



## GYM BOX WITH HIGH LOW PULLEY-PLATE LOADED

JHBR - 106A

Squats, Shoulder press, flat bench press, incline bench press, pull ups decline bench press, shrugs, rack pulls, barbell rows, bicep curl, tricep pushdown, Cable Row, Lat pull down etc. A modular and customizable rack with an adjustable plate loaded high-low pulley that you can use with a range of attachments. It caters to all your strength-training needs and allows you to perform various cable-driven workouts. Combine with our super bench to create a full body training station.





## FEATURES

- Multi-Functional: Combines power rack, plate-loaded system, and pulley setup.
- Plate-Loaded System: Customizable weights for progressive training.
- Cable System: Supports lat pulldowns, rows, and more.
- Sturdy Frame: Ensures safety during heavy workouts.
- Full-Body Training: Enables squats, presses, pull-ups, and cable exercises.



## SPECIFICATIONS

## DIMENSIONS:

Length: 66 inches/168 cms Width: 54 inches/137 cms Height: 92 inches/234 cms Weight: 312.4 lbs./142 KG

MUSCLE WORKED: Full Body

COLOURS AVAILABLE: Black.



Scan Here to Access the Video



\*Plates, barbell, attachments and accessories are not included and need to be bought separately.