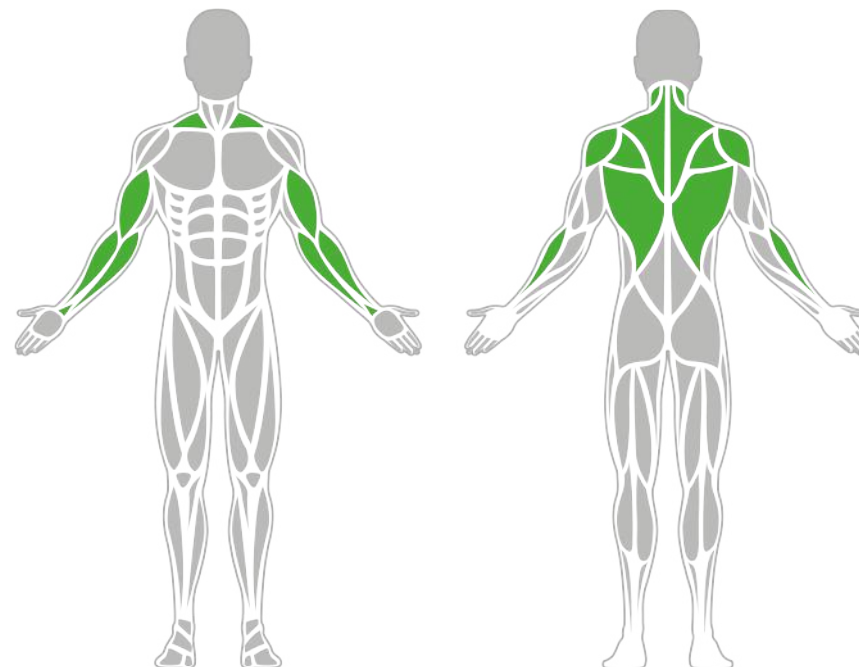


# BESTRONG

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## Muscle Groups Focus



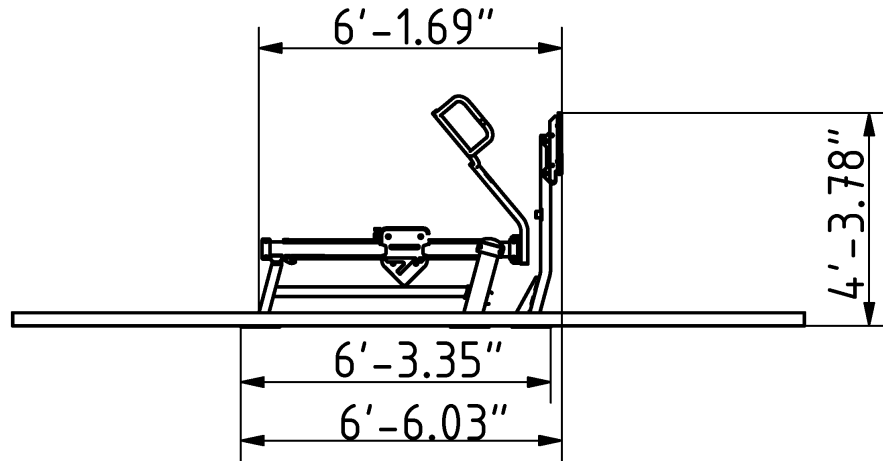
## Weighted Low Row

The BESTRONG Weighted Low Row is an excellent tool for developing the back muscles, including the rhomboids, latissimus dorsi, and trapezius, as well as the deltoids and biceps. Users pull the handles towards them while pressing their chest against the support. The multifunctional bar allows for variation in grip width and hand position. With adjustable resistance ranging from 66 lbs to 163 lbs, this machine is ideal for users of all fitness levels. Its simple and efficient design ensures a safe and effective workout for everyone.

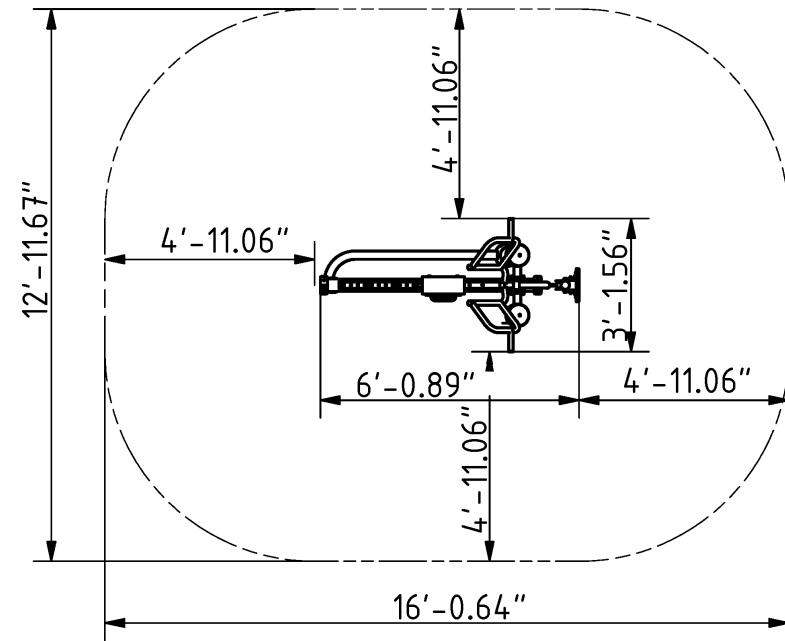
## Attributes

Product code	1-1-320
Certificate	EN 16630, ASTM F3101
Age group	14 + years
Capacity	1 person
Max. weight load	286.60 lbs
Type	Weighted
Difficulty level	Adjustable

### Side View



### Plan View



## Installation information

Number of installers (concrete)	At least 2 people
Total installation time (concrete)	80-140 min.
Number of installers (equipment)	At least 2 people
Total installation time (equipment)	60 min.
Excavation volume	47.67 ft <sup>3</sup>
Concrete volume	35.31 ft <sup>3</sup>
Size of the base structure	98,4 x 19,7 x 31,5"
Anchoring options	Surface mounted
In combined structures, the volume of concrete required varies.	

## Technical specification

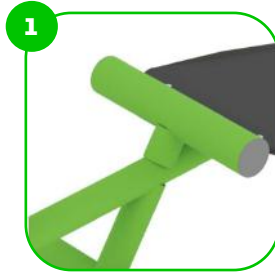
Safety surface area	Around 4.92 ft radius
Net weight	293.21 lbs
Material	S235,S355,KO33,HDPE
Critic fall height	-
Color options	

For more color options, discuss with your sales representative.

## Warranty

Structure	25 years
Steel	5-10 years
Paint	2 years
Plastic	5-10 years
Rubber	1-3 years
Moving parts	2 years
Detailed information in the warranty document	

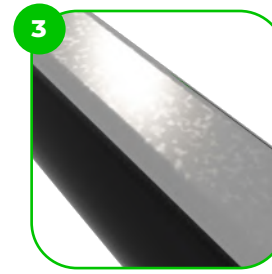
# Material specification



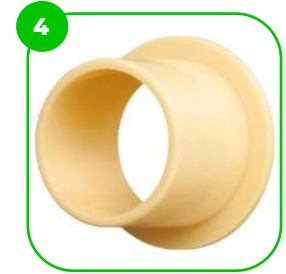
The element is made of high quality S235 steel, which has been cleaned via sandblasting. A corrosion resistant powder coating finish is then applied. Also available with galvanized surface for even greater protection and longevity!



The bumpers of the devices are made of durable rubber material.



The sliding weight rail is made of high-quality stainless steel, which guarantees the product's long-term durability and resistance to weathering.



The device is fitted with composite bearings that are weather-resistant. The bearing does not require regular maintenance.



The seats and backrests are made of strong HDPE material. Which is fully heat, moisture and UV resistant.



The device is equipped with one 110 lbs weight, which allows you to perform workouts of varying intensity.



The ends of the bars and posts are sealed with injection-moulded plastic caps.

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