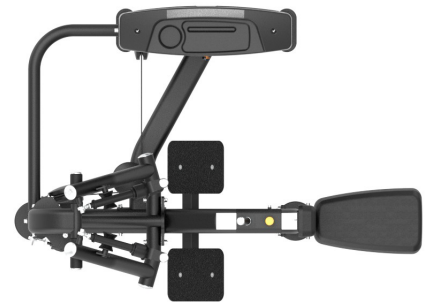## RE80 SELECTORIZED SERIES

RE8030 - ISO-LATERAL SEATED ROW

PRODUCT OVERVIEW

The RE8030 is a selectorized strength machine purpose-built for effective back training. It features 360° rotating handles that follow the natural rotation of the forearms during movement, keeping the upper arms aligned with the torso for accurate form and precise lat activation.

Independent dual motion arms allow for isolated left and right-side engagement, reducing compensation and promoting balanced muscle development. The pulling trajectory has been finely tuned by professionals to match the natural motion of the shoulder joint, ensuring smooth, joint-friendly movement with consistent results.

Dual footplates feature wide, ergonomic, non-slip surfaces to provide solid footing and optimal body positioning, helping users maintain stable, powerful rowing mechanics throughout each rep.

The five-position adjustable chest pad accommodates different arm lengths and movement ranges to fully engage the back muscles. A generously extended seat supports various torso angles and seated positions, enabling activation of multiple back muscle groups, including the latissimus dorsi, trapezius, and teres major, across a range of training goals.

SPECIFICATIONS & KEY FEATURES

Specifications

Dimension:	1650×1200×1602mm
Total Weight:	255kg
Weight Stack:	105kg
Max Weight Stack:	117.5kg

1650mm

1602mm

1200mm

1650mm

1200mm

1602mm
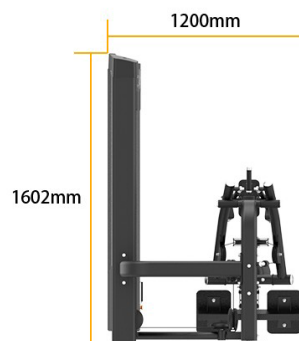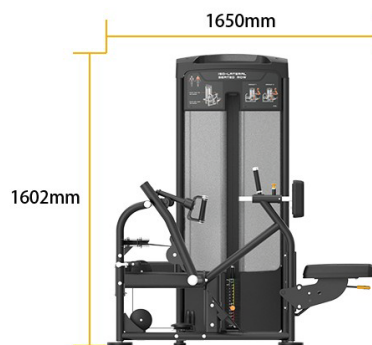
Product Features

360° Rotating Handles

Allow for natural forearm rotation during each rep, keeping the upper arms in alignment and ensuring accurate, targeted movement.

Independent Dual Motion Arms

Enable unilateral training to reduce compensation and promote symmetrical back muscle development.

Ergonomic Non-Slip Footplates

Wide, stable platforms ensure solid foot positioning, improving movement stability and force output.

Adjustable Chest Pad and Extended Seat

The chest pad adjusts to fit different arm lengths and ranges of motion, while the long seat supports various torso angles for broader back muscle activation.