



GF-18010

Lat Pull Down



Muscle Groups Used



TECHNICAL DATA

Dimension: 1360×760×2010mm

Training Space: ∅2000×2080mm

Safe Area: ∅3500×3580mm

Free Height of falling: 580mm

Maximum permissible user body weight: 140KG

FUNCTION

Enhance the muscle strength of upper limbs, shoulders, chest and back.

DIRECTION

1. Sit upright in the seat with back vertical, and pushed firmly against the seat rest;
2. Firmly grip both handles;
3. In a slow and controlled manner pull down until hands are at chest height;
4. Slowly return to the start position;
5. Breath out as you pull down, inhale as you return to the start position;
6. Increase repeats as strength improves;

CERTIFICATION

EN16630:2015

