



Lat Pulldown / Seated Row

Keystone | V-KEY-SL-331

The Keystone Lat Pull / Row is a commercial lat pulldown and row machine designed to provide complete back training in a single station for gyms and fitness centers. Its dual-function design supports a wide range of users through precise body positioning geometry that promotes proper form and consistent performance. Built with moisture-resistant cushioning and a welded steel frame, this strength training machine delivers long-term durability, comfort, and reliability in high-traffic commercial fitness environments.



Adjustments

User Adjustment Range	9-position thigh stabilization pad
Seat Adjustment	Fixed seat
Color-coded Pivots & Points of Adjustment	Yes

Frame & Cables

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

Optional Kit	
Rep Counter (V-KEY-SL-RC1)	Electronic counter displays reps and time with reset buttons
Tech Specs	
Overall Dimensions	186 x 123 x 224 cm / 73.2" x 48.4" x 88.2"
Max "In-use" Dimensions	186 x 123 x 224 cm / 73.2" x 48.4" x 88.2"
Product Weight	217.9 kg / 480.4 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	86 kg / 190 lbs.
Max Training Weight	86 kg / 190 lbs.
Weight Plate Increments	9 kg / 20 lbs.
Weight Stack Guarding	Full front and rear shields
Consistent Stack Height	Yes: 155 cm / 61"
Back-to-back Configurations	Yes