



## Ultra Diverging Seated Row

G7-S34-AS2007

For a complete, comfortable way to strengthen the muscles of the upper back and the lats, choose our powerful Ultra Diverging Seated Row. Independent diverging movements provide a natural path of motion. Dual-position foot placement makes use comfortable, while an adjustable chest pad with gas shock accommodates users of all sizes.

Also available in [Ultra Base option G7-S34B](#).



INTELLIGENT TRAINING CONSOLE (OPTIONAL)	
PROGRESSION BASED PROGRAMMING	Yes
STORED USER SETTINGS	Yes, seat settings and Bluetooth HR
DEMO VIDEO	Yes
DUAL USER SIGN-IN	Yes
WORKOUTS	Manual, Endurance, Build, Strength, E-Lifts, Engage 360
ENGAGE 360 COMPATIBLE	Yes
EGYM COMPATIBLE	Yes
COMMUNITY 360 COMPATIBLE	Yes
WEB CONNECTIVITY	Yes
WI-FI	Yes
DISPLAY FEEDBACK	Sets, Reps, Rest Time, Total Weight Lifted
ETHERNET PORT	Yes
BLUETOOTH	Heart rate only
USER-DEFINED MULTI-LANGUAGE DISPLAY	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish
LIFT TO START	Yes
FITTOUCH TECHNOLOGY	Yes
DISPLAY TYPE	40.6 cm / 16" class capacitive touchscreen LCD
ASSET MANAGEMENT COMPATIBLE	Yes
FACILITY COMMUNICATION PORTAL/CALENDAR	No
CSAFE READY-FITLINXX CERTIFIED	No
USB PORT	No, service only
ASSEMBLED HEIGHT	147.3 cm / 58" as assembled on Ultra weight stack
POWER REQUIREMENTS	100v-240v / 50-60 Hz AC

SHIPPING WEIGHT	9.4 kg / 21 lbs.
ADJUSTMENTS	
MACHINE ASSISTED USER ADJUSTMENTS	Spring assisted seat, gas assisted chest pad
USER ADJUSTMENT RANGE	7 position seat, 9 position chest pad
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes
FRAME & CABLES	
MACHINE ANCHORING	Independent machine hold down brackets
INTEGRATED LEVELING SYSTEM	Yes, top-down leveler
CABLE TRANSMISSION	Internally lubricated cables & fittings
FRAME FINISH	Proprietary two-coat powder process
AVAILABLE FRAME COLORS	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium

TECH SPECS	
REP COUNTER POWER SUPPLY	2 AA batteries
PRODUCT WEIGHT	343 kg / 757 lbs
OVERALL "IN-USE" DIMENSIONS (L X W X H)	158 x 138.5 x 140.5 cm / 62.2" x 54.5" x 55.3"
OVERALL "STATIC" DIMENSIONS (L X W X H)	158 x 135.5 x 140.5 cm / 62.2" x 53.3" x 55.3"
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
REP COUNTER BATTERY LIFE	Approximately 3 years

USER AMENITIES	
<b>PERSONAL STORAGE</b>	Two tactile storage mats, personal device cradle and towel hook
<b>FRONT PLACARDS</b>	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper machine adjustments, color-coded machine identification
<b>ACTION SPECIFIC GRIPS</b>	Exercise specific grips improving feel, function and form during use
<b>FOOT SUPPORTS</b>	Dual foot support positions for comfort
<b>PLACARD COLOR CODING</b>	Yellow (upper body)
<b>REAR PLACARDS</b>	Color-coded machine identification, exercise specific stretching
<b>REP COUNTER</b>	Electronic counter displays reps, exercise time and rest time
<b>CONTOURED SEAT</b>	Yes

WEIGHT STACK	
<b>TOTAL STACK WEIGHT</b>	108 kg / 240 lbs
<b>WEIGHT STACK GUARDING</b>	Full front and rear shields
<b>MAX TRAINING WEIGHT</b>	111.4 kg / 247.5 lbs
<b>CONSISTENT 53" STACK HEIGHT</b>	Yes
<b>WEIGHT PLATE INCREMENTS</b>	4.5 kg / 10 lbs
<b>INCREMENTAL WEIGHT SYSTEM</b>	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs