

# M290 | **LOW ROW**



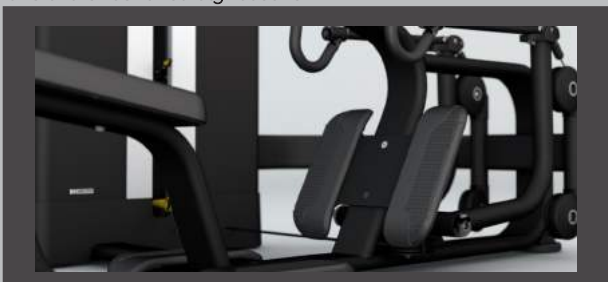
**INTERMEDIATE LOADS.** A very simple movement with a finger is enough in order to activate intermediate loads (+2,5Kg)



**SIMPLE AND COMFORTABLE ADJUSTMENTS.**  
Ergonomic levers and user-friendly adjustments



**PLATAFORM FOR THE FEET.** With stretch marks and oversized for safety reasons



LOW ROW	
M290	
Height (cm)	149
Width (cm)	113
Length (cm)	200
Weight (Kg)	169Kg
Maximum Load	112,5Kg (opt. 135Kg)
Chassis	Steel ST-34/40
Transmission	5mm braided steel and drive belt
Maximum user weight (kg)	190Kg
Independent arms	Yes
Divergent movement	Yes
Visual scale with indicators for charge level	Yes
Magnetic weight plate selector	Yes
8.8 quality screws with zinc plated treatment	Yes
Intermediate loads with just one movement	Yes
Two-color upholstery	Yes
Setting elements are bright contrasting yellow	Yes
Tray for personal belongings in the upper side	Yes
Anti-slip handles	Yes
Rubber feeling handles	Yes
Full connectivity	Yes

**TECHNICAL SPECS – LOW ROW**

- **Central vertical grip** that makes easier the independent work of each arm
- Grips with curve handle for more versatility in the exercises.
- Independent arms for independent movements.
- Divergent movement.
- Injected core fireproof seat. Unlike the classic foam padded particle boards, the injected core offers the advantage of uniformity, anti-distortion and greater anti-bacterial protection. With M2 certificate.
- Vertical aluminum profile on the four sides of the tower that stylizes the image of the machine and provides greater durability
- The covers on the weight stack tower are made from ABS.
- The pieces at the bottom and the top of the tower are injected in ABS
- Customization possibilities:

**CONNECTED DISPLAY**

- High resolution 11" screen (HD/4K)
- RFID for an easy login. The user will be able to access their historical workouts in an easy way.
- After log-in the screen proposes the exercises to the user automatically
- Multimedia content incorporated. Each machine incorporate videos to know the best execution technique of each exercise which is added to the information provided by the graphic panels.
- Connected on cloud. Together with the cardio, connected strength provides the full control of the fitness room, completes tracking of the customers on their journey, health management, real monitorization of muscles development, etc. And it's integrable with any software.
- Precision sensors for the control of technical information such as repetitions, weight or sets. Thanks to an accurate sensorization system of the equipment, only the correctly done repetitions will validated.

