

GYM BOX WITH HIGH LOW PULLEY-SELECTORIZED & PLATE LOADED COMBO.

JHBR - 106C

Squats, Shoulder press, flat bench press, incline bench press, pull ups, decline bench press, shrugs, rack pulls, barbell rows, bicep curl, tricep push down, cable row, lat pull down etc.

A modular and customizable rack with an adjustable high-low pulley, which gives you the option to use the plate loaded or weight stack feature 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.



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to Access the Video

FEATURES

- ◆ **Dual Weight System:** Combines selectorized stacks and plate-loaded options for customizable resistance.
- ◆ **Multi-Functional Design:** Supports a variety of exercises like squats, bench presses, pull-ups, and cable movements.
- ◆ **Integrated Cable System:** Enables lat pulldowns, rows, and other pulley-based exercises.
- ◆ **Robust Construction:** Ensures safety and stability during heavy and dynamic workouts.
- ◆ **Versatile Setup:** Offers a complete solution for full-body strength and functional training in a compact footprint.

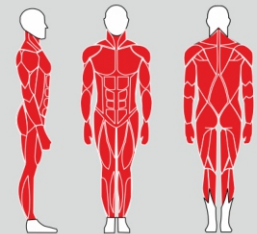
SPECIFICATIONS

DIMENSIONS:

Length: 66 inches/168 cms
Width: 54 inches/137 cms
Height: 92 inches/234 cms
Weight: 485.3 lbs./220.6 KG
Weight stack: 110 lbs./50 KG

MUSCLE WORKED: Full Body

COLOURS AVAILABLE: Black.



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