

# Mid Row

## SPECS

|                 |                 |
|-----------------|-----------------|
| Material Tubing | 2x2" 11 Gauge   |
| Height          | 48"             |
| Width           | 32"             |
| Depth           | 64"             |
| Weight          | -               |
| Foot Print      | 48" x 32" x 64" |
| Made In Usa     | Yes             |



Our Mid Row machine was developed to allow athletes to bilaterally row and not cheat with the weak side of their body by overcompensating with the dominant side. The handles which are knurled, are on a pivot so athletes can choose the hand position that feels most comfortable to them eliminating shoulder pain.

## FEATURES



Free Motion Knurled Handles



Band Attachment Peg



Remove seat for Athletic Stance Rows