OUT-FIT®
Fitness Equipment for a **Healthy Lifestyle**

## PRODUCT HIGHLIGHTS

The Vitality™ Series Pulldown / Seated Row is a dual-function machine with lat pulldown and mid-row exercise positions. It features an easy-to-adjust thigh hold-down pad, extended seat and foot bar to facilitate both exercises. Users can easily engage the add-on weight with a simple push of a lever to increase the work load.

PULLDOWN/SEATED ROW-C026ES

# VITALITY™ SERIES

## PRODUCT FEATURES

### Adjustable Thigh Pad
The thigh hold-down pad features an easy to adjust mechanism to accommodate a wide range of exercisers.

### Two Exercises, One Machine
The dual-function unit accommodates both the lat pulldown and mid-row exercise movements and features an extended seat and foot bar to facilitate both exercises.

### Protective Bar Storage
The row bar rests on a storage plate with a protective coating so that the bar is out of the way when the pulldown is being used. The protective coating protects the storage plate from scratches and dents.

### Add-On Weight
Exercisers can easily engage the add-on weight with a simple push of a lever to increase the work load.

### Instructional Placard
Easy-to-understand, large, text-free illustrations demonstrate correct form at a glance and a QR code links to a helpful 30-second instructional video.

## PRODUCT SPECIFICATIONS

Dimensions (L x W x H): 201 x 132 x 221 cm
Equipment Weight: 226 kg
Weight Stack: 100 kg
Incremental Add-on Weight: 3.5 kg
Frame and Finish: Oversized 4x2-inch frames are 11 and 8-gauge steel and welded in all structural areas. Powder coated frames.

**Standard Color Options**

Frame: Gloss Metallic Silver
Upholstery: Black

Upholstery - Optional