

RESOLUTE™ STRENGTH SELECTORIZED

# Diverging Seated Row

RSL0310



Resolve to make your selectorized strength equipment purchase with confidence—choose the Resolute™ Strength line from Precor. It delivers on what matters most: your investment will withstand the test of time.

The Resolute Strength Diverging Seated Row lets exercisers enjoy a natural-feeling rowing motion without the hassles of oars and water. Independent movement arms allow for targeted training to develop and improve back strength and proper posture.



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### Product Features

#### PROVEN BIOMECHANICS

The Resolute Seated Row features independent movement arms that diverge as they draw back for a natural-feeling rowing motion. This provides better engagement of the back muscles, including the lats, trapezius, biceps, deltoids, and the rhomboids. The multi-grip option handles are angled to reduce wrist stress during the exercise.

#### DESIGNED TO GO THE DISTANCE

The upholstered pads of the Resolute Seated Row underwent 1.2 million cycles of testing to ensure that this machine will be a durable workhorse for any facility. A contemporary, low profile design across the Resolute line gives even small facilities an open, spacious feel.

#### FOCUSED ON THE EXPERIENCE

The upright, open design makes the Resolute Seated Row easy to access. The adjustable chest pad, in combination with the gas-assisted ratcheting seat, make it easy to get the proper fit and stabilization throughout the movement.



### Specifications

**Dimensions (L x W x H):** 63 x 55 x 58 in / 160 x 140 x 148 cm

**Weight Stack Tower Height:** 58 in / 148 cm

**Product Weight:** 616 lb / 280 kg

**Weight Stack:** 240 lb / 109 kg

**Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

### Color Options\*

#### Frame



Black Pearl



Gloss Metallic Silver



Gloss White\*\*



Flame Red\*\*

\*Custom frame colors are available, subject to minimum order quantities and extended lead times.

\*\*Additional lead time applies.

#### Upholstery



Black

#### Additional Upholstery Options\*\*



Lite Grey



Graphite



Slate



American Beauty



Candy Apple



All Spice



Bucksuede



Burgundy



Royal Blue



Blue Jay



Chocolate



Hunter Green

• Additional upholstery options may have longer lead times. Please contact a sales representative.

• Colors may vary.

\*\* Additional lead time applies.

#### Shroud



\*Custom shroud wraps are available at an additional cost.

Tungsten