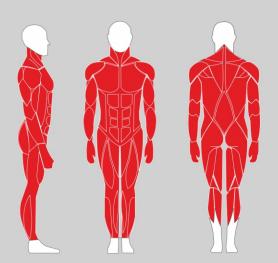


Squats, Shoulder press, flat bench press, incline bench press, pull ups, decline bench press, shrugs, rack pulls, barbell rows, bicep curl, tricep push down, cable row, lat pull down etc. A modular and customizable rack with an adjustable high-low pulley, which gives you the option to use the plate loaded or weight stack feature that you can use with a range of attachments. It caters to all your strength-training needs and allows you to perform various cable-driven workouts. Combine with our super bench to create a full body training station.



Length: 66 inches / 168 cms Width: 54 inches / 137 cms Height: 92 inches / 234 cms Equipment Weight: 220.6 kg

MUSCLE WORKED: Full Body



HOME GYM

GYM BOX WITH HIGH LOW PULLEY- PLATE LOADED AND SELECTORIZED COMBO JHBR-106C

