

LONG PULL ROW - SINGLE PULLEY

JNRB-2030A

- ◆ Large seat and footplate provides better range and lower body stabilization. The unique design allows the use of long and short bars/handles in order to achieve excellent and effective back exercise. The Jerai Fitness Long Pull Row provides a maximum weight of up to 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

