

ALL NEW TARGET LINE

3D SEATED ROW



3D Seated Row

Art.-No.:

10100

Fitness

3D Seated Row

Medical Art.-No.:

1010M

Certified Medical
Product

Length cm

Width cm

Height cm

Weight kg

155

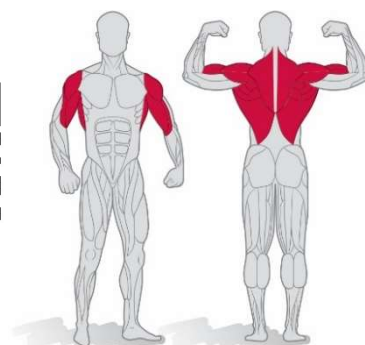
115

166

235



Learn more



✓ Integrated

+ Optional

Fine Increment
2,5kg



Biofeedback
System



Range Limiter for
End Position



Grab Handle



Comfort Start
System



Training of the broad back muscle, rear part of the delta muscle, hood muscle, large and small diamond muscles (m. Latissimus dorsi, m. Deltoideus pars clavicularis, m. Trapezius, m. Rhomboideus minor et major)

3D Technology

Thanks to biomechanically sophisticated lever kinematics and the combination of several axes of rotation, the innovative 3D technology enables multi-dimensional movements. The result is an even more effective muscle strain while at the same time protecting the joint structures and the ligamentous apparatus. The 3D technology is used in two strength machines that were specially designed for training the back and chest muscles.

Properties

- efficient posture correction
- Effective stabilisation of the pectoral girdle
- specialty tailored power curve
- tiltable chest pad
- all device settings can be made by the user/patient while sitting
- max. user weight: 200kg
- Weight block: 15 x 5kg

Device Setting

- Infinitely adjustable seat height
- Chest Pad