

COMPOUND ROW

JPL-117

- ◆ The robust angular plate loaded design provides large seat and footplate for better range and lower body stabilization. Features rotating ergonomic hand grips for natural hand movement during exercise.

- ◆ **DIMENSION:**  
Length : 98 inches / 249 cms  
Width : 48 inches / 122 cms  
Height : 36 inches / 91 cms



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

