CSI-LROW LOW ROW

iSTRENGTH



Reimagine your strength workout with the Spirit Fitness i-Strength CSI-LROW Low Row. The advanced electronic resistance and intelligent software deliver a next-generation training experience. Plus, 4 dynamic training modes—Pure, Eccentric, Isokinetic, and Elastic—provide variety and drive faster results. A resistance range of 6 to 120 kg supports effective training for users of all abilities.

The low row exercise challenges your entire body. The low handle position encourages proper form by keeping elbows down and close to the body for the most effective workout.

Dual foot bars allow users of all sizes a proper set-up and full range of motion. The padded, adjustable seat is comfortable, durable and easy to clean. Plus, the heavy-gauge steel frame with commercial-grade components are built to last and deliver the results you want.

FEATURES

- Advanced electronic resistance and intelligent software deliver a next-generation training experience
- 4 dynamic training modes, Pure, Eccentric, Isokinetic, and Elastic, provide variety & drive faster results
- Low row movement engages the entire body, building strength & stability through coordinated pulling of the arms and upper back
- Dual foot braces allow for users of all sizes
- Intuitive touchscreen console allows effortless adjustments & real-time performance feedback

SPIRIT®

SPECIFICATIONS	
Performance	• Minimum Resistance: 6 kg • Maximum Resistance: 120 kg • Electronically Adaptive Resistance System • Power: 230V, 13A Type G 3-Pin Plug
Console	• Display: 10.1" (diag.) Touchscreen • Programs: Pure, Eccentric, Isokinetic, and Elastic • Over the Air Software Updates
Convenience	• Dual Foot Bars • Padded Seat • Storate Trays (Top of Weight Resistance Module)
Frame	• Heavy Gauge Steel Frame • Low Profile Design • High-Quality Electrostatic Powder Coat Finish • Fully Enclosed Resistance Module • Steel Feet w/Rubber Foot Covers • Max User Weight Capacity: 159 kg (350 lb)

Dimensions and Weight	• Setup Dimensions: 151.6 cm L x 121.0 cm W x 110.8 cm H
	• Shipping Dimensions - Shipping Weight:
	  • Carton A: 76.5 x 73.7 x 48.5 cm - 51.0 kg
	  • Carton B: 150.1 x 57.2 x 71.9 cm - 61.1 kg