

# A979 LOW ROW

SportsArt Plate Loaded Series combines quality and value in a simple, easy-to-use strength line designed to accommodate users of any fitness level or experience.

## KEY FEATURES

- Adjustable seat height and chest pad



TECHNICAL DETAILS	
<b>Unit Weight</b>	246.4 lbs / 112 kg
<b>Dimensions (LxWxH)</b>	63.2 x 52.9 x 67.2 in / 160.6 x 134.3 x 170.6 cm
<b>Max User Weight</b>	500 lbs / 227 kg
<b>Max Weight Storage</b>	1100 lbs / 500 kg
<b>Features</b>	<ul style="list-style-type: none"> <li>Independently moving arms improves strength training balance</li> <li>Adjustable seat height fits variety of users</li> <li>Heavy-duty double-stitched upholstery</li> <li>Spring-lock release knobs make for easy seat height adjustment</li> <li>Weight horns for ample plate storage</li> <li>Strengthens upper chest, front deltoid, and triceps</li> </ul>

WARRANTY*	
<b>Type</b>	Full Commercial - no usage limit
<b>Frame</b>	10 Years
<b>Parts</b>	3 Years
<b>Grips, Enclosures &amp; Covers</b>	1 Year
<b>Upholstery</b>	6 Months
<b>Labor</b>	1 Year