

Product Datasheet

Lat Pulldown



Device Description

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

Specifications

Type: Strength equipment

Difficulty level: Medium

Recommended for: Users aged 14+ and/or at least 140 cm tall

Maximum load: 150 kg

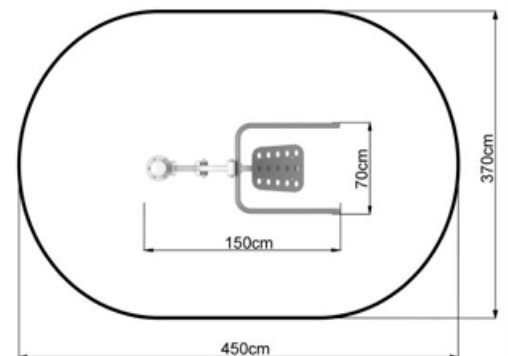
Height: 175 cm

Width: 70 cm

Length: 140 cm

Operating area: 440 × 370 cm

Free fall height: 50 cm



Exercise Instructions

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

Construction

- Load-bearing structure made of 88.9 × 3.6 mm steel tube.
- Additional steel tubes: 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm.
- Seats, backrests and footrests are made of 3 mm thick steel plate.
- Galvanized cap nuts protected against loosening and maintenance-free sealed bearings.
- All metal components are abrasive blasted and powder-coated with a zinc primer and weather- and UV-resistant polyester coating.
- Complies with PN-EN 16630:2015-06.