

MY PERSONAL TRAINER

JHMPT

A compact single weight stack unit of 220 lbs. with dual adjustable pulleys. The outer frame can accommodate J Hooks and Safety catches for performing free weight movements. Team it with our Super Bench to make a complete home gym setup. Exercise Variations - Lat Pull Down, Ab Crunch, Tricep Push Down, Tricep Extension, Tricep Kick Back, Chest Press, Rear Delt Fly, Chest Fly, Shoulder Press, Lateral Raise, Bicep Curl, Upright Rows, Bent Over Rows, Shrugs, Squats, Inner Thigh, Outer Thigh, Glute Kick, Rotator Cuff, Wrist Curl Etc.



Scan Here
to Access the Video

FEATURES

- ◆ **Dual Adjustable Pulleys:** Provides smooth and versatile motion for a variety of functional and isolation exercises.
- ◆ **Compact Design:** Space-efficient setup ideal for home gyms without compromising functionality.
- ◆ **Customizable Resistance:** Features a weight stack system with incremental adjustments to suit different fitness levels.
- ◆ **Ergonomic Handles:** Includes multiple grip options for comfort and enhanced workout variety.
- ◆ **Sturdy Construction:** Durable frame ensures stability and safety during intense training sessions.

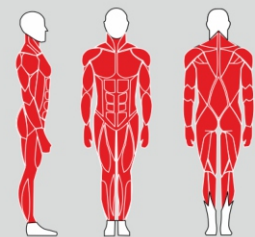
SPECIFICATIONS

DIMENSIONS:

Length: 72 inches/183 cms
Width: 86 inches/218 cms
Height: 92 inches/234 cms
Weight: 501.6 lbs./228 KG
Weight stack: 220 lbs./100 KG

MUSCLE WORKED: Full Body

COLOURS AVAILABLE: Black.



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