

# Lat & Mid Row Machine

singleSTATION - **UPPER**body

## FEATURES

A lat machine is an essential piece of equipment for workouts including pull downs, dumbbell rows, bent over rows, chins, "T" bar rows, and seated cable rows.

Body-Solid's ProDual Lat Pulldown with Mid Row Machine is engineered with a high pulley directly overhead for optimum back and shoulder isolation. The extra long pull down bar permits wide, medium or narrow handgrip position. The Lat Pulldown with Mid Row Machine also features a no-cable-change design to provide seamless transitions between long pull and seated row exercises. Adjustable hold-down pads add stability for lifts beyond that of a user's body weight.

With gracefully curved frames constructed from sleek, power-coated tubing that exhibits a modern, design-forward aesthetic, the Body-Solid ProDual Lat Pulldown with Mid Row Machine builds form into function and value into a superior modular strength training system.

- No-cable-change design allows user to switch between exercises quickly without adding, connecting or changing cables.
- Oversized 9" diameter thigh pads easily adjust to provide stability during heavy workouts.
- Non-skid foot brace and an extra-long seat pad provide stability and support for mid row exercises.
- Accessory hooks store cable attachments when not in use.
- Works as a modular component on the ProDual 3-Stack and 4-Stack Gyms.



### TECHNICAL SPECIFICATIONS

Usage	Commercial
Dimensions (cm)	173L x 84W x 211H
Weight Stack	90kg
Optional	136kg weight stack

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