

Diverging Seated Row

VS-S34



- ▶ Independent cable movement provides a user-defined path of motion & exercise variety
- ▶ Adjustable chest pad accommodates users of all sizes
- Rotating grips provide maximal comfort and ergonomic hand positioning throughout range of motion
- Incremental weight

ADJUSTMENTS

| | |
|---|--|
| User adjustment range | Adjustable Chest Pad & Adjustable Seat |
| Color coded pivots & points of adjustment | Yes |

FRAME & CABLES

| | |
|--------------------|---|
| Frame finish | Proprietary two-coat powder process |
| Cable transmission | Internally lubricated cables & fittings |
| Frame color | Iced Silver |
| Machine anchoring | Machine anchoring locations |

TECH SPECS

| | |
|------------------------------------|---|
| Product Weight (Standard Stack) | 214 kg / 471 lbs. |
| Product Weight (Heavy Stack) | 246 kg / 541 lbs. |
| Overall dimensions | 137.8 x 99.4 x 167.1 cm / 54.2" x 39.1" x 65.8" |
| Rep counter machine usage tracking | Service mode tracks total machine reps and hours of use |
| Rep counter battery life | Approximately 3 years |
| Rep counter power supply | 2 AA batteries |

USER AMENITIES

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|----------------------|--|
| Front placards | Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements |
| Placard color coding | Yellow (upper body) |
| Rear placards | Color-coded machine identification & machine specific stretching |

| | |
|------------------|--|
| Personal storage | Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only) |
| Contoured seat | Yes |
| Rep counter | Electronic counter displays reps, exercise time and rest time & provides towel holder hook |

WEIGHT STACK

| | |
|---------------------------|---|
| Consistent stack height | Yes |
| Weight stack guarding | Full front and rear shields |
| Total stack weight | Heavy: 230 lbs (104 kg); Standard: 160 lbs (72 kg) |
| Weight plate increments | Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg); Standard: 10 lbs (4.5 kg) |
| Incremental weight system | 5 lbs (2.3 kg) |