USER ADJUSTMENT RANGE	N/A
COLOR-CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
FRAME FINISH	Proprietary two-coat powder process
AVAILABLE FRAME COLOR	Iced Silver, Matte Black, Graphite Grey, Gloss Black, Polarized Titanium, Lace White
MACHINE ANCHORING LOCATIONS	Yes
CABLE TRANSMISSION	Internally lubricated cables and fittings

TECH SPECS	
MAX USER WEIGHT	159 kg / 350 lbs.
OVERALL DIMENSIONS (L X W X H)	148 x 123 x 137 cm / 58.3" x 48.5" x 54"
MAX "IN-USE" DIMENSIONS (L X W X H)	148 x 123 x 137 cm / 58.3" x 48.5" x 54"
PRODUCT WEIGHT	159 kg / 350.5 lbs.

USER AMENITIES	
FRONT PLACARDS	Muscle call outs, start and finish exercise illustrations
PLACARD COLOR CODING	Yellow (upper body)
PERSONAL STORAGE	Bottle holder and storage area

WEIGHT STACK	
OPTIONAL INCREMENTAL WEIGHT	2.3 kg / 5 lbs.
CONSISTENT STACK HEIGHT	Yes, 137 cm / 54"
WEIGHT STACK GUARDING	Full front and rear metal shrouds
TOTAL STACK WEIGHT	72 kg / 160 lbs.
WEIGHT PLATE INCREMENTS	4.5 kg / 10 lbs.