

LOW ROW

JPL - 113

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

- ◆ **Targeted Back Engagement:** Effectively isolates and strengthens the lats, rhomboids, and lower back muscles.
- ◆ **Isolateral Arm Movement:** Allows independent arm action for balanced muscle development on both sides.
- ◆ **Adjustable Seat and Chest Pad:** Provides ergonomic support and ensures proper posture during workouts.
- ◆ **Plate-Loaded Resistance System:** Enables easy customization of resistance levels to match individual fitness goals.
- ◆ **Supportive Chest Pad:** Provides a stable and firm surface for optimal upper body positioning

SPECIFICATIONS

DIMENSIONS:

Length: 75 inches/190 cms

Width: 76 inches/193 cms

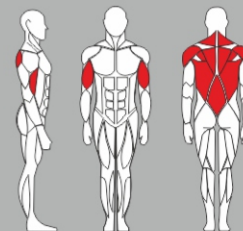
Height: 66 inches/168 cms

Weight: 340 lbs/154 kg

Start Weight: 18.7 kg

Max Loaded: Single Side: 308 lbs/140 kg

Both Side: 617 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.