

ISOLATERAL D.Y. ROW
JPL-153

◆ Isolateral DY Row meticulously engineered to target and strengthen the back muscles with precision. This machine features isolateral functionality, allowing each arm to move independently for balanced muscle development. With a focus on load distribution on the back, users can isolate and challenge the muscles effectively. Its ergonomic design and padded supports provide stability and comfort during workouts, promoting proper form and reducing strain.

◆ **DIMENSION:**
Length : 56 inches / 142 cms
Width : 60 inches / 152 cms
Height : 82 inches / 208 cms

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

