



## Versa Diverging Seated Row

VS-S34

For a more comfortable, more efficient way to focus on major back muscles, choose our Versa Diverging Seated Row station. Independent cable movement provides a smooth, user-defined path of motion and excellent exercise variety. An adjustable chest pad accommodates users of all sizes, while rotating grips and ergonomic hand positioning maximise comfort on every rep.

- Independent cable movement provides a user-defined path of motion & exercise variety
- Adjustable chest pad accommodates users of all sizes
- Rotating grips provide maximal comfort and ergonomic hand positioning throughout range of motion

ADJUSTMENTS	
USER ADJUSTMENT RANGE	Adjustable Chest Pad & Adjustable Seat
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
CABLE TRANSMISSION	Internally lubricated cables & fittings
MACHINE ANCHORING	Machine anchoring locations
FRAME FINISH	Proprietary two-coat powder process
FRAME COLOR	Iced Silver

TECH SPECS	
REP COUNTER POWER SUPPLY	2 AA batteries
OVERALL DIMENSIONS (L X W X H)	137.8 x 99.4 x 167.1 cm / 54.2" x 39.1" x 65.8"
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use

USER AMENITIES	
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
PLACARD COLOR CODING	Yellow (upper body)
REAR PLACARDS	Color-coded machine identification & machine specific stretching
PERSONAL STORAGE	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
CONTOURED SEAT	Yes
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook

WEIGHT STACK	
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)
WEIGHT PLATE INCREMENTS	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg), Standard: 10 lbs (4.5 kg)
TOTAL STACK WEIGHT	Heavy: 230 lbs (104 kg), Standard: 160 lbs (72 kg)
WEIGHT STACK GUARDING	Full front and rear shields
CONSISTENT STACK HEIGHT	Yes