

## INDIVIDUAL PRODUCT DETAILS

### BR7005 Seated Row



## 1. Identity Card

Model	BR7005
English Name	Seated Row
Primary Muscle	Latissimus Dorsi
Secondary Muscles	Rhomboids, Trapezius, Posterior Deltoid

### One-line Pitch

“Setting a new benchmark for hardcore back thickness training with its adaptive multi-dimensional support system and full-angle grip matrix.”

## 2. Product Overview

The **BR7005** is a premium plate-loaded strength machine engineered for core back muscles, featuring a rugged design and robust structure ideal for professional strength gyms, athletic performance centers, and advanced strength zones within commercial fitness clubs. Its motion arm trajectory is scientifically aligned with back muscle fiber orientation and natural shoulder joint movement, ensuring smooth operation and precise muscle activation. Equipped with multi-angle grips, the machine supports a variety of hand positions—from wide to narrow and overhand to neutral—fully covering the training needs of the latissimus dorsi, rhomboids, and trapezius for both width and thickness. The dual-angle, oversized anti-slip footplates are ergonomically designed to accommodate different ankle mobilities and support two distinct training modes. Furthermore, the 5-position adaptive chest pad and gas-assisted stepless seat adjustment work in tandem to provide stable, comfortable support throughout the full range of motion, significantly enhancing muscle stimulation efficiency and user safety.

### 3. Key Features



#### Multi-Angle Grips for Full Activation

Provides various grip widths and orientations to precisely activate different back muscles, supporting both width and thickness goals.



#### Ergonomic Dual-Angle Footplates

The oversized anti-slip design supports two rowing modes and accommodates varying ankle mobility, enhancing body control and force delivery.



#### Adaptive Distance-Adjustable Support

The 5-position adjustable chest pad and overhead handle ensure easy grip access and a full range of motion, providing stable bracing for both unilateral and bilateral training.



#### Competitive-Grade Stability & Adjustment

High-strength structural design ensures stability under heavy loads, paired with gas-assisted seat adjustment to quickly lock in the ideal training posture.

## 4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1630×1415×1540mm 64"×56"×61"
Net Weight	174kg/384lbs
Starting weight without load	One side 5kg/11lbs
Max Load Capacity	One side 150kg/331lbs
Training handle material	stainless steel、knurling
Bearing type	boom rotates: spherical bearing
Linkage mechanism	YES
Main Frame Tubing	PT50×100×2.5mm
Arm Tubing	RJ50×70×3.0mm