

VERTICAL ROW

JB-206

- ◆ The Vertical Row is a versatile exercise equipment that offers dual hand grips to target different muscles in the back. This machine offers an adjustable chest pad to provide support and helps the user maintain their form, and it offers a weight stack of up to 220 lbs, making it an ideal choice for a diverse range of users.

- ◆ **DIMENSION:**
Length : 68 inches / 173 cms
Width : 52 inches / 132 cms
Height : 62 inches / 157 cms
Weight Stack : 220lbs / 100kg

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

