

LONG PULL ROW - SINGLE PULLEY

JFB - 2030A

Long Pull Row - Single Pulley is designed to specifically targets the upper back and mid back muscles. This machine offers a large seat and footplate to provide a better range. It offers 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

- ◆ **Single Pulley System:** Smooth, controlled movement for rows.
- ◆ **Non-Slip Footrests:** Secure and stable footing during exercises.
- ◆ **Compact Frame:** Saves space without compromising functionality.
- ◆ **Durable Construction:** Built to last with high-quality materials.
- ◆ **Compact Design:** Space-efficient for smaller gym spaces

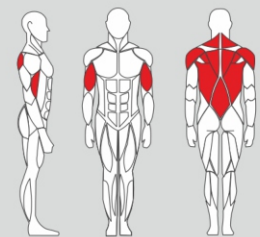
SPECIFICATIONS

DIMENSIONS:

Length: 94 inches / 239 cms
Width: 40 inches / 102 cms
Height: 90 inches / 229 cms
Weight: 554.4lbs / 251.5 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.