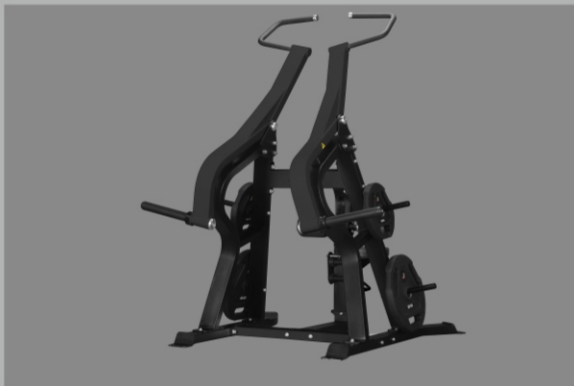


PULLDOWN

JPL- 147

The Pulldown machine is designed to target and strengthen the muscles of the upper back, particularly the latissimus dorsi muscles. This machine features separate handles for each arm, allowing for independent movement to address strength imbalances and ensure balanced muscle development.

The comfortable seat provides stability and support during the exercise, allowing users to focus on proper form and technique.



Scan Here
to Access the Video

FEATURES

- ◆ **Optimized Pulldown Motion:** Effectively targets the lats, upper back, and biceps for comprehensive muscle engagement.
- ◆ **Adjustable Seat and Thigh Pads:** Provides secure and ergonomic positioning for users of varying heights.
- ◆ **Isolateral Arm Movement:** Allows independent arm action, ensuring balanced back muscle development.
- ◆ **Plate-Loaded Resistance System:** Enables easy resistance customization for progressive strength training.
- ◆ **Smooth Biomechanical Motion:** Ensures consistent resistance and a natural movement pattern.

SPECIFICATIONS

DIMENSIONS:

Length: 68 inches/173 cms

Width: 60 inches/152 cms

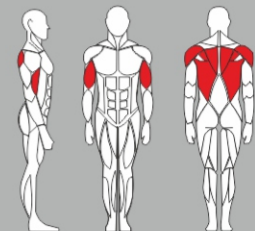
Height: 76 inches/193 cms

Weight: 357 lbs/162 kg

Start Weight: 33.4 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.