

# Lat Pulldown / Seated Row

## VS-S331



- Thigh pad easily adjusts to provide stability and comfort
- Elevated foot rests provide stability and comfort during heavy lifts
- Stainless-steel cable guides provide added protection for lasting durability
- Clearly indicated adjustments for ease of use

### ADJUSTMENTS

Color coded pivots & points of adjustment	Yes
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### FRAME & CABLES

Frame color	Iced Silver
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Machine anchoring locations

### TECH SPECS

Product Weight (Standard Stack)	246 kg / 543 lbs.
Product Weight (Heavy Stack)	278 kg / 613 lbs.
Overall Dimensions (L x W x H)	180.5 x 157.9 x 226.3 cm / 71.1" x 62.2" x 89.1"

### USER AMENITIES

Rear placards	Color-coded machine identification & machine specific stretching
Front placards	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
Placard color coding	Yellow (upper body)
Contoured seat	Yes
Personal storage	Bottle holder, storage area and towel holder (towel holder on rep counter only)
Rep counter	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
Foot Support	Foot support accommodates users of all sizes for additional lower body support

### WARRANTY

Frame and welds (not coatings)	10 years
Weight Stacks	5 years
Pulleys & Pivot Bearings	5 years
Other Items Not Specified	3 years
Labor	3 years
Upholstery/cables/grips/springs	1 year

Accessories	6 months
Air Filled Shock	90 days

### **WEIGHT STACK**

Weight stack guarding	Full front and rear shields
Incremental weight system	5 lbs (2.3 kg)
Standard Stack	72.6 kg / 160 lbs.
Heavy Stack	104.3 kg / 230 lbs.