

INDIVIDUAL PRODUCT DETAILS

BR7060 Bent Over Row



1. Identity Card

Model	BR7060
English Name	Bent Over Row
Primary Muscle	Latissimus Dorsi
Secondary Muscles	Rhomboids, Trapezius, Posterior Deltoid

One-line Pitch

“Simulating the hardcore feel of free weights, this machine deeply carves back muscle mass and definition through multi-dimensional adjustments and precise force lines.”

■ 2. Product Overview

The **BR7060** is a premium plate-loaded strength machine designed for advanced back training, featuring a rugged exterior and robust structure ideal for professional strength gyms, athletic performance centers, and advanced strength zones within commercial fitness clubs. Its motion arm trajectory aligns with the muscle fiber orientation of the back and the natural movement curve of the shoulder joint, effectively activating the latissimus dorsi, rhomboids, and trapezius for smooth, safe, and precise training. The machine features a multi-angle grip system that allows for various hand positions—from wide to narrow and overhand to neutral—enabling users to personalize their movement path for comprehensive development of back width and thickness. Additionally, the 6-position adjustable armrest accommodates users of different heights and helps establish a stable force-delivery posture, significantly enhancing training comfort and muscle engagement.

3. Key Features



Multi-Angle Grip System

Supports various grips including wide, narrow, overhand, and neutral, fully activating different back muscle layers for both width and thickness development.



6-Position Adjustable Armrest

Accommodates various heights to ensure ergonomic positioning, helping to lock in the optimal body posture and optimize the force path.



Pure Competitive Strength Feedback

Optimized mechanical pivot points provide direct tension feedback, simulating the raw feel of heavy free-weight bent-over rows while ensuring joint safety.



Ultra-Stable & Durable Structure

High-strength steel structure combined with superior craftsmanship ensures the machine remains stable and reliable under high-frequency, heavy-load usage.

4. Main Parameters

Functional	Single Function
Dimensions (L × W × H)	1755×1700×1640mm 69"×67"×65"
Net Weight	174.5Kg/385lbs
Starting weight without load	One side 3kg/6.6lbs
Max Load Capacity	One side 150kg/331lbs
Training handle material	stainless steel、knurling
Bearing type	boom rotates: spherical bearing
Linkage mechanism	NO
Main Frame Tubing	PT50×100×2.5mm
Arm Tubing	RJ50×70×3.0mm