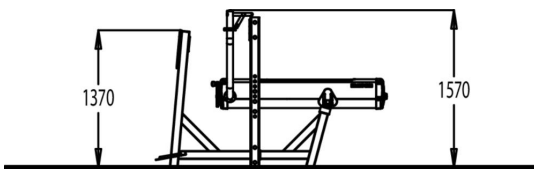


Sisu Lateral row



The lateral row exercise is a strength training exercise used primarily for developing the back muscles (rhomboids, latissimus dorsi, and trapezius) and secondary rear deltoids and biceps. The trainee pulls the handles towards oneself while the chest is against the support. The grip width, as well as the position of the hands, can be varied due to the multi-functional bar. The weight can be adjusted steplessly by turning the wheel. The level of resistance (15 - 100 kg) can be checked from the measuring scale. A towel hook and a bottle holder are for the trainee's convenience. You may download all 2d dwg top views for Sisu Fitness products from here: <https://lappset.contenthub.fi/ui/shares/w5923919/635076/en/workspaces/5923919>



| | |
|---------------------------|---|
| Product length, mm | 2320 |
| Product width, mm | 1170 |
| Product height, mm | 1570 |
| Max. free fall height, mm | 150 |
| Metal colour |  |
| Colour of walls and HPL |  |

