

LONG PULL ROW - DUAL PULLEY

JNRB-2030B

- ◆ Large seat and footplate is provided for better range and lower body stabilization. The unique design allows to use long as well short bars / handles in order to achieve excellent and effective back exercise. The Jerai Fitness Long Pull Row provides weight stack upto 165 lbs.

- ◆ **DIMENSION:**
Length : 94 inches / 239 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

