

LAT PULL DOWN SINGLE PULLEY  
JNRB-2010A

- ◆ The leg lock is adjustable to make a comfortable sitting posing for an effective workout. Dual strap grips and pull-down bars can be used for isolateral & bilateral movements respectively. The Jerai Fitness Lat Pull Down provides a maximum weight of up to 165 lbs.

- ◆ **DIMENSION:**  
Length : 62 inches / 157 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

