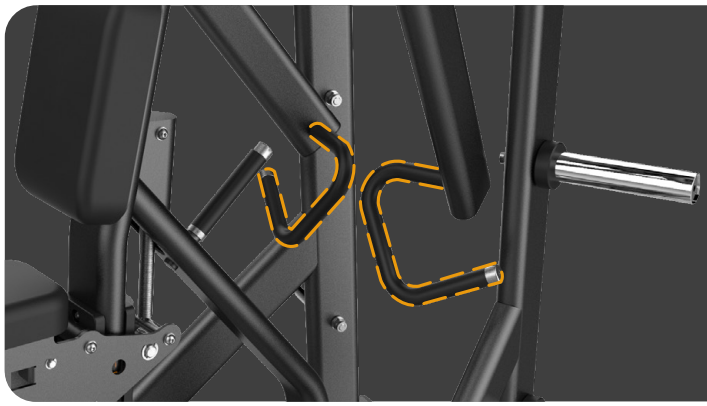
SHUA

LOW ROW

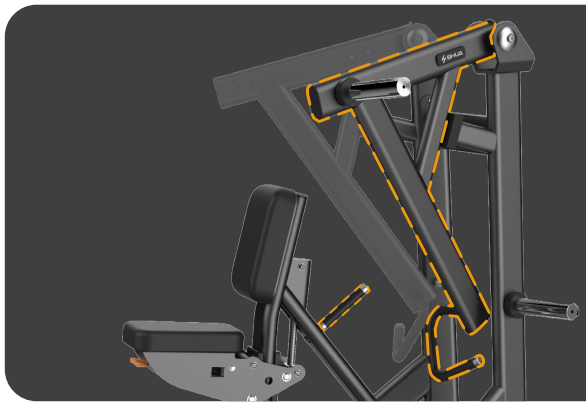


SH-G6930



VERSATILE HANDLE CONFIGURATIONS

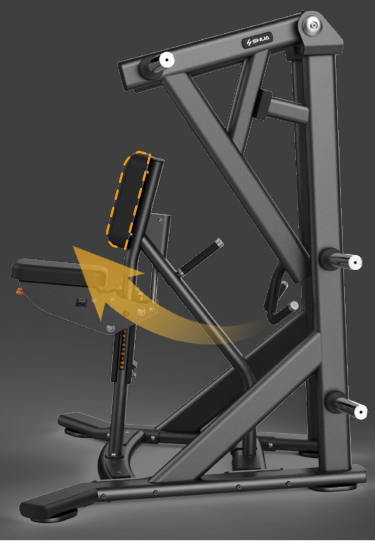
Offers more handle options than similar models, with 3 switchable grips (pronated, close, supinated).
One unit enables multiple rowing moves to precisely target lats, traps & rhomboids for varied training goals.



INDEPENDENT SPLIT-MOTION STRUCTURE DESIGN

Left and right training arms operate independently for unilateral or bilateral training, correcting left-right strength imbalances.
It improves movement control and neuromuscular coordination, catering to rehabilitation and specialized strength training needs.

LOW ROW



EFFICIENT TRAINING & EASY MASTERY

Natural trajectory for precise activation: Aligned with human biomechanics to guide proper muscle engagement, effectively targeting lats and mid-upper back.

Ultimate stability without momentum: Oversized chest pad delivers comfort and stability, concentrating training load for more efficient workouts.





PRODUCT SPECIFICATIONS

DIMENSIONS	1475×1175×1665mm / 58 × 46 × 66 in
MAX USER WEIGHT	150kg / 331 lbs
MAX TRAINING WEIGHT	200kg / 441 lbs
MUSCLES	Lats, Traps
NET WEIGHT	149kg / 328 lbs
GROSS WEIGHT	173kg / 381 lbs
LOADING CAPACITY	40HQ: 40 units