

PULL OVER  
JPL-112

◆ The Pullover machine is designed to target and strengthen the muscles of the back, chest, and arms. This machine allows for independent movement of each arm, providing a more balanced and controlled workout while addressing strength imbalances. With its isolateral design, users can focus on each side of the body independently, promoting balanced muscle development. The comfortable seat ensures stability and support during the exercise, allowing users to maintain proper form and technique.

◆ **DIMENSION:**  
Length : 78 inches / 198 cms  
Width : 58 inches / 147 cms  
Height : 59 inches / 150 cms

◆ **MUSCLE WORKED:**  
Pectoralis Major  
Latissimus Dorsi

