

MID ROW

The **Maximus Mid Row** is a premium commercial rowing machine engineered to **develop mid-back density, trapezius thickness,** and overall **upper back strength** through a biomechanically optimized rowing movement. Designed for smooth and controlled pulling mechanics, it delivers superior muscle contraction, balanced strength development, and enhanced training stability for professional fitness environments



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

✦ **Independent movement arms** for unilateral and bilateral exercises

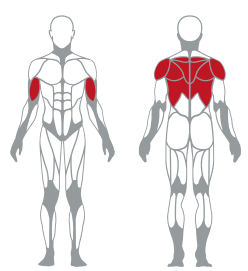
✦ **Central stabilizing handle** for unilateral training control

✦ **Multiple grip options** including prone, semi-supine, and neutral positions

✦ **Physiological resistance curve** for natural rowing mechanics

✦ **Gas-assisted adjustable seat** for ergonomic alignment

✦ **Integrated 4 Additional Weight Holders**



rhomboids, middle & lower trapezius, lats, and rear deltoids

Dimensions (L x W x H): 1210 x 1542 x 1380 mm
Net Weight: 94 kg