

## LONG PULL ROW - SINGLE PULLEY

JXB - 204A

The Long Pull Row Machine is specifically engineered to target and strengthen the muscles in your back. This design incorporates a spacious seat and footplate, facilitating a wider range of motion and enhanced stability for the lower body, ensuring a safe and effective workout experience.



### FEATURES

- ◆ **Single Pulley System:** Smooth, controlled movement for rows.
- ◆ **Non-Slip Footrests:** Secure and stable footing during exercises.
- ◆ **Compact Frame:** Saves space without compromising functionality.
- ◆ **Durable Construction:** Built to last with high-quality materials.
- ◆ **Compact Design:** Space-efficient for smaller gym spaces

### SPECIFICATIONS

#### DIMENSIONS:

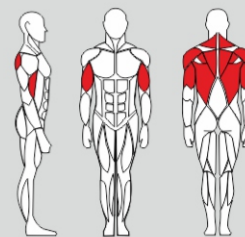
Length: 94 inches / 239 cms

Width: 40 inches / 102 cms

Height: 90 inches / 229 cms

Weight: 562 lbs / 255 kg

Weight stack: 220 lbs / 100 kg



**MUSCLE WORKED:** Erector Spine, Latissimus Dorsi, Trapezius, Rear Deltoids, Biceps

**COLOURS AVAILABLE:** White, Silver, Red, Orange, Lemon yellow, Hammertone grey, Green, Graphite grey, Golden yellow, Dark silver, Black.