

◆ 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 high-low pulley, which gives you the option to use the plate loaded or weight stack feature 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.

GYM BOX WITH HIGH  
LOW PULLEY- PLATE LOADED  
AND SELECTORIZED COMBO  
JHBR-106C

◆ **DIMENSION:**  
Length : 66 inches / 168 cms  
Width : 54 inches / 137 cms  
Height : 92 inches / 234 cms  
Equipment Weight : 220.6 kg

◆ **MUSCLE WORKED:**  
Full Body

