

GYM BOX WITH HIGH LOW
PULLEY- PLATE LOADED
JHBR-106A

◆ Squats, Shoulder press, flat bench press, incline bench press, pull ups decline bench press, shrugs, rack pulls, barbell rows, bicep curl, tricep pushdown, Cable Row, Lat pull down etc. A modular and customizable rack with an adjustable plate loaded high-low pulley 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.

◆ **DIMENSION:**
Length : 66 inches / 168 cms
Width : 54 inches / 137 cms
Height : 92 inches / 234 cms
Equipment Weight : 142 kg

◆ **MUSCLE WORKED:**
Full Body

