

PULL OVER

JPL - 112

The Pullover machine is designed to target and strengthen the muscles of the back, chest, and arms. This machine allows for independent movement of each arm, providing a more balanced and controlled workout while addressing strength imbalances. With its isolateral design, users can focus on each side of the body independently, promoting balanced muscle development. The comfortable seat ensures stability and support during the exercise, allowing users to maintain proper form and technique.



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to Access the Video

FEATURES

- ◆ **Full Range of Motion:** Designed to target the lats and chest, providing effective muscle engagement throughout the movement.
- ◆ **Ergonomic Seat and Backrest:** Ensures proper alignment and comfort for users of varying sizes.
- ◆ **Plate-Loaded Resistance System:** Allows for easy and precise resistance customization, accommodating all fitness levels.
- ◆ **Smooth Biomechanical Design:** Ensures fluid and consistent motion, reducing joint stress during workouts.
- ◆ **Customizable Arm Positioning:** Adjustable arm mechanics to suit different workout preferences and angles.

SPECIFICATIONS

DIMENSIONS:

Length: 78 inches/198 cms

Width: 58 inches/147 cms

Height: 59 inches/150 cms

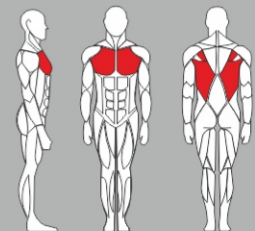
Weight: 576 lbs/261 kg

Start Weight: 24.3 kg

Max Loaded: Single Side: 308 lbs/140 kg

Both Side: 617 lbs/280 kg

MUSCLE WORKED: Pectoralis Major, Latissimus Dorsi



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.