

STRENGTH EQUIPMENT



LATERAL/MID ROW

TSF-CG-9504

- Dual function lat and mid-row exercises
- Adjustable thigh hold down pads provide stability and firm support during workouts
- Oversized bench allows seated row exercises
- Durable rubber coated foot rests provide secure brace positioning
- 200 lbs. steel weight stack



Overall Weight	Weight Stack	Width	Depth	Height
550 lbs.	200 lb.	48"	75"	88"

FEATURES AND SPECIFICATIONS

Finish: Powder coat finish in Platinum Sparkle with Charcoal accents (custom color available for additional charge)

Construction: Heavy duty 2" x 4" 11-gauge oval steel frames with a combination of 2" round tubing

Bearings: Sealed 2" roller bearings and 1" diameter solid steel axle encased in machined housing on all primary pivot points

Bushings: 1" solid steel axles with 1" bronze oil lite bushings on all secondary pivot points

Pulleys: 4-1/2" and 3-1/2" diameter fiberglass reinforced nylon pulleys with sealed bearings enclosed in protective steel covers

Seat: High density EMR Urethane foam padding with double-stitched upholstery (black) secured to 3/4" plywood backing

Cable: 3/16" USA-Made/Certified EXERFLEX PRO high performance cable

Rods: 3/4" precision ground, hard chrome finish, solid steel guide rods

Handgrips: Thermoplastic rubber handgrips secured with aluminum end caps for durability and improved feel

Feet: Protective rubber stabilizer feet with anchoring holes

Weight Stack: 200 lbs steel weight stack with built in storage compartment cover

Warranty: 10 years frame/weight plates, 5 years parts, 6 months upholstery