

LONG PULL ROW-DUAL PULLEY

JB-204B

- ◆ Long Pull Row – Dual Pulley is designed to specifically targets the upper back and mid back muscles. This machine offers a large seat and footplate to provide a better range. It offers a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.

- ◆ **DIMENSION:**
Length : 94 inches / 239 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

