



Lat Pulldown / Seated Row

VST600-S331

Help your exercisers focus on their lats and major back muscles with a space-efficient, Selectorized Lat Pulldown / Seated Row dual station that's tougher than you can imagine and more comfortable than you'd expect. It's been tested to withstand over a million reps, more than four times the industry standard, and an easily adjustable ergonomic design makes it comfortable for virtually anyone to sit down and start enhancing their lats and back.

Product availability may vary by region. Please contact your **local office** for more information.



Adjustments

| | |
|---|-----|
| User Adjustment Range | N/A |
| Color-coded Pivots & Points of Adjustment | Yes |

Frame & Cables

| | |
|--------------------|---|
| Frame Finish | Proprietary two-coat powder process |
| Frame Color | Matte Black |
| Machine Anchoring | 4 anchoring locations |
| Cable Transmission | Internally lubricated cables and fittings |

| Weight Stack | |
|-------------------------|---|
| Weight Plate Increments | 6.8 kg / 15 lbs. |
| Total Stack Weight | 100 kg / 220 lbs. |
| Consistent Stack Height | Yes |
| Weight Stack Guarding | Full front and rear shields |
| User Amenities | |
| Contoured seat | Yes |
| Placard Color Coding | Yellow (upper body) |
| Instructional Placards | Muscle call outs, start and finish exercise illustrations |
| Tech Specs | |
| Product Weight | 219 kg / 482 lbs. |
| Overall Dimensions | 120.5 x 201.0 x 215.0 cm / 47.4" x79.1" x 84.6" |