

Lat & Mid Row Machine

PRO DUAL RANGE

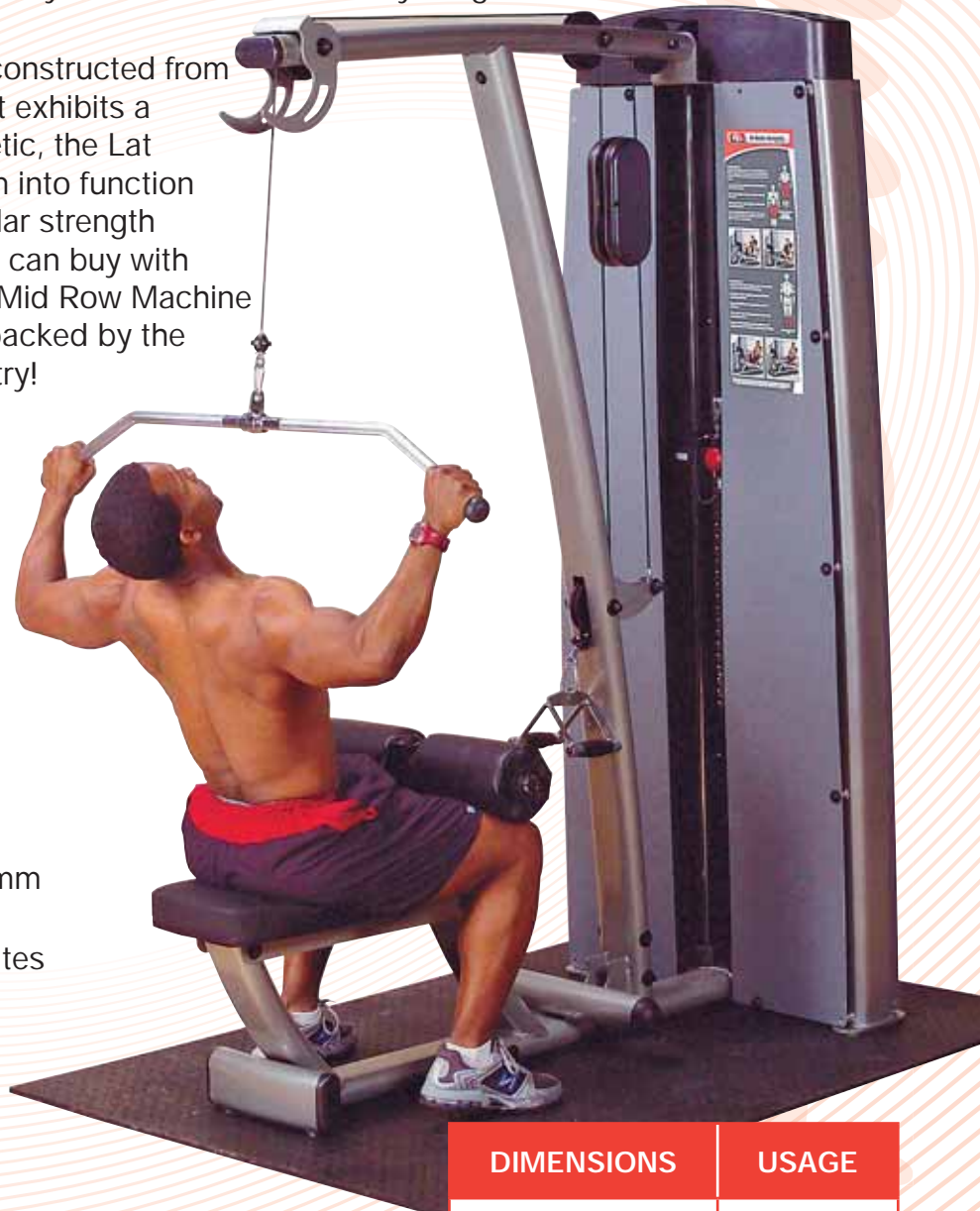
DLAT-SF

for Optimum Back and Shoulder isolation

Body-Solid's Pro Dual Lat & 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 & 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 Lat & Mid Row Machine builds form into function and value into a superior modular strength training system. Best of all, you can buy with confidence, because the Lat & Mid Row Machine is built to last a lifetime and is backed by the strongest warranty in the industry!

- Continuous welded, factory assembled weight frame
- Fiberglass reinforced nylon pulleys
- 11 gauge 60mm x 120mm oval tubing
- Electrostatically applied powder coated
- 5.5mm dia., 1100kg rated aircraft cable
- Durafirm upholstery over 50mm high density foam
- 3 gauge steel connecting plates
- .50 dia. connecting bolts
- High density foam rubber hand grips and handles
- Industrially rated, sealed bearings at all pivot points
- Adjustable leg hold downs
- Instructional placard included



DIMENSIONS		USAGE
Length	173 cm	Home & Commercial
Width	84 cm	
Height	211 cm	

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