

I-2108

# INNOVA

Vertical Row



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FORGING LIVES

# INNOVA

## Vertical Row

Innova's Vertical Row targets to strengthen numerous upper body muscles in the back and shoulders featuring a smooth back-row motion. This intuitive machine not only offers multiple levels of user height adjustments but also enhances one's workout experience with its bio-mechanically sound design.

### PRODUCT FEATURES



#### *Ergonomically Designed*

The series features design considerations that provides a natural feel, enhancing the work-out experience.



#### *Training Labels*

We provide training labels with QR codes to assist your fitness activities.



#### *Personal Belongings*

Gym fuss-free with the convenience of compartments to hold your personal belongings – towel, keys, water bottle, mobile devices, etc.



#### *Colours Available*

Trimming Colours – Cool Grey or Sleek Black,  
Upholstery Colours – Beige or Black.



Cool Grey Sleek Black

Beige Black



### PRODUCT SPECIFICATIONS

DIMENSIONS	1534 x 1064 x 1524mm	SMALL WEIGHT STACK	3.4KG (7.5lbs)	TOP 1ST WEIGHT STACK	4.5KG (10lbs)	NORMAL WEIGHT STACK	6.8KG (15lbs)
BELT & CABLE COMBINATION	COMBINATION	NORMAL WEIGHT STACK QUANTITY	12pcs	UNIT WEIGHT (W/O STACK)	155KG (341lbs)	EXTRA/ADD WEIGHT STACK	6.8KG (15lbs)*3
TOTAL WEIGHT STACK	3.4KG + 4.5KG + 6.8KG*12 = 89.5KG (7.5lbs + 10lbs + 15lbs*12 = 197.5lbs)		REAL WEIGHT VS CABLE WEIGHT	1:2 (Single Side), 1:1 (Both Side)			

#### PRODUCT DETAILS

- Multiple levels of seating adjustment
- 4.5mm diameter imported high-strength flexible wire rope to ensure a smooth workout
- Weight stack from 150lb-300lb (68kg-136kg)