

## MID ROW

JPL - 114

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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to Access the Video

### FEATURES

- ◆ **Ergonomic Design:** Adjustable seat and chest pad with dual grip options for targeted back muscle engagement.
- ◆ **Independent Arm Movement:** Allows unilateral training for balanced muscle development.
- ◆ **Smooth Motion:** Biomechanically engineered for optimal range and joint-friendly movement.
- ◆ **High-Density Upholstery:** Comfortable and durable padding for extended use.
- ◆ **Safety Features:** Non-slip footplates and reinforced joints for secure workouts.

### SPECIFICATIONS

#### DIMENSIONS:

Length: 75 inches/191 cms

Width: 72 inches/183 cms

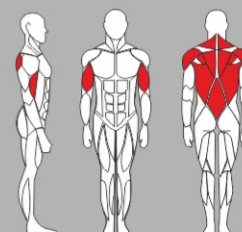
Height: 54 inches/137 cms

Weight: 339 lbs/153 kg

Start Weight: 14.9kg

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.