

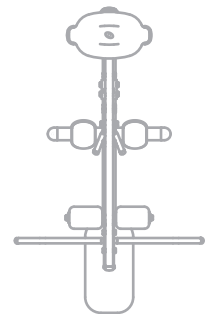


## FS-53 LAT PULLDOWN | SEATED ROW



- 8 position thigh pad easily adjusts to accommodate a wide range of users.
- Dual foot platforms provide support and encourage proper alignment during Seated Row movement.
- Rubber coated lat bar and row handle for comfort.
- Large easy to read instruction labels with QR codes linked to instructional online videos.

Weight Stack Options	170 lbs. (77 kg).	250 lbs. (113 kg)
Machine Weight	479 lbs. (217 kg)	559 lbs. (254 kg)



Dimensions W:  
 48" (122 cm) L:  
 77" (196 cm) H:  
 84" (213 cm)

