

**LAT PULL DOWN WITH
ROWING COMBO.**

JB-201C

- ◆ Lat Pull Down With Rowing Combo is a versatile exercise machine that combines the function of a seated row and a lat pull down in a single unit. This machine features a longer seat and footrests to maintain proper form during both exercises and it provides a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.

- ◆ **DIMENSION:**
Length : 84 inches / 213 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

