

ISOLATERAL ROW

JPL - 141

Dual position handles for increased size adaptability and variation in muscle isolation. Multiple-position hand grips provide close/wide range workout. An rack in pinion adjustable seat and torso support is provided for effective and comfortable workout.



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FEATURES

- ◆ **Independent Arm Movement:** Enables unilateral training for balanced muscle development and improved symmetry.
- ◆ **Ergonomic Design:** Adjustable seat and chest pad for proper alignment and user comfort during workouts.
- ◆ **Biomechanical Efficiency:** Optimal range of motion for precise targeting of lats, traps, and rhomboids.
- ◆ **Angled Foot Platform:** Ensures stable positioning and proper form during exercises.
- ◆ **Dual Grip Handles:** Offers varied grip positions for targeting different back muscles.

SPECIFICATIONS

DIMENSIONS:

Length: 70 inches/178 cms

Width: 60 inches/152 cms

Height: 55 inches/140 cms

Weight: 359 lbs/163 kg

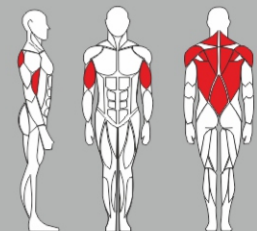
Start Weight: 23.6 kg

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.