

LATERAL ROW

The **Maxfit Maximus NX Lateral Row** is a premium commercial back training machine engineered to **maximize upper-back strength, muscular thickness, and controlled rowing performance** through biomechanically optimized lateral pulling mechanics. Designed with ergonomic movement paths, adjustable positioning, and smooth resistance delivery, the machine delivers powerful activation of the lats, rhomboids, teres major, and trapezius while maintaining stable and natural rowing mechanics.



Diverging rowing trajectory for enhanced upper-back contraction

Adjustable seat height for personalized ergonomic positioning

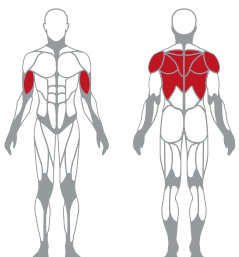
Ergonomic non-slip handles for natural pulling movement

Modern appearance and fine detailing enhance the visual appeal of your fitness space

Supports **unilateral, bilateral, and alternating rowing variations**

Central stabilizing handle for unilateral training control

4 additional integrated weight plate holers



Targets latissimus dorsi, teres major, rhomboids, and trapezius muscles

Dimensions (L x W x H): 2084 x 1567 x 1605 mm
Net Weight: 155 kg

BUILT FOR THE KIND OF BACK THICKNESS SERIOUS LIFTERS RESPECT.