

PULL DOWN
JPL - 147

- ◆ The Pulldown machine is designed to target and strengthen the muscles of the upper back, particularly the latissimus dorsi muscles. This machine features separate handles for each arm, allowing for independent movement to address strength imbalances and ensure balanced muscle development.

The comfortable seat provides stability and support during the exercise, allowing users to focus on proper form and technique.

- ◆ **DIMENSION:**

Length : 68 inches/ 173 cms

Width : 60 inches/ 152 cms

Height : 76 inches/ 193 cms

- ◆ **MUSCLE WORKED:**

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

