# A979 LOW ROW

The SportsArt A979 Low Row provides focused training for the back and arms through independently moving exercise arms. Adjustable seat and chest-pad positions help users establish proper alignment, while multiple grip options support training variety and balanced strength development.

## KEY FEATURES

- **Adjustable seat height and chest pad**
- **Manufactured to meet EN ISO 20957 / ASTM F2276 standards**



**Upholstery Updated Q3 2026*

| TECHNICAL DETAILS | |
|---|---|
| **Unit Weight** | 246.4 lbs / 112 kg |
| **Dimensions** (LxWxH) | 63.2 x 52.9 x 67.2 in / 160.6 x 134.3 x 170.6 cm |
| **Max User Weight** | 500 lbs / 227 kg |
| **Max Weight Storage** | 1100 lbs / 500 kg |
| **Features** | Independently moving arms improves strength training balance<br>Adjustable seat height fits variety of users<br>Heavy-duty double-stitched upholstery<br>Spring-lock release knobs make for easy seat height adjustment<br>Weight horns for ample plate storage<br>Strengthens upper chest, front deltoid, and triceps |

| WARRANTY* | |
|---|---|
| **Type** | Full Commercial - no usage limit |
| **Frame** | 10 Years |
| **Parts** | 3 Years |
| **Grips, Enclosures & Covers** | 1 Year |
| **Upholstery** | 6 Months |
| **Labor** | 1 Year |

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