



## DPL0309 Seated Row DISCOVERY™ SERIES PLATE LOADED LINE

Like every piece of equipment in our Discovery™ Series Plate Loaded Line, the DPL0309 Seated Row adds value to your facility by combining essential performance and durability with thoughtful design to deliver an exerciser experience that feels natural.

The Discovery Series Plate Loaded Seated Row features independent movement arms with diverging pulling angles and a regressive strength curve to reduce force at the bottom of the movement, allowing for full range of motion throughout the workout.

Strength equipment is a long-term investment and with the Discovery Series from Precor, you can make your strength purchase decision with confidence. With a full range of products that are approachable and intuitive, perform for exercisers of all ability levels, and will withstand the test of time, the Discovery Series is the straightforward strength solution you've been looking for.

Learn More: [go.precor.com/dpl0309](http://go.precor.com/dpl0309)

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Fitness Made Personal

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# DPL0309 Seated Row

## DISCOVERY™ SERIES PLATE LOADED LINE

### Product Features

#### 1. Independent Movement Arms

Designed to demand greater balance and core muscle engagement, the independent arm resistance, and diverging movement path provide a greater range of motion.

#### 2. Chest Pad and Footplate

The large footplate and chest pad support increased stabilization for greater targeted muscle engagement.

#### 3. Ratcheting Seat Adjustment

The ratcheting, gas-assisted seat adjustment features an ergonomic, over-molded rubber adjustment handle, making it easy and comfortable for exercisers to get the right fit.

#### 4. Weight Storage Horns

The four weight horns are optimally positioned for easy load and unload and provide storage for over 600 lb / 272 kg of weight plates.

#### 5. 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.



### SPECIFICATIONS

- Dimensions (L x W x H):** 58 x 50 x 49 in / 148 x 127.5 x 124 cm
- Product Weight:** 340 lb / 154 kg
- Starting Weight:** 10 lb / 4.5 kg
- Max Lift Load Capacity:** 450 lb / 204 kg
- Weight Storage Horns:** 2
- Accessories:** Rubber Feet
- Frame and Finish:** Heavy-duty steel tubing is welded in all structural areas to withstand the most severe environments. Powder coated frame.
- Warranty:** Visit [www.precor.com](http://www.precor.com) for warranty terms.

### Standard Color Options

Frame	Movement Arms	Frame	Movement Arms
Gloss Metallic Silver	Metallic Ash	Metallic Ash	Gloss Metallic Silver
Desert Bronze	Gloss Metallic Silver	Black Magic Gloss	Metallic Ash
Gloss White	Metallic Ash	Black Pearl	Metallic Ash

### Upholstery

All Spice	American Beauty	Black	Blue Jay	Burgundy	Deep Clay
Grey	Hunter Green	Navy	New Purple	Regal Blue	Slate

- Colors may vary.
- Custom colors available. Please contact a Precor Sales Representative.

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