

# Technical Data Sheet

## Lat Pulldown

### Device Description

Strengthens the upper back muscles, upper limb muscles and the shoulder girdle. Effectively develops and shapes the upper body.

Developed abilities: Fitness, Strength

### Technical Specifications

**Type:** Strength equipment

**Difficulty level:** Medium

**Recommended for:** Users over 14 years of age and/or at least 140 cm tall

**Maximum load:** 150 kg

**Height:** 175 cm

**Width:** 70 cm

**Length:** 140 cm

**Safety zone:** 440 × 370 cm

**Free fall height:** 50 cm



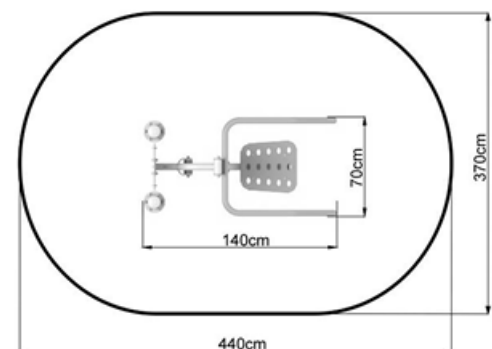
### Instructions for Use

Sit comfortably on the seat and rest your back against the backrest. Grip the handles with an overhand grip (palms facing forward) or an underhand grip (palms facing you). Pull the handles smoothly and firmly toward your body while squeezing your shoulder blades together. Slowly return to the starting position without locking your elbows.



### Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening; maintenance-free sealed bearings.
- All metal components are abrasive blasted, then powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.



### Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.