

## GYM BOX WITH HIGH LOW PULLEY-SELECTORIZED

JHBR - 106B

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 weight stack 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.



Scan Here  
to Access the Video

### FEATURES

- ◆ **SelectORIZED Weight Stack:** Provides easy weight adjustments for a seamless workout experience.
- ◆ **Integrated Cable System:** Supports a variety of exercises like lat pulldowns, rows, and tricep push downs.
- ◆ **Multi-Functional Design:** Combines power rack, pulley system, and adjustable components for full-body training.
- ◆ **Sturdy Construction:** Built to handle intense workouts with maximum safety and stability.
- ◆ **Space-Efficient Setup:** Ideal for home gyms, offering versatile functionality in a compact design.

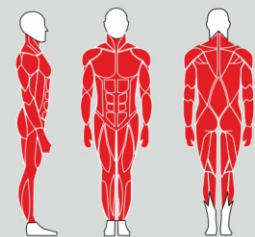
### SPECIFICATIONS

#### DIMENSIONS:

Length: 66 inches/168 cms  
Width: 54 inches/137 cms  
Height: 92 inches/234 cms  
Weight: 461.2 lbs./209.64 KG  
Weight stack: 165 lbs./75 KG

**MUSCLE WORKED:** Full Body

**COLOURS AVAILABLE:** Black.



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