

bodytone

SOLID GROW



SG16

SEATED ROW

SOLIDGROW

Solid Grow is our strong line designed for comfort and functionality from structural minimalism. Perfect for saving space and greater user freedom. Discover all the news >>>



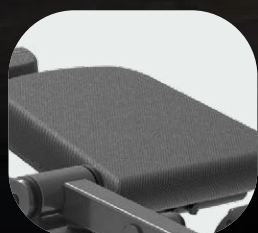
Convergent independent motion



Non-slip grips with PVC cover



Adjustable seats at different heights



Upholstered on foam high density polyurethane



Platforms and footrests non-slip



Rubber bumpers in the bases



*Discs not included.

SG16

EXERCISE

Do seated rows, which work your upper back muscles as well as your latissimus dorsi.

DIMENSIONS

1470 x 1020 x 1340 mm
57.9 x 40.2 x 52.8 in

WEIGHT

77.5 kg
170.9 lbs

WEIGHT CAPACITY

150 kg
330.7 lbs

SOLID GROW SEATED ROW

bodytone



STRUCTURE

76 x 51 mm steel tube and 51 x 51 mm for moving parts, welded using a robotic process and free of projections. 6 mm structural connection plates for an extra rigid connection.

MAXIMUM USER WEIGHT

150kg

MAXIMUM WEIGHT LOAD

Supports Olympic plates up to a limit of 150 kg (75 kg per arm).

DISC SUPPORT

Steel tube covered with PVC sheath, increasing durability.
Tube measures 250 mm.

FOOT PLATFORM

Non-slip platform measuring 47 x 31 cm. Foot support bar to facilitate access to the machine.

BEARINGS

SKF double bearing of 52 mm diameter x 15 mm housed in a closed anti-play bushing, ensuring a constant direction of movement.

AXES

Made of calibrated steel 25mm thick.

GRIPS

Made of 36 mm diameter x 210 mm steel tube with a non-slip PVC cover and aluminum trims.



BACK AND SEAT

Made of high density polyurethane foam, extra comfort. 7cm thick.

UPHOLSTERED

Carbon Fiber leather-like finish. Great durability against friction and wear. Prepared against sweating and antibacterial.

SEAT ADJUSTMENT

Seat height adjustment in 23 positions by means of a spring-loaded rack system, facilitating sliding for adjustment.

BASES

Manufactured in technopolymer injection, ultra resistant and non-slip. Screwed to the ground.

HARDWARE

M10 and hardness of 8.8

MAINTENANCE AND LUBRICATION

Biweekly maintenance. Lubrication of seatposts, guides, bearings and pop pin. Cleaning upholstery with a damp cloth.

PAINTING PROCESS

3 coats of paint.
Pickled and stabilized steel by total immersion of the parts in different degreasing solutions to guarantee a perfect and complete cleaning of the base material. Antioxidant primer to ensure adequate isolation of internal oxidation and good adhesion of the paint. 2 final coats of epoxy polyester powder paint, dried at 240°C.

DESIGN PROCESS

Study of biomechanics and ergonomics under the supervision of associated professionals and athletes. After a long design period; from the sketch, engineering research, prototype production, test by professional athletes our products come onto the market.

bodytone

www.bodytone.eu