

# LAT PULLDOWN / SEATED ROW

## VST600-S331



### MAKE A STRONG SELECTION

Help your people focus on their lats and major back muscles with a space-efficient, selectorized lat pulldown / seated row dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start enhancing their lats and back.

ADJUSTMENTS		FRAME & CABLES		TECH SPECS	
User adjustment range	N/A	Frame color	Matte Black	Overall dimensions	120.5 x 201 x 215 cm / 47.4 x 79.1 x 84.6"
Color coded pivots & points of adjustment	Yes	Frame finish	Proprietary two-coat powder process	Product weight	219 kg / 482 lbs.
		Machine anchoring	4 machine anchoring locations		
		Cable transmission	Internally lubricated cables & fittings		
USER AMENITIES			WEIGHT STACK		
Instructional placard	Muscle call outs, start & finish exercise illustrations		Total stack weight	100 kg / 220 lbs.	
Placard color coding	Yellow (upper body)		Weight plate increments	6.8 kg / 15 lbs.	
Contoured seat	Yes		Consistent stack height	Yes	
			Weight stack guarding	Full front and rear shields	