

LOW ROW

The **Maxfit Maximus Low Row** is a premium commercial back training machine engineered to **maximize mid-back thickness, upper back density**, and **controlled rowing mechanics** through a biomechanically optimized **low pulling trajectory**. Designed for smooth resistance delivery and enhanced muscular contraction, the machine effectively targets the lats, rhomboids, trapezius, and arm flexors while ensuring superior ergonomics and training stability.



Designed for enhanced **mid-back thickness** and **upper back development** ✦

Neutral-grip rowing ✦
mechanics for optimized
back activation

Independent movement ✦
arms for unilateral and
bilateral exercises

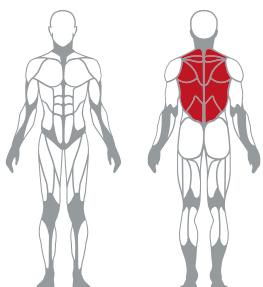
Rotating ergonomic ✦
handles for varied
grip positioning

Reduced wrist ✦
stress throughout
the rowing
movement

Gas-assisted ✦
adjustable seat
for ergonomic
alignment

Central stabilizing ✦
handle for unilateral
training control

6 additional integrated weight plate holders ✦



Targets latissimus dorsi,
rhomboids, middle
trapezius, brachialis, and
brachioradialis

Dimensions (L x W x H): 1339 x 1420 x 1500mm
Net Weight: 120 kgs