

LAT PULL DOWN WITH
ROWING COMBO.
JNRB-2010C

- ◆ The Lat Pulldown with Rowing machine can be used for both seated row exercise as well as lat pulldown. The machine features a longer seat and footrests to help maintain correct form.

- ◆ **DIMENSION:**
Length : 84 inches / 213 cms
Width : 40 inches / 102 cms
Height : 90 inches / 229 cms
Weight Stack : 165lbs / 75kg

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

