



Pro Series, Lat Pulldown (Fixed)

SKU: **GG-PRO-105**

Designed for upper body strength and control, the Pro Series Fixed Lat Pulldown targets the latissimus dorsi, triceps, and biceps with smooth and efficient resistance. The quick selector pin system and easily adjustable roller pads ensure a comfortable setup for users of all sizes. Featuring a multi-grip handlebar, the machine supports a range of pulling variations, while the padded rollers provide added stability for heavier lifts. All adjustments can be made from a seated position, making the experience intuitive and user-friendly.

Key Features

- Trains latissimus dorsi, biceps, and triceps
- Multi-grip handlebar for varied pulling exercises
- Adjustable roller pads for added support and accessibility
- Quick and easy weight and pad adjustment from a seated position
- Selector pin system for fast resistance changes

Technical Specifications

Weight	200.1 kg	Weight Stack	91 kg
Length / Depth	158.5 cm	Pin Select	Yes
Height	189 cm		
Width	132 cm		
Frame Weight	100 kg		

