

**HIGH LOW LAT PULL DOWN**

**JNRB-2050**

- ◆ The High Low Lat pull down combines the standard lat pull down with a high cable row. The footrests help position the user at the correct angle offer support throughout the movement.

- ◆ **DIMENSION:**  
Length : 80 inches / 203 cms  
Width : 40 inches / 102 cms  
Height : 92 inches / 234 cms  
Weight Stack : 165lbs / 75kg

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

