



## Lat Pulldown / Seated Row

VST600-S331

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.



### Weight Stack

Weight Stack Guarding	Full front and rear shields
Consistent Stack Height	Yes
Total Stack Weight	100 kg / 220 lbs.
Weight Plate Increments	6.8 kg / 15 lbs.

### Frame & Cables

Cable Transmission	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations
Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process

### Adjustments

User Adjustment Range	N/A
Color-coded Pivots & Points of Adjustment	Yes

### Tech Specs

Overall Dimensions	120.5 x 201.0 x 215.0 cm / 47.4" x 79.1" x 84.6"
Product Weight	219 kg / 482 lbs.

### User Amenities

Instructional Placards	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Yellow (upper body)
Contoured seat	Yes