

# PLATE LOADED

**FREEMOTION**

## F301 PLATE LOADED ROW

**LINE** › FreeMotion

**TYPE** › Plate Loaded

**MODEL** › F301

**FEATURE** › Progressive Resistance

The FreeMotion Plate Loaded Row targets muscles in the back, shoulders and arms to build core strength. The Plate Loaded Row features multi-angle handgrip positions and an adjustable padded seat to accommodate different user heights. Precision pivot bearings provide smooth, natural reps don't feel machine resistance, only weight resistance. For single arm exercises, the assist handle provides a comfortable, firm grip for one arm as you work out the other.

### FEATURES & BENEFITS

**HEAVY DUTY FOAM GRIP** › High-density foam grips provide a comfortable, secure grip throughout every set.

**PRECISION PIVOT BEARINGS** › Every rep is smooth and natural so the only resistance you feel are the weights, not the machine.

**NICKEL-PLATED WEIGHT PLATE STORAGE BARS** › The durable steel storage bars are nickel-plated to withstand corrosion, rust and heavy use.

**INSTRUCTION CHART** › Located on the side of the machine, this chart instructs the user how to perform the row and which muscles they will activate throughout the set.

**ADJUSTABLE, PADDED SEAT** › The padded seat can be quickly adjusted to the height of your choice for ultimate comfort and convenience.

**ASSIST HANDLE FOR SINGLE ARM EXERCISES** › Foam-grip assist handle provides a comfortable, firm grip for one arm while you work out the other.

**MULTI-ANGLE HANDLE POSITIONS** › Sit comfortably and work out with proper back positioning with a backseat designed to support you throughout every set.

**INDUSTRIAL CONSTRUCTION** › Equipment is built with 11-gauge steel tubing and is electrostatically powder-coated with paint that has undergone 2,000 hours of salt spray testing.

**MAX LOAD WEIGHT** › Each load bar holds up to 300 lbs. per side (600 lbs. total) and is positioned to facilitate easy entry/exit of the machine.



### PRODUCT SPECIFICATIONS

<b>DIMENSIONS (LWH)</b>	› 51" H x 59" W x 49" L (130 cm H x 150 cm W x -124 cm L)
<b>WEIGHT</b>	› 436 lbs. (198 kg)
<b>WARRANTY</b>	› 10 Years: Structural Frame › 3 Year: Bearings & Pulley › 1 Year: Cables & Labor › 120 Days: Day other