

C026BP

Vitality™ Series Selectorized

# Pulldown / Seated Row III



The reimagined 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 Pulldown / Seated Row offers both lat pulldown and mid-row exercise positions in one space saving machine. An easy-to-adjust thigh hold-down pad, extended seat and foot bar facilitates both exercises. Exercisers can easily engage the add-on weight with a simple push of a lever to increase the work load.



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**PRECOR®**

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# Pulldown / Seated Row

## Two Exercises – One Machine

Because the Pulldown / Seated Row accommodates both the lat pull down and mid-row exercise movements, it saves valuable floor space.

## Convenient Bar Storage Resists Wear

The row bar storage keeps the bar out of the way when the pull down is being used. With a protective coating the storage plate resists scratches and dents.

## Adjustment to Fit Most

The thigh hold-down pad features an easy-to-adjust mechanism to accommodate most exercisers.

## Helpful Guidance

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

## Specifications

**Dimensions (L x W x H):** 79 x 52 x 87 in / 200 x 131 x 220 cm

**Equipment Weight:** 495 lb / 225 kg

**Weight Stack:** 220 lb / 100 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.

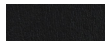
## Color Options\*

Frame



Black Pearl

Upholstery



Black

\*Colors may vary.

