

# 017 Gymleco D.Y. Row

10 series, Plate Loaded



Gymleco's DY Row is a plate loaded gym machine made for targeting back muscles, including traps and lats. It's compact and saves space without compromising on functionality and quality. A ceiling height of 2,4 meters is enough, making it smaller than similar machines on the market. Designed with a natural biomechanical movement in focus, which leads to more efficient use of weights – about 85% of the loaded weight are in the handles.

The underhand grip option provide users with a seamless and natural range of motion. The D.Y. Row is equipped with an additional handle to create stability while performing one-arm exercises. The machine is also equipped with a solid foot support which creates stability throughout the movement and reduces the pressure against the chest.

The adjustable seat and chest support enables usage regardless of users height. In addition, the machine has a low starting weight which makes it suitable for beginners as well as professionals.

- Low starting weight
- Adjustable seat and chest support
- Foot support for stability and comfort
- Compact design
- Standard cushion color: Black / Red
- Additional handle provided to allow user stabilization during one-arm exercises

Length	Width	Height	Weight
135 cm	147 cm	174 cm	144 kg

Maintenance free  
Clean with gentle detergent