

VERTICAL ROW
JPB-206

- ◆ The Vertical Row offers dual hand grips to target different muscles in the back. The adjustable chest pad provides support and helps the user maintain their form.

- ◆ **DIMENSION:**
Length : 66 inches / 168 cms
Width : 54 inches / 137 cms
Height : 62 inches / 157 cms
Weight Stack : 220lbs / 100kg

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

