

MID ROW  
JPL-114

- ◆ Dual position handles for increased size adaptability and variation in muscle isolation. Multiple-position hand grips provide close/wide range workout. An rack in pinion adjustable seat and torso support is provided for effective and comfortable workout.

- ◆ **DIMENSION:**  
Length : 75 inches / 191 cms  
Width : 72 inches / 183 cms  
Height : 54 inches / 137 cms

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

