



Diverging Seated Row

Keystone | V-KEY-SL-34

The Keystone Diverging Row is a commercial diverging row machine designed to strengthen the back through a natural, independent arm movement path. Ideal for gyms and fitness centers, it supports users of varying sizes with precise body positioning geometry that promotes proper rowing mechanics.

Built with moisture-resistant cushioning and a welded steel frame, this strength training machine delivers durability, comfort, and consistent performance in high-traffic commercial fitness environments.



Adjustments

User Adjustment Range	5-position chest pad (ratcheting adjustment)
Seat Adjustment	Roller ratcheting mechanism with gas-assist
Color-coded Pivots & Points of Adjustment	Yes

Frame & Cables

Frame Color	Matte Black
Frame Finish	Proprietary two-coat powder process
Machine Anchoring	Machine anchoring locations
Cable Transmission	Internally lubricated cables and fittings

Optional Kit	
Rep Counter (V-KEY-SL-RC1)	Electronic counter displays reps and time with reset buttons
Incremental Weight System (V-KEY-SL-IW)	2.3 kg / 5 lbs.
Tech Specs	
Overall Dimensions	160 x 128 x 155 cm / 63" x 50.4" x 61"
Max "In-use" Dimensions	160 x 131 x 155 cm / 63" x 51.6" x 61"
Product Weight	234.8 kg / 517.7 lbs.
User Amenities	
Contoured Seat	Yes
Instructional Placards	Muscle call outs, start and finish exercise illustrations, proper machine movements, QR code link to how-to videos
Upholstery	Polyurethane molded foam
Personal Storage	Tactile storage mats, personal device cradle
Weight Stack	
Total Stack Weight	91 kg / 200 lbs.
Max Training Weight	93.3 kg / 205 lbs. including incremental weight
Weight Plate Increments	5 kg / 10 lbs.
Weight Stack Guarding	Full front and rear shields
Consistent Stack Height	Yes: 155 cm / 61"
Back-to-back Configurations	Yes