



Length	2228 mm	Width	857 mm
Height	1943 mm	Weight	289 kg

#### DESCRIPTION

Simulating a rowing action, the Pulse Fitness Long Pull effectively targets the shoulders and biceps. Designed to fit the widest group of users imaginable, this machine is especially versatile.

#### PRODUCT FEATURES

Converging axis for natural movement	-	Large, easy-grip weight selector pin	■
Adjustable or interchangeable hand grips	-	Easy-read instruction placards	■
Multiple grip positions	-	Neoprene handles with aluminium rings	■
Multiple start positions	-	Low profile design	■
Single hand start position adjustment lever	-	Fully enclosed weight stack	■
Counterbalanced weight	-	Steel-reinforced belt and pulley system	■
Variable resistance cam	-	Anti-slip belt clamps	■
Seat with modular back support	-	Floor fixing points	■
Comfort contour seat	-	IFI Stage 2 accredited	○
Adjustable back support	-	PulseMove compatible	○
Single hand swing-away seat	-	7" High contrast colour display	○
Gas-assisted seat position adjustment	-	Optimal workout tempo monitor	○
Dual footrests	■	Range of motion monitor	○
Variable height pivotal pulley	-	Rep. counter with target display	○
100kg weight stack (minimum start weight 5kg)	■	Set counter with target display	○
200kg weight stack	-	Automatic weight display	○
2.5kg weight increment	■	Weight target display	○
5kg weight increment	-	Adjustable rest period	○
Raised iconography on key adjustments	■	Warranty	2 years
Colour coded adjustments	■		

■ Standard

○ Optional

- Not Applicable