

LAT PULL DOWN - DUAL PULLEY

JB-201B

◆ Lat Pull Down - Dual Pulley is designed to specifically targets the muscles in your upper back and arms. This machine offers an adjustable leg lock for comfortable sitting position. Its dual strap grip can be used can be used for isolateral (single-arm) & bilateral (both-arm) movements respectively, it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.

◆ DIMENSION:

Length : 62 inches / 157 cms

Width : 40 inches / 102 cms

Height : 90 inches / 229 cms

Weight Stack : 220lbs / 100kg

◆ MUSCLE WORKED:

Erector Spine, Trapezius,
Latissimus Dorsi,
Rear Deltoids & Biceps

