

MATRIX
MATRIX G3-S34
Diverging Seated
Row



MATRIX G3-S34 Diverging Seated Row Instructions

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MATRIX G3-S34 Diverging Seated Row



Product Usage Instructions

1. Adjust the seat to a comfortable position.
2. Select the desired weight on the weight stack.
3. Sit on the seat, grip the handles, and place your feet securely on the footrests.
4. Exhale and pull the handles towards your torso in a slow and controlled manner.
5. Inhale as you return the handles to the starting position.
6. Repeat for the desired number of repetitions.

Frequently Asked Questions

Q: Is assembly required for the Aura Diverging Seated Row G3-S34?

A: Yes, some assembly is required. Please refer to the assembly instructions provided in the user manual.

Q: How do I clean and maintain the Ergo Form Cushions?

A: Use a damp cloth with mild soap to clean the cushions. Avoid using harsh chemicals or abrasives that may damage the material. Regularly check for any signs of wear and tear and replace if necessary.

Q: Can additional weight be added to the weight stack?

A: The weight stack capacity is limited to 113 kg/250 lbs. Adding additional weight beyond this limit is not recommended as it may compromise the safety and performance of the equipment.

Aura Diverging Seated Row
G3-S34

- Independent diverging movement provides a natural path of motion
- Dual-position hand grips provide a greater training variety

Features

EASE OF USE	
COLOR-CODED PIVOTS & ADJUSTS	Yes
INSTRUCTIONAL PLACARDS	Yes
BOTTLE & TOWEL HOLDER	Yes
ERGO FORM CUSHIONS	Yes

FRAME & BELT

FRAME & BELT	
CABLE TRANSMISSION	Internally Lubricated Cables
FRAME COLOR	Iced Silver
FRAME FINISH	Proprietary two-coat powder process
OVER-SIZED FRAME TUBING	Yes


TECH SPECIFICATION

TECH SPECS	
OVERALL DIMENSIONS (L X W X H)	154.4 x 87.9 x 198.7 cm / 60.8” x 34.6” x 78.2”
TOTAL WEIGHT	259 kg / 570 lbs.
SHIPPING WEIGHT	302 kg / 665 lbs.
WEIGHT STACK	113 kg / 250 lbs.

WEIGHT STACK

WEIGHT STACK	
SUSPENSION	3-Point Design
WEIGHT PINS	Magnetic & tethered
GUARDS & PULLEY COVERS	Yes
SELF-LUBRICATING WEIGHT STACK BUSHINGS	Solid cold-rolled steel plate, with Teflon inner bushings.

Documents / Resources

	<p>MATRIX G3-S34 Diverging Seated Row [pdf] Instructions G3-S34 Diverging Seated Row, G3-S34, Diverging Seated Row, Seated Row, Row</p>
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References

- [User Manual](#)

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