



Perform Series, Lat Pulldown / Low Row

SKU: **GG-PERFORM-005**

Two back stations in one compact unit for efficient lat and row training without cable changes. Switch from pulldowns to low rows in seconds to keep members moving and reduce queue time. Smooth resistance and ergonomic set-up make it ideal for busy gyms and serious lifters alike.

Key Features

- Lat pulldowns and low rows in one machine for full posterior chain work
- Compact footprint that saves space while maintaining stability
- High-density pads and intuitive seat set-up for fast user turnover
- Lathed pulleys with tight tolerance for smooth, consistent motion
- Shielded moving parts to enhance safety and minimise downtime
- Ergonomic TPV handles with aluminium ring stoppers for a secure grip
- Adjustable knee pads to lock users in for powerful pulldowns
- 3mm-thick frame with D-shape cage 95 x 81.1 x 3mm and racetrack tube 50 x 100 x 3mm
- 3.2mm translucent ABS shrouds for impact protection and a clean look
- Nylon-coated 12-strand American Loos™ cable rated for 250,000+ cycles
- Complies with EN957 safety standards for commercial use



Technical Specifications

Weight	242 kg	Weight Stack	91 kg
Length / Depth	190 cm	Pin Select	Yes
Height	223 cm		
Width	90 cm		
Frame Weight	120 kg		

