

Plate Loaded

Row

Packed with features and exceptional movements, the Plate Loaded line merges superior technology with a passion for fitness. Cybex Plate Loaded and Free Weight lines are the definition of strength training – and equipment no club wants to be without.

EXTREME STRENGTH

Superior biomechanics in a space-efficient package. The Cybex Plate Loaded line is the most space-efficient user-friendly plate loaded line in the industry. It accommodates users of almost any size and its superior design meets the needs of advanced users, without intimidating others.

- Cybex science and design in a plate loaded line.
- Who said hard core has to be intimidating?
- Built tough to keep looking new.

FEATURES

- The 10° diverging pattern allows the arms to comfortably pass to the sides of the torso.
- The descending pattern of motion and flexible trailing link handles provide a consistent torque at the joint for highly effective training.
- Independent arm motion for balanced strength development.
- Dual foot braces for added stabilization.



SPECIFICATIONS

Product Number	16090
Dimensions L x W x H	82" x 34" x 48" (208 cm x 86 cm x 122 cm)
Machine Weight	159 lb (72 kg)
Color	Available in 15 frame colors or a virtually unlimited variety of custom colors and 33 upholstery colors

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