

# GSRM40

## Body-Solid Seated Row Machine

*Body-Solid*<sup>®</sup>  
Built for Life



Weight Plate post is 1" Diameter

## GSRM40

### Seated Row Machine

This is the tool of the trade for building depth in the middle back and training the hard to reach lower lats. Our uniquely designed GSRM40 Seated Row Machine is fully adjustable to fit all size users. The extra-thick DuraFirm seat and chest pads position you for maximum pre-stretch which is crucial for deep muscle penetration and full range-of-motion. Four-way handgrips widen or narrow to target resistance to the middle back resulting in accelerated muscle gains.

Weight plates and olympic adapter sleeves optional

Weight: 88 lbs.  
Dimensions: 54"L x 44"W x 39"H

## Special Features

- DuraFirm chest and seat pads
- Easy access plate load system
- Oil-lite bronze bushings at all pivot points
- Extra-thick foam padded foot braces
- Ideal for home and commercial use
- Weight plate post is 1" dia. shown with optional #OAS14 - Olympic Adapter Sleeve

## Warranty



Frame & Welds ..... Lifetime  
Bushings and Hardware ..... 3 Years  
Pads, Cables and Grips ..... 1 Year



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