

MY PERSONAL TRAINER
JHMPT

◆ A compact single weight stack unit of 220 lbs. with dual adjustable pulleys. The outer frame can accommodate J Hooks and Safety catches for performing free weight movements. Team it with our Super Bench to make a complete home gym setup. Exercise Variations - Lat Pull Down, Ab Crunch, Tricep Push Down, Tricep Extension, Tricep Kick Back, Chest Press, Rear Delt Fly, Chest Fly, Shoulder Press, Lateral Raise, Bicep Curl, Upright Rows, Bent Over Rows, Shrugs, Squats, Inner Thigh, Outer Thigh, Glute Kick, Rotator Cuff, Wrist Curl Etc.

◆ **DIMENSION:**
Length : 72 inches / 183 cms
Width : 86 inches / 218 cms
Height : 92 inches / 234 cms
Equipment Weight : 228 kg

◆ **MUSCLE WORKED:**
Full Body

