

ISOLATERAL HIGH ROW

JPL-152

◆ A meticulously crafted machine designed to enhance your back muscle training. This machine allows each arm to move independently, ensuring balanced muscle development. With a targeted focus on distributing load to the back muscles, users can effectively isolate and challenge their muscles. Its adjustable seat and handles offer versatility and optimal biomechanical alignment for personalized workouts.

◆ **DIMENSION:**
Length : 64 inches / 163 cms
Width : 60 inches / 152 cms
Height : 78 inches / 198 cms

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

