



Pro Series, Lat Pulldown / Low Row

SKU: **GG-PRO-106**

Designed for efficient upper body training, the Pro Series Lat Pulldown / Low Row targets the lats, shoulders, and arms through two key movement patterns. With both pulldown and low row functions, users can engage multiple muscle groups in one compact station. Adjustable settings allow users to tailor the machine to their needs, while the smooth, biomechanically accurate motion ensures effective and joint-friendly performance.

Key Features

- Dual-function design for pulldown and low row exercises
- Targets lats, deltoids, and upper body muscles
- Biomechanically accurate movement for smooth performance
- Adjustable start positions for proper setup and comfort
- Compact, multi-functional design suitable for varied workouts



Technical Specifications

Weight	212.5 kg	Weight Stack	91 kg
Length / Depth	189 cm	Pin Select	Yes
Height	223 cm		
Width	122 cm		

