



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	Plate Loaded	Yes
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		

