







Pro Series Plate Loaded, Lat Pulldown/Seated Row Attachment

SKU: **GG-PRO-PL-121OPT**

The Pro Series Plate Loaded Half Cage Smith Machine offers an excellent blend of safety and performance. Its linear bearings ensure a remarkably smooth and seamless vertical bar motion, while the open, walk-through design adds adaptability to this equipment. Pair it with a Pro Series Plate Loaded adjustable bench for a versatile setup that caters to all your workout requirements.

Key Features

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• Dual-function attachments for high pulldown and seated row exercises, meeting the user’s need for versatile training options.

• Equipped with handle hooks as standard.

Technical Specifications

Weight	38.6 kg
Length / Depth	145.1 cm
Height	230.7 cm
Width	123.1 cm
Frame Weight	38.6 kg
Start Weight	6 kg
Loading Capacity	200 kg
Plate Loaded	Yes