

# 117 Gymleco seal row bench

100 series Basic equipment



High Row, or so called Seal Row, is an exercise where the trapezius, biceps and back shoulders are in focus.

The exercise that has previously been difficult to develop in the gym is now one of the most popular in heavy weight training.

Complete your Gymleco Seal Row Bench with our Gymleco art. no. 419 Bend Bar for ultimate machine training experience.

- No installation needs
- Effective training of several muscle groups
- Complete your machine with Gymleco Bar art. 419 for ultimate / complete movement
- Ergonomically correct movement
- Standard frame color: black
- Standard color cushion: black / red

**Lenght**  
147 cm

**Width**  
122,5 cm

**Height**  
91 cm

**Weight**  
55 kg

No maintenance needed  
Clean with gentle detergents

**Gymleco®**