



LOW ROW

CSI-LROW



Reimagine your strength workout with the Spirit Fitness i-Strength CSI-LROW Low Row. The advanced electronic resistance and intelligent software deliver a next-generation training experience. Plus, 4 dynamic training modes—Pure, Eccentric, Isokinetic, and Elastic—provide variety and drive faster results. A resistance range of 13 to 265 lbs supports effective training for users of all abilities.

The low row exercise challenges your entire body. The low handle position encourages proper form by keeping elbows down and close to the body for the most effective workout.

Dual foot bars allow users of all sizes a proper set-up and full range of motion. The padded, adjustable seat is comfortable, durable and easy to clean. Plus, the heavy-gauge steel frame with commercial-grade components are built to last and deliver the results you want.

FEATURES

- Advanced electronic resistance and intelligent software deliver a next-generation training experience
- 4 dynamic training modes, Pure, Eccentric, Isokinetic, and Elastic, provide variety & drive faster results
- Low row movement engages the entire body, building strength & stability through coordinated pulling of the arms and upper back
- Dual foot braces allow for users of all sizes
- Intuitive touchscreen console allows effortless adjustments & real-time performance feedback

SPECIFICATIONS

Performance	<ul style="list-style-type: none"> • Minimum Resistance: 13 lb • Maximum Resistance: 265 lb • Electronically Adaptive Resistance System • Power: 120V/20A Cord/Outlet
Console	<ul style="list-style-type: none"> • Display: 10.1" (diag.) Touchscreen • Programs: Pure, Eccentric, Isokinetic, and Elastic Over • the Air Software Updates
Convenience	<ul style="list-style-type: none"> • Dual Foot Bars • Padded Seat • Storage Trays (Top of Weight Resistance Module)
Frame	<ul style="list-style-type: none"> • Heavy Gauge Steel Frame • Low Profile Design • High-Quality Electrostatic Powder Coat Finish • Fully Enclosed Resistance Module • Steel Feet w/Rubber Foot Covers • Max User Weight Capacity: 350 lb
Dimensions and Weight	<ul style="list-style-type: none"> • Setup Dimensions: 59.7" L x 47.6" W x 43.6" H • Shipping Dimensions - Shipping Weight: Carton A: 30.1" x 29" x 19.1" - 112.4 lb Carton B: 59.1 x 22.5 x 28.3" - 134.7 lb
US Commercial Warranty	<ul style="list-style-type: none"> • 10 Years Frame • 5 Years Bushings, Bearings, Shocks, Pulleys 2 • Years Parts, Console, Resistance Module • 1 Year Paint and Finishes, Cables, Grips, Pull-Pin Components, Rail Wheels, Attachments, All Other Parts Not Mentioned 6 Months Upholstery • • 1 Year Labor Console, Resistance Module <p>*Prisons and correctional facilities are excluded from warranty coverage.</p>