

COMPOUND ROW

JPL - 117

The robust angular plate loaded design provides large seat and footplate for better range and lower body stabilization. Features rotating ergonomic hand grips for natural hand movement during exercise.



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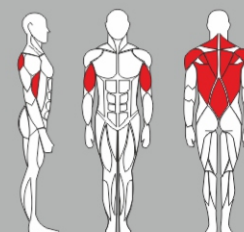
FEATURES

- ◆ **Dual Grip Handles:** Offers multiple grip positions to target different back muscles, including lats, traps, and rhomboids.
- ◆ **Non-Slip Foot Platforms:** Ensures stable and secure positioning during heavy lifts.
- ◆ **Plate-Loaded Resistance:** Customizable weight loading for users of all fitness levels.
- ◆ **Ergonomic Seat Design:** Comfortable padded seat for proper alignment and support.
- ◆ **Versatile Training:** Targets back muscles with secondary activation of biceps and core.

SPECIFICATIONS

DIMENSIONS:

Length: 98 inches/249 cms
Width: 48 inches/122 cms
Height: 36 inches/91 cms
Weight: 304 lbs/138 kg
Start Weight: 23.4 kg
Max Loaded: Single Side: 308 lbs/140 kg
Both Side: 616 lbs/280 kg



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

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

*Plates, barbell, attachments and accessories are not included and need to be bought separately.