

- ◆ The Long Pull Row Machine is specifically engineered to target and strengthen the muscles in your back. This design incorporates a spacious seat and footplate, facilitating a wider range of motion and enhanced stability for the lower body, ensuring a safe and effective workout experience.

LONG PULL ROW - SINGLE PULLEY
JPB-204A

- ◆ **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

