

## LAT PULLDOWN

RPL-5201



### FEATURES

- Self-aligning handles automatically adjust to the user while the forward, unsupported movement of the torso results in greater activation of the core musculature
- Multiple grip positions accommodate varying body sizes and arm lengths
- Starts the body in a slight forward lean, increasing the muscle stretch to the lats and traps
- Pull movement lifts the seat while rocking the body rearward, mimicking a natural pull up movement and avoiding unsafe lower back hyperextension

### SPECS

- Product Dimensions L x W x H:  
76.50" (194 cm) x 52.75" (134 cm) x 85.75" (218 cm)
- Product Weight: 409 lbs (186 kg)
- Max Storage: 720 lbs (327 kg)
- Max Capacity: 800 lbs (363 kg)

*(Weight plates NOT included)*