

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.



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to Access the Video

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.

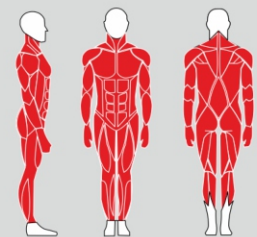
SPECIFICATIONS

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.



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