

LAT PULL DOWN - SINGLE PULLEY

JFB - 2010A

Lat Pull Down- Single Pulley is designed to specifically targets the muscles in your upper back and arms. This machine offers an adjustable leg lock for comfortable sitting position. Its single strap grip can be used for isolateral (single-arm) movements, allowing you to work each side of your body independently, it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



Scan Here
to Access the Video

FEATURES

- ◆ **Single Pulley System:** Provides smooth, controlled motion.
- ◆ **Adjustable Knee Pad:** Ensures a secure fit for all users.
- ◆ **Ergonomic Handles:** Multiple grip options for targeted muscle work.
- ◆ **Durable Construction:** High-quality, long-lasting build.
- ◆ **Compact Design:** Space-efficient for smaller gyms.

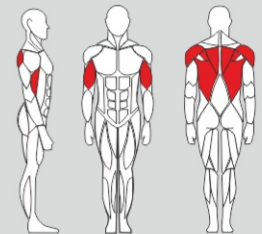
SPECIFICATIONS

DIMENSIONS:

Length: 62 inches / 157 cms
Width: 40 inches / 102 cms
Height: 92 inches / 234 cms
Weight: 460.3lbs / 208.8 kg
Weight stack: 220 lbs / 100 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.