

LONG PULL ROW - DUAL PULLEY

JXB - 204B - RBK - BL

The Long Pull Row Machine is specifically engineered to target and strengthen the muscles in your back. This design incorporates a spacious seat and footplate, facilitating a wider range of motion and enhanced stability for the lower body, ensuring a safe and effective workout experience.



FEATURES

- ◆ **Single Pulley System:** Smooth, controlled movement for rows.
- ◆ **Non-Slip Footrests:** Secure and stable footing during exercises.
- ◆ **Compact Frame:** Saves space without compromising functionality.
- ◆ **Durable Construction:** Built to last with high-quality materials.
- ◆ **Compact Design:** Space-efficient for smaller gym spaces.

SPECIFICATIONS

DIMENSIONS:

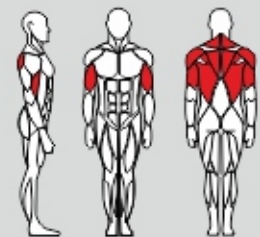
Length: 94 inches / 239 cms

Width: 40 inches / 102 cms

Height: 90 inches / 229 cms

Weight: 575 lbs / 261 kg

Weight stack: 220 lbs / 100 kg



MUSCLE WORKED: Erector Spine, Latissimus Dorsi, Trapezius, Rear Deltoids, Biceps

COLOUR AVAILABLE: Dark Silver