

# Ultra Diverging Seated Row

G7-S34



- Independent diverging arm movements provide a natural path of motion and increased exercise variety
- Dual-position foot placement provide greater user comfort
- Action Specific Grips provide greater comfort and improved grip strength
- Adjustable chest pad with gas shock accommodates a variety of users
- The optional Intelligent Training Console features Endurance, Build and Strength programs to give members a guided training experience specific to their goals

## Adjustments

User adjustment range	7 position seat, 9 position chest pad
Machine assisted user adjustments	Spring assisted seat, gas assisted chest pad
Color coded pivots & points of adjustment	Yes

## Frame & Cables

Available frame colors	Iced Silver, Matte Black, Gloss Black, Lace White, Polarized Titanium
Frame finish	Proprietary two-coat powder process
Cable transmission	Internally lubricated cables & fittings
Machine anchoring	Independent machine hold down brackets
Integrated leveling system	Yes, top-down leveler

## Tech Specs

Overall "static" dimensions (L x W x H)	158 x 135.5 x 140.5 cm / 62.2" x 53.3" x 55.3"
Overall "in-use" dimensions (L x W x H)	158 x 138.5 x 140.5 cm / 62.2" x 54.5" x 55.3"
Product weight	343 kg / 757 lbs
Rep counter machine usage tracking	Service mode tracks total machine reps and hours of use
Rep counter battery life	Approximately 3 years
Rep counter power supply	2 AA batteries

## User Amenities

Front placards	Muscle call outs, exercise specific stretching, start & finish exercise illustrations, proper
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machine adjustments, color-coded machine identification

Rear placards	Color-coded machine identification, exercise specific stretching
Placard color coding	Yellow (upper body)
Rep counter	Electronic counter displays reps, exercise time and rest time
Personal storage	Two tactile storage mats, personal device cradle and towel hook
Action Specific Grips	Exercise specific grips improving feel, function and form during use
Foot supports	Dual foot support positions for comfort
Contoured seat	Yes

### Weight Stack

Total stack weight	108 kg / 240 lbs
Weight plate increments	4.5 kg / 10 lbs
Incremental weight system	1.1, 2.3, 3.4 kg / 2.5, 5, 7.5 lbs
Max Training Weight	111.4 kg / 247.5 lbs
Consistent 53" stack height	Yes
Weight stack guarding	Full front and rear shields