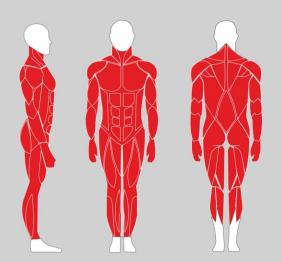


Squats, Shoulder press, flat bench press, incline bench press, pull ups decline bench press, shrugs, rack pulls, barbell rows, bicep curl, tricep pushdown, Cable Row, Lat pull down etc. A modular and customizable rack with an adjustable plate loaded high-low pulley that you can use with a range of attachments.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



## HOME GYM SERIES

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

