

POWER LIFT®

POWERFUL IDEAS FOR POWERFUL RESULTS

ADJUSTABLE HIGH PRONE ROW

Power Lift's Adjustable High Prone Row features 12 adjustment heights for quick changes. It is the perfect training bench for any weight facility.

KEY FEATURES:

- 12 adjustment heights for prone pads with pull pins located on the same side for quick height changes
 - Bench adjusts from 29 / 12" - 46" in 1 1/2" increments
- Easy to read laser cut height position numbers
- Able to store vertical when not in use
- Replaceable UHMW bar catches are at a fixed height to assist with loading / unloading
- Bolt on branded laser cut bar catch plates ideal for adding accent color
- UHMW plastic on upper frame to protect bar and frame from unnecessary wear
- 3 1/2" diameter thermo cushion wheels for quiet and easy mobility
- Frame is constructed from 2" sq 11 ga & 1.5" sq 11 ga steel tubing with 7 and 10 gauge steel plates
- Dual pad arrangement with additional width for lower body support
- 3" thick pads with adequate support & cushioning
- Welded loop under pad frame for belt or strap retainment
- Made in the USA



Overall Dimensions:

26 1/2" (Minimum Height) x 46" (Maximum Height) x
50 1/4" (L) x 52 1/4" (W)
145 lbs. (Approximate Weight)

Warranty:

Lifetime conditional warranty on frame components. Five years on rotary bearings, guide rods, pulleys and weight plates. One year on belts, cables and grips. Ninety days on upholstery and items not specified.

Part Number:

71988A

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