

# LEGEND FITNESS®

## VERTICAL ROW

(Part 904)

- Adjustable seat and sternum pad accommodate varied user heights and reach.
- Horizontal and neutral grip positions.
- Fully welded frame for maximum strength, rigidity and durability.
- PowerMax glass-reinforced nylon pulleys use shielded bearings and prolong cable life.
- Aviation-grade cable.

### DESCRIPTION

The Vertical Row may not be all that to look at, but looks aren't everything, right? This sturdily-built selectorized row machine will work your lats and rear delts with a vengeance! The adjustable seat puts users in the correct position, and the comfortable chest pad reduces lower back involvement. Multiple hand grip positions give new meaning to the word "isolation". The fully welded frame means there's less maintenance, less flex during exercises, and more stability.

### WEIGHT STACK INFO

The Vertical Row comes supplied with 200 pound weight stack in 10-pound increments. 250-pound or 300-pound weight stack upgrades are available if you're a real heavy lifter. Those are also in 10-pound increments.



58.5" L  
49.75" W  
74.25" H



580 lbs.  
Shipping  
Weight



Fully  
Welded  
Frame



Ships  
Fully  
Assembled



Weight  
Stack  
Upgrade