

LAT PULL DOWN WITH ROWING COMBO.

JFB - 2010C

Lat Pull Down With Rowing Combo is a versatile exercise machine that combines the function of a seated row and a lat pull down in a single unit. This machine features a longer seat and footrests to maintain proper form during both exercises and it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.



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to Access the Video

FEATURES

- ◆ **Dual Functionality:** Combines lat pulldown and seated rowing for versatile back workouts.
- ◆ **Adjustable Resistance:** Smooth weight stack system for all fitness levels.
- ◆ **Ergonomic Design:** Padded seat and thigh support ensure comfort and proper form.
- ◆ **Smooth Cable Operation:** High-grade pulleys and cables provide seamless motion for better performance.
- ◆ **Sturdy Construction:** Designed for long-lasting durability and maximum stability during workouts.

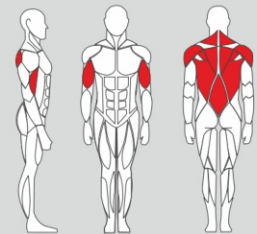
SPECIFICATIONS

DIMENSIONS:

Length: 84 inches / 213 cms
Width: 40 inches / 102 cms
Height: 90 inches / 229 cms
Weight: 509 lbs / 231 kg
Weight stack: 220 lbs / 100 kg

MUSCLE WORKED: Erector Spine, Trapezius, Latissimus Dorsi, Rear Deltoids & Biceps

COLOUR AVAILABLE: Black.



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