

Diverging Seated Row

VS-S34



- 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
- Incremental weight

ADJUSTMENTS

User adjustment range	Adjustable Chest Pad & Adjustable Seat
Color coded pivots & points of adjustment	Yes

FRAME & CABLES

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

TECH SPECS

Overall dimensions	137.8 x 99.4 x 167.1 cm / 54.2" x 39.1" x 65.8"
Rep counter power supply	2 AA batteries
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years

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

Consistent stack height	Yes
Weight stack guarding	Full front and rear shields
Total stack weight	Heavy: 230 lbs (104 kg); Standard: 160 lbs (72 kg)
Weight plate increments	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg); Standard: 10 lbs (4.5 kg)
Incremental weight system	5 lbs (2.3 kg)

