

FREEMOTION.

# EPIC SELECTORIZED

**SEATED ROW**

MODEL # **ES817**

OTION

EPIC SELECTORIZED  
**SEATED ROW**



SEAT ADJUSTMENT: Pull up and adjust seat when seated. Feet should be on top of the foot rests. Handle should be at chest level.  
HANDLE ADJUSTMENT: Pull up and adjust handle when seated. Feet should be on top of the foot rests. Handle should be at chest level.

FREEMOTION

## CABLE STRENGTH EPIC SELECTORIZED

The EPIC Seated Row trains the back, shoulders, and arms to work together to enhance strength for sport-specific movements like kayaking and rock climbing. The arms move in a converging axis pattern, and allow for unilateral movements for increased muscle concentration. Textured foot grips keep feet in place, so users can grab hold of the pivoting handles and focus on the workout.



## EPIC SELECTORIZED SEATED ROW

### PRODUCT FEATURES

#### LOW PROFILE TOWER DESIGN

The low profile tower works well with an open design floor plan and adds to the 'welcome' environment.

#### UNILATERAL ARM MOVEMENT

Handles move independently to create single or dual-arm exercises that build strength with balance and symmetry.

#### FREEGRIP™ HANDLES WITH 360-DEGREE ROTATION

Freegrip™ handles swivel 360 degrees, while tilting vertically and horizontally, for a natural range of motion.

#### BUILT-IN STORAGE

The redesigned top cap of this machine features a built-in accessory tray to help users keep track of their phone, keys and more.

#### SMALLER FOOTPRINT

The new EPIC Seated Row has a smaller, narrower footprint to free up your square footage.

#### ADJUSTABLE CHEST PAD

Chest pad adjusts to multiple positions to accommodate users of all sizes.

#### MULTIPLE SEAT ADJUSTMENTS

Seat adjusts to multiple positions to accommodate users of all sizes.

#### HEAVY DUTY CABLE

Heavy duty cable is designed to support the rigorous usage demands of this machine.

#### HEAVY DUTY FLOOR PROTECTORS

Made with molded rubber, the Freemotion floor guards help better protect your floor.

#### EASY SERVICEABILITY

The tower design allows for simple cable service.

### WARRANTY US AND INTERNATIONAL

10 Years Frame | 3 Years Parts | 1 Year Cables and Labor | 120 Days Other

### SPECIFICATIONS

Weight Stack	255 lbs (115.6 kg)
Resistance	255 lbs (115.6 kg)
Drop Down Weight	5 lbs (2.2 kg)
Weight Stack Configuration	10 lbs header (4.5 kg) 20-50 x 10 lbs (4.5 kg) 60-250 x 20 lbs (9 kg)
Standard Frame	Platinum Sparkle, Black River
Plastic Color	Black
Upholstery Color	Black
Product Dimensions (LxWxH)	39.7 x 69 x 57.8 in (100.8 x 175.2 x 146.8 cm)
Product Weight	573.2 lbs (260 kg)
Shipping Dimensions (LxWxH)	Box 1: 75.5 x 36.2 x 49 in (191.7 x 91.9 x 124.4 cm) Box 2: 23.6 x 12.6 x 3.9 in (59.9 x 32 x 9.9 cm)
Shipping Weight	Box 1: 692.4 lbs (314 kg) Box 2: 11 lbs (4.9 kg)
Regulatory Approval	CE