

REVERSE FRONT LAT PULL DOWN

JPL-111

◆ The Reverse Front Lat Pulldown is a specialized plate-loaded machine featuring isolateral arms and a comfortable seat designed to target and strengthen the muscles of the back, particularly the latissimus dorsi. With isolateral arms, users can perform the exercise with each arm working independently, promoting balanced muscle development and addressing any strength imbalances.

◆ **DIMENSION:**  
Length : 92 inches / 234 cms  
Width : 68 inches / 173 cms  
Height : 82 inches / 208 cms

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

