

# VSL019BP

## Vitality™ Series Selectorized

# Seated Row



The Vitality™ Series Selectorized Line provides a compact, value-priced conditioning circuit that fits the space and budget requirements for a wide range of facilities, from hospitality to multi-family residential to community centers. New contemporary styling allows you to enhance the Vitality Selectorized strength training experience with pieces from Vitality Benches & Racks and Resolute Strength™ Selectorized.

The Vitality™ Series Seated Row features comfortable, oversized grips with multiple positions, an adjustable chest pad, and an adjustable seat ensuring a proper path of motion and easy entrance/exit to and from the unit. Exercisers can easily engage the add-on weight with a simple push of a lever to increase the work load.



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### Helpful Guidance

The conveniently located instructional placard provides step-by-step guidance on body position, movement and muscles worked.

### Even Resistance with No Dead Spots

The movement arm design ensures that exercisers experience smooth resistance through the entire range of motion, eliminating common dead spots found in similar machines.

### Get Exercising Faster

The start position is easily adjusted while the exerciser is sitting in the unit, allowing them to get moving faster.

### Grip Variety and Size

The various grip options allow for a wide and narrow grip movements, providing exercise variety.

## Specifications

**Dimensions (L x W x H):** 56 x 48 x 70 in / 142 x 122 x 178 cm

**Equipment Weight:** 464 lb / 211 kg

**Weight Stack:** 240 lb / 109 kg

**Add-on Weight:** 5 lb / 2.5 kg

**Frame and Finish:** Heavy-duty steel tubing is fully welded in all structural areas. Powder coated frame.

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

## Color Options\*

Frame



Black Pearl

Upholstery



Black

\*Colors may vary.

