

LAT PULLDOWN / MID ROW

HD-3200



FEATURES

- Telescoping chest pad with integrated thigh pads provide proper positioning and support for pulldown and mid row exercises
- Dual-position hand grips for mid row exercises
- Includes ultra-lite aluminum lat bar for lat pulldown exercises
- Seven seat pad adjustments for varying user heights
- Integrated storage for lat bar during mid row exercises

SPECS

- Product Dimensions L x W x H:
49.00" (124 cm) x 66.00" (168 cm) x 86.00" (218 cm)
- Product Weight:
551 lbs (250 kg) (HD) / 576 lbs (261 kg) (HDG)
- Weight Stack:
225 lbs (102 kg) (HD) / 250 lbs (113 kg) (HDG)



MID ROW

LAT PULLDOWN