



LONG PULL ROW - SINGLE PULLEY

JXB - 204A

The Long Pull Row Machine is specifically engineered to target and strengthen the muscles in your back. This design incorporates a spacious seat and footplate, facilitating a wider range of motion and enhanced stability for the lower body, ensuring a safe and effective workout experience.







FEATURES

- ◆ Single Pulley System: Smooth, controlled movement for rows.
- ◆ Non-Slip Footrests: Secure and stable footing during exercises.
- ◆ Compact Frame: Saves space without compromising functionality.
- ◆ Durable Construction: Built to last with high-quality materials.
- ◆ Compact Design: Space-efficient for smaller gym spaces

SPECIFICATIONS

DIMENSIONS:

Length: 94 inches / 239 cms Width: 40 inches / 102 cms Height: 90 inches / 229 cms Weight: 562 lbs / 255 kg Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Erector Spine, Latissimus Dorsi, Trapezius, Rear Deltoids, Biceps

COLOURS AVAILABLE: White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.